

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

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## WELCOME TO THE NOVEMBER 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

1. I thought my life had ended when Parky came knocking at our door.  
But all that it had really done was change us a little more.  
Adapt and overcome became our motto day by day.  
And gradually we realised the world hadn't gone away.  
It was waiting for us to understand life goes on come what may.  
[Shelagh Oates, Maidstone, Living with Parkinson's since 2011](#)

2. I was once a woman who could walk and write,  
Socialise confidently and stand upright.  
Dignity lost but resolve still strong,  
Stuck in a body where I don't belong,  
Parkinson's won't take me without a fight.  
[Gill Carter, London, Living with Parkinson's since 2022](#)

**NAME THE ICONIC BUILDING/STRUCTURE** Well, did you manage to recognise The Royal Albert Hall from the cropped picture in the last issue? (full picture below) If you got it right, well done!

I am going to show a picture of a Cathedral in the United Kingdom. See if you can recognise it. No prize just pride in getting it right! Answer in the December Newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



## EVENTS PROGRAMME FOR NOVEMBER AND DECEMBER.

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)

November 1st	Singing with Helen.
November 8th	Seated exercise.
November 15th	Chutney and Cheer.
November 22nd	Seated exercise.
November 29th	Seated exercise.
December 6th	Singing with Helen.
December 13th	Seated exercise.
December 20th	Christmas Lunch

### **THE CLUB'S CHRISTMAS LUNCH 20<sup>TH</sup> DECEMBER 2023**

The club's Christmas Lunch is booked for the 20th of December 2023. 12.15pm for 12.45.

We are having it at the usual venue of the Alma Lodge, 149 Buxton Road Heaviley, Stockport SK2 6EL. See below for the menu.

A glass of wine or juice will be served at the table.

**Starter-** Homemade vegetable Soup with roll, or Seasonal Melon with fruit of the forest and coulis.

**Main-** Traditional roast turkey with trimmings.  
or Fish of the day with cream and dill sauce.  
or Festive nut roast with parsnip puree.  
All the above served with a selection of vegetables and roast potatoes.

**Puddings-** Traditional Christmas Pudding with rum sauce.  
or Vanilla cheesecake with fruit coulis and a white chocolate crumb, or fruit salad.

Tea or coffee.

The cost is £20 Per head.

Joyce will be taking bookings from Wednesday 4<sup>th</sup> October with the last being on the 29<sup>th</sup> of November.  
Telephone 0161 485 7654 or 07736346072.

**MEAL AT THE LEIGH ARMS-** Instead of our usual meeting on Wednesday 18<sup>th</sup> October 33 members went to the Legh Arms, Adlington for a meal. This is the second time we have visited this venue and again feedback was very positive. We had a choice of 5 roast meat cuts and as many vegetables as you could get on your plate. Many thanks to Joyce for arranging. I certainly hope we get to visit again.

**MOVERS AND SHAKERS-** The six familiar faces have returned with a second series of podcasts about living with Parkinson's. Some or all of whom you may recognise - Cure Parkinson's Patron and Vicar of Dibley co-writer Paul Mayhew-Archer is joined by former BBC presenter and legendary inquisitor Jeremy Paxman; former BBC technology correspondent Rory Cellan Jones; High Court Judge Sir Nicholas Mostyn; former BBC political expert Mark Mardell and former 'Working Lunch' presenter, management consultant and lecturer Gillian Lacey Solymar. The podcast is also available on Apple podcasts, Audible, Google podcasts, Spotify and many other podcast platforms.

**BRANCH RAFFLES** Occasionally at our Wednesday meeting we like to hold a raffle. Funds raised go straight back to support the activities of the Stockport Branch. Often, we subsidise

the cost of meals when we go out on trips, and we also have other costs such as printing and postage. If able, please support our raffles.

### **[HELP SHAPE THE UK COVID-19 INQUIRY BY SHARING YOUR STORY.](#)**

Covid affected our community. That's why Parkinson's UK have partnered with the independent UK Covid-19 Inquiry to encourage the Parkinson's community to share our unique experiences of the pandemic and ensure the Inquiry sees the full picture. The pandemic affected every single person in the UK and had an especially big impact on communities like ours. This is your opportunity to share the impact it had on you, what you think could have been done better, or differently, or if something worked well.

For more information and to share your experience please follow the link-

<https://covid19.public-inquiry.uk/every-story-matters/>

**[PARKINSON'S BRAIN BANK](#)** Not an easy subject, but one I like to occasionally 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 can be found by following the link below.

[Parkinson's UK Brain Bank donor information booklet 2020 0.pdf \(parkinsons.org.uk\)](#)

**[SIGNPOST FOR CARERS RIGHTS DAY-](#)** Carers Rights Day is coming up on Thursday 23rd November.

This year Signpost will be focussing on the Cost of Living and the support available to carers in Stockport. They will be working with their partners to put on a range of sessions at the Heaton's Centre, some of which are already listed on their website.

Please follow the link below to the Signpost website to see more about Carers Right Day and their list of activities that are planned for November.

[www.signpostforcarers.org.uk/signpost-events](http://www.signpostforcarers.org.uk/signpost-events)

### **[PARKINSON'S FRIENDLY WALKING NETBALL TASTER SESSIONS](#)**

England Netball had their first taster session of Walking Netball for women with Parkinson's on the 2nd of November at the Life Leisure Avondale Centre (I sent details out earlier). I hope some of you were able to attend, but if not and you are still interested, please contact the organisers directly by following the link below as other sessions may be planned.

<https://www.englandnetball.co.uk/play/walking-netball/>

### **[SPOTLIGHT ON... PARKINSON'S TOGETHER AND JANE RIDEOUT](#)**

Jane Rideout is a volunteer who has worked hard to launch the first online support group - Parkinson's Together. Jane connected with people in her area online during the pandemic and realised that there was no reason why people across the UK shouldn't be able to join.

With some support, Jane has created a fantastic website that acts as a signposting site, offering easy to use links to information about Parkinson's from many sources, including yourselves. She's also pulled a team of volunteers together who offer online meetings for people with Parkinson's to join. For more information, please follow the link-

<https://parkinsons-together.vercel.app/>

**[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

**POSTAGE STAMPS-** Please could you continue to collect used postage stamps and give them to David when you attend the club. Parkinson's UK also collects old bank notes, including foreign, which are no longer in circulation. Follow the link to see what else can be recycled to raise money for Parkinson's UK-. <https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-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.

**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

**GOING FREE** There is a 32" LED Techwood television that is surplus to our group needs and which we can no longer store it at the Guildhall. I believe it is in good working order, but you would have to have it checked by a competent person for safety. If you would like the TV, please let me know before we dispose of it at the end of the month.

**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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