

WELCOME TO THE NOVEMBER 2022 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 ON 11TH APRIL 2022.

1. Parkinsons isn't a breeze
A common but complex disease.
Slowness and rigidity,
Tremor and debility
Let's find a real cure, not a tease.

Linda from Leicester, Family member or friend of someone with Parkinson's.

2. I rarely sleep I toss, and I turn
There are things I can't do or learn
But despite the above
My life is filled with love
Which makes PD of little concern.

David Lefley, Leicester, Living with Parkinson's since 2020.

WHERE IN THE WORLD PICTURE?

Well did you manage to recognise Sydney Harbour Bridge from the cropped picture in the last issue. If you did, well done! Full size picture shown below.



See if you can recognise this month's iconic building with only part of the picture revealed.



No prize just pride in getting it right. Answer in the next newsletter.

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.

November 2nd Singing Class with Helen
November 9th Exercise Class
November 16th Speaker: Maria Curphey Parkinson's Nurse
November 23rd Exercise Class
November 30th Exercise Class
December 7th Singing Class with Helen
December 14th Christmas Party at The Alma Lodge
We are then closed until Wednesday 4th January 2023. Hopefully a Singing Class.



STOCKPORT BRANCH CHRISTMAS PARTY 14TH DECEMBER 2022.



The club's Christmas Lunch is booked for the 14th December 2022. 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/orange juice will be served at the table.

Starter Soup of the day (V Vg Df Gf) available, or Seasonal Melon with fruit coulis (V Vg Gf)

Main Roast Turkey with stuffing chipolata Pan Gravy (Gf available), or Pan-fried Salmon Sautéed New Potatoes Vichy Leeks Spinach and a White wine sauce (gf) or Homemade Mushroom and Chestnut Filo Pie served with Vegan Gravy (V Vg)

All served with a selection of vegetables and roast potatoes.

Pudding Traditional Christmas Pudding with Brandy Sauce(V), or Strawberry cheesecake, or Fresh Fruit Salad.

Tea coffee and mince pies.

The cost is £21 Per Head. It is important to let Joyce know that you intend to attend, your menu choices and any dietary restrictions no later than November 20th, 2022. Telephone 0161 485 7654 or 07736356072

Payment to be made by bank transfer to: Parkinsons Disease Society of UK. (Note no apostrophe in Parkinsons) or you can pay by card at one of our branch meetings.
Sort Code 20. 00.00 Account number: 43646351

NOTE:- It is imperative to let Joyce know by no later than 10.30am on the 12th December if you are unable to attend. This is the deadline for cancellation for The Alma Lodge. Cancellations after that time will mean we are charged the full price of £22.

Helen will be arranging a raffle so any contributions of prizes will be gratefully received, but if possible could she have them before the day.

AGE UK STOCKPORT TRAVEL COMPANION PROJECT.

I read about this project in Age UK Stockport's October Monthly News and felt I should share it with you.

Age UK Stockport have set up a Travel Companions project in partnership with the Department of Transport. The project aims to tackle social isolation and loneliness by supporting older people to overcome the challenges they may face such as lack of confidence, anxiety or finding suitable transport which is preventing them from going out and participating in the community. Their project aims to help people re-gain their confidence and independence to travel to groups or meet friends and family. They are looking for both, people who would feel they would benefit from the project and volunteer companions. For further information email tandem@ageukstockport.org.uk or call 0161 480 1211

EXPLORATORY RESEARCH SURVEY: STRETCHING FOR PEOPLE LIVING WITH PARKINSON'S.

I have been asked to share what looks to be an interesting survey.

Joni Tang, a second year MSc Physiotherapy student at Keele University, and his supervisor Rachel Rutley are working on an MSc dissertation project entitled "Stretching for people living with Parkinson's: An exploratory online survey for the effects of stretching on Parkinson's symptoms from the experience and perception of people with Parkinson's". **The study has been approved by the Keele University's Ethics Committees.**

There are different guidelines for people with Parkinson's suggesting stretching as part of the exercise which might be helpful to manage symptoms. However, these guidelines are not specific enough and there are very few research studies that evaluate the effect of stretching from the perspective of people with Parkinson's.

The project aims to review the perception of people with Parkinson's on the effect of stretching on their symptoms by gathering information and feedback through the online survey, providing important insight for a more specific stretching guideline, and providing direction for future research.

How does this benefit you?

By participating in this research, you are contributing to the understanding of the value of stretching from the experience and perception of people living with Parkinson's. This will also create the opportunity for you to reflect and review how stretching or other kinds of exercise helps in managing Parkinson's symptoms and your daily life/ activity.

This study is aimed at people living with Parkinson's who have been doing some form of stretching, and are currently not in the hospital, residential care or long-term-care facility.

Before completing the survey, please read the participant information sheet which can be accessed with the link below:

https://keele.ac.uk-my.sharepoint.com/:f/g/personal/x4v58_students_keelee_ac_uk/Elr1VW-e5fBCvX0zZDXe78wBPKQWindiGXCI3xM0a4CMzQ

Please follow the link below to access the survey. All information and participants' responses will be anonymous.

<https://forms.office.com/r/tBgdn9Vdz>

If you decided to participate in this study, it is expected to take about 15 minutes and I am sure it would be greatly appreciated.

4PD AVENGERS

This non-profit organization is a global alliance of people with Parkinson's, partners and friends, standing together demanding change in how the disease is seen and treated. They add urgency to research, wellness and advocacy by uniting people and organizations to the cause of ending Parkinson's. Currently in Washington a Bill is being constructed and gathering support, to combine the scientific, financial, and political forces necessary to end this pandemic that effects 10 million people worldwide.

To get the latest news about this huge effort to eliminate Parkinson's follow the link <https://www.pd Avengers.com/>



CHRISTMAS CARDS AND GIFTS.

Yes! It is the time of year when we start to think about Christmas and in fact there are already Christmas adverts showing on the television.

If you are looking for inspiration why not visit the shop at Parkinson's UK. They have some great gifts, ideas for making the home Christmassy and a good selection of cards. <https://shop.parkinsons.org.uk/>

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 Carol 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.

Over the last quarter Amazon have donated £16991.02 to UK charities.

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 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

