

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



WELCOME TO THE MARCH 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

I try not to moan; I know it's here to stay.
But I wish for a cure to make it go away.
I will try to live my life to the full every day.
Thanking my family for their support all the way.

Rebecca and Jan Edwards, London, Family member or friend of someone with Parkinson's

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

NAME THE ICONIC BUILDING Well did you manage to recognise York Minster from the cropped picture in the last issue. If you did, well done!
See if you can recognise this months iconic building with only part of the picture revealed.
No prize just pride in getting it right! Answer in the April Newsletter.



MAKING A POWER OF ATTORNEY

Putting in place a power of attorney can give you peace of mind that someone you trust is in charge of your affairs. If you're aged 18 or older and have the mental ability to make financial, property and medical decisions for yourself, you can arrange for someone else to make these decisions for you in the future.

For more information on how to set up a Power of Attorney please follow the link:
<https://www.parkinsons.org.uk/information-and-support/making-power-attorney>

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.

March 1st	Singing with Helen
March 8th	Sitting exercise class.
March 15th	Stockport Homes
March 22nd	Sitting exercise
March 29th	Sitting exercise
April 5th	Singing with Helen
April 12th	Sitting exercise class.
April 19th	Musical Quiz with Eric Lupton
April 26th	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.

MEAL AT THE LEGH ARMS ADLINGTON

Joyce has booked the Legh Arms, London Rd, Adlington, Macclesfield SK10 4NA for our next meal out.

Date: Tuesday 25th April 2023. Dining at 1pm

The cost for a meal from the carvery and dessert is £12 (No drinks included in the cost)

If you would like to attend, please contact Joyce on: Tel. 0161 485 7654

SINGING FOR PARKINSON'S

On the first Wednesday of every month Helen joins us and with her own unique style shows us the benefits of singing for those with PD.

The following is Helen's explanation of the reasoning behind "Singing for Parkinson's".

"Singing is perhaps the most accessible, inexpensive and effective form of musical engagement for people with little or no formal training and a growing body of evidence points to the value of regular group singing in promoting a holistic sense of wellbeing for people of all ages and backgrounds. Research shows also that for people with difficulties associated with breathing and the voice, regular singing can have real therapeutic value".

(Stephen Clift – Professor of Health Education and Director Sidney de Haan Research Centre for Arts and Health Canterbury Christ Church University, UK).

Using singing as a rehabilitation tool for people with Parkinson's and other degenerative neurological conditions are gathering momentum. (e.g., Magee, et al., 2017; Davis, 2018).

Through research and its application, the benefits of group singing range from voice-strengthening to camaraderie as well as the sheer joy that is widely acknowledged that singing in a group can bring.

Singing for Parkinson's provides a practical set of exercises to help lead singing groups for people living with the effects of Parkinson's. The exercises are designed to safely support the maintenance of vocal and broader physical functioning, and to promote mental and social well-being and cognitive functioning. Specifically, singing sessions aim to expand the efficiency and flexibility of the respiratory, phonation, resonator and articulator structures and function.

Regular Singing sessions have been found to help with some of the symptoms experienced in people living with Parkinson's. These may include weakened larynx and swallow mechanisms, facial masking (hypomimia), impeding volume (hypophonia) producing a hoarse breathy voice (dysphonia) and imprecise articulation.

Sessions aim to be fun and uplifting for all involved.

Helen Fehily trained at the RNCM for six years and worked in Opera and Musical theatre. She has taught singing for the last fifteen years.

Currently, Helen is teaching singing privately whilst expanding her interest in Singing for Health. She has trained with the organization Sing to Beat Parkinson's, an international organization for singing groups that work with Parkinson's. She is currently involved with leading Community choirs and expanding her work to provide singing sessions for people living with Parkinson's.

If you know of any group that may be interested to try some singing sessions, please do not hesitate to contact Helen Fehily at:

helen@thecrummacks.co.uk

[AGE UK SOCIAL CARE CAMPAIGN](#)

Shared by kind permission of Stockport Age UK Monthly News (February)

Millions of older people in England are waiting for care.

2.6 million people in England aged over 50 are unable to get care, including hundreds of thousands who are stuck on waiting lists for support or even just waiting to have their needs assessed.

That means millions left struggling to go to the toilet, eat, get dressed or wash because they can't do these things unaided. And there are many more providing unpaid care, often older and in poor health themselves, doing their best to keep their loved ones safe and well at home. They desperately need support from care services so that they can take a break from caring.

The campaigns team at Age UK are calling on the Chancellor to use the Spring Budget on 15th March to help the millions of older people who are waiting for good, reliable care and support to live with dignity.

Many older people have already been waiting a long time for care – they can't wait any longer.

If you would like to add your name to the letter that is being sent to the Chancellor, you can do that by following the link:

<https://campaigns.ageuk.org.uk/page/117503/petition/1?ea.tracking.id=Website>.

DEMENTIA AND PARKINSON'S EVENT AT ABNEY COURT CARE HOME IN CHEADLE

Amicia Hara the Home Manager at Abney Court Care Home, Abney Hall Park, Manchester Road, Cheadle SK8 2PD, has invited members of our club to a talk about Dementia. Date: 18th March 2023. Time: 2pm to 4pm. The talk looks at the early signs of dementia and ways of managing the condition.

Refreshments will be available. For more information, please contact Amicia the Home Manager at | Abney Court Care Home 0161 495 3780 amcia.hara@careuk.c

Please note: This event is not being run by Parkinson's UK, Stockport Branch.

RESEARCH OPPORTUNITY

If you are interested in this research opportunity, please follow the link below.

My name is Dr Sarah Fearn and I was wondering whether it might be possible for you to share a research opportunity with the members of your local Parkinson's support group?

University Hospital Southampton is currently carrying out research into how people with neurological conditions use digital health technology (such as video consultations, mobile health apps and other online devices) and the factors that affect use. We are looking for people living with Parkinson's to take part in a one-off survey. They do not need to be using digital health technology to take part.

More information and the link to take part can be found on the Parkinson's UK website by clicking here: <https://www.parkinsons.org.uk/research/what-factors-influence-use-digital-health-technology>

FUNDRAISING AT MORRISON'S STORE FRIDAY 14th APRIL We still require helpers to collect at the Cheadle Heath Store between 10am and 5pm. The collecting slots are only for one hour. If you can help, please let me know: stephen.scott687@yahoo.co.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.

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