



WELCOME TO THE JANUARY 2023 NEWSLETTER.

This is your Newsletter, and it is important that it contains information that you want to read and not just what I choose. If there is anything you would like to include that might benefit others, please send me an email and with any links that I can share.

Carers – as we are a voluntary group of Parkinson's UK, we are unable to assume any responsibility for the action or needs of any individual and therefore it is strongly recommended that anyone who needs support should have a carer with them at all times.

TWO MORE POEMS/LIMERICKS WHICH HAD BEEN SUBMITTED TO CELEBRATE WORLD PARKINSON'S DAY APRIL 2022

1. Once I knew what it was it was kind of a relief,
but nevertheless, it had come to give me grief.

These things are sent to try us as my Great Gran used to say,
so, I'll just keep taking the tablets and enjoy life every day!
Penny Walker, Worcestershire, Living with Parkinson's since 2021

2. The beautiful hand
Having held, having healed
And thrice cradled,
Now takes its leave of us and dances, unbidden,
An endless partita.

Jennie, Bollington, Family member, partner or carer of someone with Parkinson's

NAME THE ICONIC STRUCTURE. Can you identify this well known structure from the cropped picture? No prize just pride in getting it right! Answer in the February Newsletter.



EVENTS PROGRAMME FOR JANUARY AND FEBRUARY.

The Stockport Branch of Parkinson's UK meets every Wednesday between 2pm and 4pm at Stockport Masonic Guildhall, 169/171 Wellington Road South, Stockport, SK1 3UA. All are welcome and free parking is available at the rear of the building. For more information, please email me at: stephen.scott687@yahoo.co.uk.

January 4th	Singing with Helen
January 11th	Sitting exercise Class
January 18th	AGM
January 25th	Exercise Class
February 1st	Singing with Helen
February 8 th	Sitting exercise class
February 15 th	Guest speaker. The 50s & 60s John Hallworth
February 22 nd	Sitting exercise class

We are looking for more volunteers to help at our meetings to meet and greet, serve drinks, etc. Please let us know if you can help.

[THE AGM OF THE STOCKPORT BRANCH OF PARKINSON'S UK](#)

Notice of the AGM was given in the last issue of the Newsletter. It will be held at the Guild Hall on Wednesday, 18th January at 2pm. It would be great to have a good turnout so please make every effort to attend.

All the Committee will be resigning at this meeting, and we welcome new volunteers to take this opportunity to put their name in the frame to take an active part in how the Group progresses. We are particularly seeking a new Treasurer and if you feel can take on this role, please let me know at email: stephen.scott687@yahoo.co.uk.

Most of the Committee have served for a very long time and it would be great and important to see some new blood coming into our Group Committee to help us develop and grow.

[PARKINSON'S UK BRAIN BANK](#) Not an easy subject, but one I would like to share.

The Parkinson's UK Brain Bank is the world's only brain bank solely dedicated to Parkinson's research. By pledging your brain to Parkinson's research, you can help find a cure to transform the lives of 145,000 people living with Parkinson's in the UK.

What is the Brain Bank?

The Brain Bank, based at Imperial College London, collects precious tissue from people with and without Parkinson's who have decided to leave their brains to Parkinson's research.

The donation of brain tissue has already led to major advances in our understanding of Parkinson's and resulted in new treatments being developed and tested.

People with and without Parkinson's can sign up and pledge to donate their brain for research. Donation is not an easy decision, and we are extremely grateful to the donors and their families who have chosen to do this.

All the key questions you and your family may have about brain donation are in our [Brain Bank donor information booklet \(PDF, 5.9MB\)](#).

[MEDICATION SUPPLY ISSUES](#)

Those of you who regularly visit the Parkinson's UK website might be aware of this drug supply warning, but I felt it was important to share it for those who might not have seen it.

Teva Pharmaceuticals have informed Parkinson's UK that some of their Stanek products (Carbidopa/Entacapone/Levodopa) will face supply problems from December 2022 to March 2023.

For more information and advice please follow the link:

<https://www.parkinsons.org.uk/news/stanek-supply-issues>

SIGNPOST STOCKPORT CARER'S ASSESSMENTS

Signpost Stockport is an independent charity that was founded over 30 years ago. It provides advice and support to carers of all ages. One of the many areas they can help is with Carer's Assessments. Since 2020 they have been carrying out assessments on behalf of Stockport Council.

The Care Act 2014 gives all carers a legal right to a Carer's Assessment.

To be eligible for an assessment you must be caring for an adult over the age of 18 who lives in Stockport. If they are outside Stockport, you will need to apply to the local authority where they live.

For more information, please follow the link: <https://www.signpostforcarers.org.uk/signpost-support-services/your-right-to-a-carers-assessment/>

SPEAKER FROM PARKINSON'S UK TO TALK ABOUT RECENT RESEARCH

The Trafford Branch are hoping to have a guest speaker from Parkinson's UK, to give a talk about recent research in PD. They can have a speaker provided the group is bigger than the one they can guarantee. With other local groups we are being asked if we would like to also attend. The potential date is Tuesday June 29th at 7pm. Venue the Larkhill Centre, Timperley. If this is something that you would like to attend, could you please let me know so that I can pass numbers on to them. If the talk is still going on I will let members know in due course.

RESEARCH INTO PARKINSONS DISEASE AND EXERCISE

We have received a request from a student for assistance in his Master's degree. If you feel you would like to help, please contact him by the link provided.

My name is Glenn McCusker, and I am a second year Masters Physiotherapy student at the University of Bolton. As part of my dissertation for my final year, I am undertaking research into Parkinson's Disease and exercise. Specifically, I am interested in the attitude to exercise amongst recently diagnosed patients and if the information provided by Physiotherapists explaining the importance and benefits of exercise is effective. If this sounds like something you would be interested in taking part in, please continue reading for further information. Thank you in advance. For more information and participant information sheet follow the link: <https://form.jotform.com/222953399686071>

NORTH WEST RESEARCH INVOLVEMENT EVENT

Details of the next Research Involvement event to be held on Saturday 21st January 2023 at 12.15pm at Manchester Metropolitan University have been shared with us.

Venue: North West RIG Manchester Metropolitan University, Brooks Building, 53 Bonsall Street, Manchester, M15 6GX The event will include another fantastic dance session with Lewis Bailey and some activities on research involvement. This means we'll be talking about how you can influence Parkinson's research so that researchers focus on the questions that are important to you and your family. Lunch and refreshments are provided. The organisers will cover all travel costs. Email: Chesney Craig at c.craig.mmu.ac.uk to book transport in advance.

And to ensure correct catering, please RSVP by 16th Jan at this [link](#) or via [email](#) to ensure correct catering, please RSVP by 16th Jan 2023.

MEMBERSHIP OF PARKINSON'S UK Parkinson's UK depends on your membership and donations to fund research. If you are not a member yet, please ring the Help Line number below or go onto the Parkinson's UK website. This applies to carers too! Membership is free but, if you decide to donate on joining, membership subs do come to the branch eventually.

Team Parkinson's brings together everyone who cares about Parkinson's. Join the movement to transform lives and find a cure. <https://www.parkinsons.org.uk/>

POSTAGE STAMPS Did you remember to collect all the stamps from your Christmas cards. If so, could you please bring them to one of our meetings or contact me to make alternative arrangements.

GIFT AID. If you are a taxpayer, you can help us by donating with Gift Aid. This means that Stockport Branch can claim an extra 25p for every £1 you donate. Please ask me for the relevant form.

AN EASY WAY OF SUPPORTING PARKINSON'S UK - if you shop on, say, Amazon Smile website you can support Parkinson's UK by opting for donations on your purchases to go to Parkinson's UK.

OUR RECORDS – It is imperative that our list of contact numbers for next of kin etc is kept up to date. Please let Helen have any changes. Many thanks.

LINKS - To open any links in this newsletter – right click and select Open Hyperlink or in some cases you might need to copy and paste to a browser.

USEFUL PHONE NUMBERS – Karen Walsh (Local Adviser) – 0344-225-3738.

There is lots of information about the care and management of Parkinson's as well as up to date news on research on the Parkinson's UK website <https://www.parkinsons.org.uk>

PARKINSON'S UK HELPLINE – 0808-800-0303

PLEASE NOTE: All pictures and articles in the Newsletter are printed with kind permission of those portrayed.

I appreciate that not everyone uses technology and therefore will not be able to follow the links on the Newsletter. If you want more information on any item, please contact me directly on 07941534670 and I will strive to get the information to you another way.

You're receiving this email because you have subscribed to the newsletter. If you do not wish to receive further communication like this, please contact Steve Scott at email: stephen.scott687@yahoo.co.uk

AND FINALLY On behalf of the committee of the Parkinson's UK Stockport Branch I would like to wish you all

