

# PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

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## WELCOME TO THE MARCH 2024 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 SUBMITTED TO CELEBRATE WORLD PARKINSON'S DAY 2023

1. I want to be me for as long as I can,  
I'll have to come up with a new game plan.  
What's caused this you ask Parkinson's I say.  
I do wish someone would take it away.  
[Rita, Powys.](#)

2. I do not want to be a burden.  
I do not want to take up time.  
I thought that I controlled my Parkinson's.  
It seems control is his not mine.  
[Mark, Fife](#)

**NAME THE CATHEDRAL-** Well, did you manage to recognise Manchester Cathedral.  
If you got it right, well done!  
See if you can recognise this months. Remember it can be anywhere in the United Kingdom.  
No prize just pride in getting it right! Answer in the April Newsletter.  
Please email me with your answer if you wish, as this will help me to ascertain interest.



## EVENTS PROGRAMME FOR MARCH AND APRIL.

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](mailto:stephen.scott687@yahoo.co.uk)

March 6th	Singing with Helen.
March 13th	Seated exercise.
March 20th	Please see note below re meal at the Legh Arms.
March 27th	Seated exercise.
April 3rd	Singing with Helen.
April 10th	Seated exercise.
April 16th (Tues)	See note below re meal at Taylor's Chippy, Woodley.
April 17th	Rocking Years.
April 19 <sup>th</sup>	Concert by Vernon Building Society (Poynton) Brass Band, see below.
April 24th	Seated exercise.

**MEAL AT THE LEGH ARMS ADLINGTON** Having been informed that we are not able to use the Masonic Guildhall for our usual Wednesday meeting on March 20<sup>th</sup> we have decided to go to the Legh Arms, London Road, Adlington, Macclesfield, SK10 4NA for a two-course carvery lunch. The cost is £10 which is a club subsidised rate.

Arrival at 12.30 for the meal at 1pm.

One of our members Wendy will be giving a presentation on the work of Amnesty International.

To book your place please let Joyce know asap by telephone: 0161 4857654.

**MEAL AT TAYLOR'S FISH AND CHIP SHOP, WOODLEY** On Tuesday 16<sup>th</sup> April we are hoping to attend the above chippy for a late lunch. More information will be given at one of our meetings.

Arrival at 1.30pm for the meal at 2pm.

### **BRASS BAND CONCERT BY VERNON BUILDING SOCIETY (POYNTON)**

The above band are having a concert at Woodley Methodist Church, Hyde Road, Woodley on Friday 19<sup>th</sup> April 2024.

The proceeds of the evening will go to our branch of Parkinson's UK.

Arrival at 7pm with the concert starting at 7.30pm.

Tickets £9 which includes light refreshments.

Places are limited so if you wish to attend you need to book early by contacting the organiser Phil on 0161 4308518.

If you cannot attend but would like to make a donation you can do so by going to the Just Giving page detailed below.

<https://www.justgiving.com/page/philip-taylor-1708438430031>

### **TWO RECOMMENDED VIDEOS TO WATCH**

DT2 Productions is a small charity established by actor and writer Sue Wylie following her own diagnosis of Parkinson's. The charity uses films, plays and audio productions created by Sue to promote awareness and to aid understanding of Parkinson's – you may have seen an article about Sue in The Parkinson magazine when her first film was released. The two films that they have made have been shown to medical professionals, support groups, carers and the general public all over the world.

**KINETICS** (running time 52 mins) is based on the remarkable true story of two very different people. What can a rebellious teenage boy who is passionate about free running (Parkour) and a middle-aged woman trying to come to terms with her early onset Parkinson's diagnosis possibly have in common?

**WHAT A LOAD OF BALLS: THE PARKINSON'S LOTTERY:** running time 11 minutes) combines live action and animation as Sue delivers a hard-hitting performance which takes a look at the hidden symptoms of Parkinson's. Presented in a fabulously cheesy 'lottery' setting, the film delivers its message with brutal honesty and Sue's trademark wry humour. Both films can be viewed on You Tube via the links on their website at [www.dt2productions.com](http://www.dt2productions.com) where you will also find more background information about their work.

### **INTRODUCTION TO SNOOKER**

A pilot project which was delivered by the World Professional Billiards and Snooker Association (WPBSA) and Parkinson's UK to help more people pick up their cues and start playing snooker launched in February.

The "Introduction to Snooker" project allows people with Parkinson's to try playing snooker in a fun and social environment, with trained instructors on hand to offer specialist tips and guidance for players.

Our own branch was one of 7 approved snooker venues from across the UK that joined the project. The snooker classes were open to all ages and abilities.

The free 2-hour sessions focused on a mix of basic-level snooker coaching, with an emphasis on showing that this sport is a fun and engaging way to be active. Players then had an hour of free practice in groups. Carers and relatives also joined the sessions or stayed for tea and coffee.

At the time of writing the initial sessions will have been completed by 10 members of our group and it is hoped that most will sign up and join the snooker club and become members. The photo below shows some serious snooker being played by our members.



### **BLUE BADGE FOR PARKING A VOLUNTEER LED PETITION FOR PARLIAMENT.**

Phil Heathcote, a volunteer from Sheffield, has set up a [www.parliament.uk](http://www.parliament.uk) petition to lobby the UK Government to make changes so that every person who is diagnosed with Parkinson's should be automatically entitled to a Blue Badge for parking, rather than their eligibility being decided by their local authority.

It would be great if we can help Phil get to 10,000 signatures before 8 March 2024 then the Government must respond to this petition. Please sign the petition and share widely with your friends and family.

<https://petition.parliament.uk/petitions/643411>

**POSTAGE STAMPS AND OTHER RECYCLABLES** - Thank you for bringing in used postage stamps. Parkinson's UK also collects old bank notes, including foreign, which are no longer in circulation. Have you got old or broken jewellery knocking around that's destined for the bin? It could be worth more than you think. Recycling for Good Causes recycle all

kinds of jewellery, from gold and silver to costume jewellery and watches. They are even able to recycle broken and damaged items, so hold onto those odd earrings and snapped chains. <https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk>

**DATA PROTECTION** - We take the protection of the data we hold about you as a local group member/attendee seriously. We will do everything possible to ensure that data is collected, stored, processed, maintained, and retained in accordance with current and future UK data protection legislation. The only information we have on record for each member is: Name, address, home/mobile telephone numbers, email, and emergency contact details so that the local group volunteers can contact someone on your behalf in the case of an emergency. If you wish to withdraw or change your consent preferences in the future, please contact our branch membership secretary Helen. You can read the full privacy notice on the Parkinson's UK website at [parkinsons.org.uk/privacy](http://parkinsons.org.uk/privacy) to see how we will treat the personal information that you provide us.

**MEMBERSHIP OF TEAM 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. Telephone: - 0808-800-0303

**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.

**PARKINSON'S LOCAL ADVISOR-** Karen Walsh is our Local Advisor and can be contacted on 0344-225-3738.

Parkinson's local advisors provide confidential, one-to-one information about Parkinson's and local services.

They support anyone affected by the condition including family, friends, carers and colleagues.

For information about living with Parkinson's day to day, managing symptoms, emotional support, benefits, and much more, they are here to help.

They can also liaise with health, social care and other local professionals to access the support you need.

**PARKINSON'S UK HELPLINE** - 0808-800-0303

**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.

**LINKS TO LOCAL GROUPS-**

**HEALTHWATCH STOCKPORT-** <https://www.healthwatchstockport.co.uk/>

**AGE UK STOCKPORT-** <https://www.ageuk.org.uk/stockport/>

**SIGNPOST STOCKPORT FOR CARERS-** <https://signpostforcarers.org.uk/>

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