

WELCOME TO THE SEPTEMBER 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 look so sad & troubled.
My happy face no more.
Folks ask me if I'm ok.
And I tell them to ignore.
And smile at them to reassure.

[Bridget, Derby, Living with Parkinson's since 2020](#)

2. Diagnosed with PD, here it comes.
Causing 40 different symptoms.
Pain, stiffness, trembles and shakes.
Not sure what form, on you it will take.
The speed this condition grows in the world. Needs our work, needs to be curbed.
[Mel H, Northampton, Family member, friend or carer of someone with Parkinson's](#)

NAME THE ICONIC BUILDING/STRUCTURE Well, did you manage to recognise Windsor Castle 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 October Newsletter.

Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR SEPTEMBER AND OCTOBER.

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

September 6th	Singing with Helen.
September 13th	Seated exercise.
September 20th	Fran and Colin Country singers.
September 27th	Seated exercise.
October 4th	Singing with Helen.
October 11th	Seated exercise.
October 18th	Meal at the Legh Arms (see below for details)
October 25th	Seated exercise.

MEAL AT THE LEGH ARMS TOBY CARVERY ADLINGTON As the Masonic Hall is not available on the 18th of October Joyce has booked the Legh Arms, London Rd, Adlington, Macclesfield SK10 4NA for a meal out. We will dine at 1pm. The cost for a meal from the carvery and dessert is a club subsidised price of £10 (this cost includes the tip but not drinks.) If you would like to attend, please contact Joyce on 0161 485 7654 but no later than the 4th October. She will also require your choice of dessert from: - Dairy ice cream, seasonal crumble, seasonal sponge, chocolate brownie all served with either custard, ice cream or whipped cream.

The Legh Arms is on the A523 road from Poynton to Macclesfield.

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.

GREAT NORTH RUN. On the 10th September David one of our members will be taking part in the above race to raise funds for our group. Because he is also a carer it has been agreed that he can do the 13.1 miles by running/walking around the streets of Stockport. David will bring a sponsorship form to our meetings if you would like to support him.

AVOIDING FALLS. It's important to get help and advice about how to avoid falls. Even if you've never fallen before, anxiety or fear of falling can increase the chance of it happening.

There are lots of ways to reduce your risk of falling. Below are ideas that physiotherapists and occupational therapists have suggested to help with balance problems.

Your GP, specialist or Parkinson's nurse can also give you advice on how to avoid future accidents or refer you to a physiotherapist or occupational therapist.

- ◆ Get into a rhythm when you walk Try counting each step, marching on the spot, stepping over patterns on the floor, humming or singing to yourself. You could repeat a word or phrase such as 'walk tall' or 'stride out' to help you stay focused when walking.

- ◆ Move to the beat Walking to the tick of a metronome can help you maintain a rhythm, or help you restart walking if you freeze. A metronome is a device that produces a regular tick or beat that musicians use to keep to a rhythm. They are available from musical instrument shops or online.

- ◆ Focus on taking longer strides and swinging your arms Taking bigger steps will help to increase your arm swing. Gently swinging both arms will help you keep your balance when you walk.

- ◆ Shift your weight Move your weight from one foot to the other or try to step backwards before moving forwards. If you freeze, you may be able to re-start moving by rocking gently from side to side.
- ◆ Ask a friend for help If you're out with a friend and you freeze, they can help you by holding your arm and supporting your balance while you concentrate on moving again.
- ◆ Avoid distractions Try to concentrate and keep distractions to a minimum – avoid walking and talking at the same time. If you want to have a conversation, pause, and touch something solid, such as a lamp post, when you want to talk. If you cross a busy area plan your route in short stages so that you're not having to concentrate on too much in one go.
- ◆ Slow down turns If you need to change direction, try not to turn too quickly or pivot on the spot. It's better to slow down and take a few extra steps to walk around in a half circle. Try to imagine your feet are following the numbers on the face of a clock. Take your time.

This advice is taken from the Parkinson's UK website.

GET IT ON TIME CAMPAIGN

Parkinson's UK are stepping up their campaign this year to make sure that everyone with Parkinson's who is admitted to hospital receives their Parkinson's medication on time, every time.

They want local decision makers and hospital staff to understand the impact of late or missed medication. To do that, they would appreciate some help from you. We all understand that not receiving medication on time, or seeing it happen to a loved one can be distressing. They want to share the impact of late and missed doses with local hospital trusts, politicians or the media to raise awareness and make sure it doesn't happen to anyone else.

If you're comfortable and have seen the impact of a missed or late dose of medication; or, if you've experienced good care, you want people to know about: they would really like you to share your story.

You can tell them what happened in your own words, so that they can use your experience to help other people.

You can share your story via a share your story form here:-

<https://www.parkinsons.org.uk/get-involved/share-your-story> or you can email stories@parkinsons.org.uk to speak to someone directly.

UNDERSTANDING DEMENTIA Everyone's experience of dementia is different, so it's important that you try things out and find an approach that works for you. Age UK have brought together a range of information and advice – from practical guidance, such as how you can make your home more dementia friendly, to emotional support, such as how to tell those close to you about what they can do to help. Knowing where to start is often the hardest part – but whatever your situation, their information and advice is a good first step. There is also lots of information on the Age UK website [Dementia in the UK | Age UK](#) There are also some useful information booklets including [Tips on living well with dementia | Age UK](#) which can help you better understand your diagnosis. There are 'quick read' summary boxes throughout the guide to make it easier to read. Also, the [Caring for someone with dementia at home | Age UK](#) guide offers practical and emotional support for people who care for someone living with dementia. For more information and to read the guides follow the links or contact Age UK direct by calling 0800 169 65 65.

FIRST STEPS Is Parkinson's UK online programme for people recently diagnosed with Parkinson's and their family, friends and carers.

There are 3 sessions that will help you to take the first steps in making sense of your diagnosis. And will empower you to start living well with Parkinson's by providing you with the information and support you need.

This programme is for you if:

- you're looking for ways to make sense of your diagnosis.
- you don't know what information and support is available to you.
- you feel ready to meet other people who have also been recently diagnosed with Parkinson's, and their family, friends and carers.

For more information about this programme please follow the link.

<https://www.parkinsons.org.uk/information-and-support/first-steps-programme>.

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

I look forward to receiving the Parkinson's magazine which is issued 3 times a year. It is full of information and helpful articles. You also receive Progress magazine that keeps you up to date with all the latest research around Parkinson's and often invites you to take part in research. Both magazines are available in printed form or online and I believe there is an audio version.

Team Parkinson's brings together everyone who cares about Parkinson's. Join the movement to transform lives and find a cure. <https://www.parkinsons.org.uk/about-us/team-parkinsons>.

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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