

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

WELCOME TO THE OCTOBER 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. My Husband Ronald (to some he's Ron),
Is my whole world and second to none,
Though Parkinson's takes,
With its stiffness and shakes,
He keeps calm and just carries on!
[Helen, Loughborough, partner of someone with Parkinson's](#)

2. As I sing with my Parkinson's Choir
I truly could not get much higher
Tis so uplifting ~ I feel I can fly.
As my heart and my soul watch the Moon go by
a sprinkling of moon dust ~ I'm free ~ I can fly.
[Ann Gilmour, Eastbourne, Living with Parkinson's since 2015](#)

NAME THE ICONIC BUILDING/STRUCTURE Well, did you manage to recognise Manchester Town Hall (seems it was an easy one this time) from the cropped picture in the last issue? (full picture below) If you got it right, well done! See if you can recognise this month's building with only part of the picture revealed. No prize just pride in getting it right! Answer in the November Newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR OCTOBER AND NOVEMBER.

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

October 4th	Singing with Helen.
October 11th	Seated exercise.
October 18th	Meal at the Legh Arms.
October 25th	Seated exercise.
November 1st	Singing with Helen
November 8th	Seated exercise.
November 15th	Chutney and Cheer.
November 22nd	Seated exercise.
November 29th	Seated exercise.

UK TRANSITION FROM ANALOGUE TO DIGITAL LANDLINES

Landline telephones are going digital – are you ready.

The technology we currently use to make landline phone calls is due to be upgraded by December 2025.

Landline phone calls have traditionally been delivered over the old telephone network which is known as the Public Switched Telephone Network (PSTN).

Landline providers have decided to retire the PSTN by December 2025. This means that in the future, landline calls will be delivered by digital technology, which uses a broadband internet connection.

Find out more on how this affects you if you have a landline phone, and how you can get support with changes to your landline by following the link:- [UK transition from analogue to digital landlines - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/uk-transition-from-analogue-to-digital-landlines)

THE CLUB'S CHRISTMAS LUNCH 20TH 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 4th October with the last being on the 29th of November.

Telephone 0161 485 7654 or 07736346072.

[COST OF LIVING HELPLINE.](#)

Many of us are facing more pressure on our household budgets due to the increase in the cost of living, food and energy bills.

Stockport SMBC have a Resident Advice and Support (RAS) team on hand to help you if you should find yourself in need. Their RAS team can help you with welfare rights, benefits and debt support and urgent support in a crisis situation. They have specially trained officers on hand to support you and talk through all the options available.

The types of things they can help you with are:

- financial support for rent and other essential items
- help finding the right community support.
- checks on benefit and pension credit entitlement.
- help with debt and paying council bills.
- help to be more digital; get online and stay safe online.
- help with accessing national cost of living support.

If you're struggling with the cost of living and need a helping hand to navigate all of the support available, call them on **0161 474 2140**.

Their helpline is open Monday to Friday, 9:30am to 4:00pm

Hopefully you are not in this situation but may be aware of someone who is. Please share this information.

You can also contact the Citizens Advice free of charge on **0808 278 7803**. The helpline is open Monday to Friday, from 8.30am to 5.30pm or visit the [Citizens Advice website](#).

[WE ARE UNDEFEATABLE \(WUA\)](#)

Being active with Parkinson's can help improve your mental and physical wellbeing as well as your balance, strength and coordination.

Bill Bailey (Comedian and Strictly Come Dancing winner) has teamed up with others to produce three easily to follow videos that show you the free ways you can stay active through everyday activities which can be done in your own home and suited to everyone's capabilities.

The exercises can be simple and enjoyable and encourage moving more whilst going about your daily activities.

For more information, please follow the link- [About Us - We Are Undefeatable](#)

[GREAT NORTH RUN](#). On the 10th of September David and Richard two of our committee members took part in the above race. Because David is also a carer by agreement with the organisers, he did the 13.1 miles by running/walking around the streets of Stockport. Richard took part in the actual race and was pleased with his time of 1hr 30mins and 48 seconds which was close to his personal best.

Well done! to you both especially as it was one of the hottest days of the year.



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.

STEM CELL THERAPY TRIALS - Although the trials are in the early stages and only a few people with Parkinson's took part there are some positive results showing.

A study in people with Parkinson's suggests the stem cell-based treatment is safe and improves symptoms of the condition.

In the trial, 12 people with Parkinson's underwent surgery to receive either a high or low dose of dopamine-producing cells developed from stem cells.

The results show that the treatment was well tolerated with no major safety issues. And after 12 months, participants experienced improvement in their Parkinson's symptoms, with those who received the higher dose showing greater improvement.

For more information about the trials please go to the Parkinson's UK website.

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. 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.

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

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