

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

PARKINSON'S POST

Chester & District Branch



October 2024

Facebook: Parkinson's UK – Chester District Branch

Twitter: @Parkinson's

Chester Website: chesterparkinsons.weebly.com

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<https://chesterparkinsons.weebly.com/data-protection-privacy-policy.html> to view our privacy policy.

Nick's Notes

I make no apologies that my notes in this edition are totally orientated to The Branch Parkinson's Awareness Day which takes place on Saturday 2nd November between 1.00-4.00pm at St Columba's Church Hall. This is a major undertaking by the Branch to put together an event which offers something for all those people suffering with Parkinson's. It has taken a lot of effort by the Committee to pull together, what we consider to be a very focused but interesting programme and to ensure experts and Branch members are on hand to share their knowledge and experiences.

This event couldn't have happened without the support and help of many people and organisations. At this time, I must express the thanks of the Committee to Helena and Emma from Parkinson's UK, their contacts and knowledge of the workings of Parkinson's UK has proved invaluable. These events as you might expect cost money and the Committee are extremely grateful to the donation it has received from Vauxhall Motors Employee Charity Fund. Other individuals and organisations have offered best prices and on occasions waived any cost.

Back to the event, as I said earlier there is something for everyone, for those at the beginning of their journey with Parkinson's, there will be a presentation and question and answer session from senior Nurses of the Walton Centre. Parkinson's UK advisors will be present to answer questions and offer help. A member of the Parkinson's Research Team will present a meaningful and relevant review of recent developments and those which are soon to be available. Members of the Branch will be available to discuss on a one to one basis their own experiences and hopefully reassure those newly diagnosed that there is still life after diagnosis.

I could go on and on more activities are being added to the programme as we speak. However, these events don't just happen on their own and that is particularly the case on the day of the event. They rely on volunteers. So, if anyone is prepared to help on the day even for ½ hour then their help will be truly appreciated. If you do feel able to help then please contact Pat on 07941839161.

This is probably one of the biggest events the Branch has undertaken in a number of years. It has the making of being something very special if we manage to attract as many people as we can who are affected by Parkinson's. Please do try to attend and spread the news to as many people as you can.

Nick Dent

PARKINSON'S^{UK}
CHANGE ATTITUDES.
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**Chester &
District Branch**

JOIN US

Parkinson's Awareness Day

Saturday 2nd November, 1pm - 4pm

**St Columba's Church Hall,
Plas Newton Lane, Chester CH2 1SA**

Information for anyone with an interest in Parkinson's.
All welcome. Presentations from Walton Centre,
Parkinson's UK Advisers, Research staff, and
representatives from associated organisations.

Samantha Dixon MBE, Member of Parliament for
Chester North & Neston, will attend the event.

No charge - Fully accessible - Refreshments

Supported by Vauxhall Motors Employee's Charity Fund

Call: 07941839161 or email:
parkinsonschester@gmail.com
www.chesterparkinsons.weebly.com
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Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197)

Parkinson's UK – Chester & District Branch

Are you or anyone you know affected by Parkinson's? Would you like to meet others for a chat? You will receive a warm welcome.

DROP IN CAFÉ



Every 3rd Thursday of each month, 2.30pm – 4pm

Hoole United Reformed Church, Hoole Road, Hoole, Chester, CH2 3NT

Excellent parking – please note the one-way system

The United Reformed Church has kindly allowed us to join their monthly event “Cake & Church”, to enable people with Parkinson's and their family/friends/carers to meet, chat and have tea/coffee and cake in a relaxed atmosphere. There is also a book table – just bring along any you've read and take some new ones.

For more information about the above please contact:



Zoom chat and quizzes.

This takes place on Zoom every Thursday from 5pm and is very successful – and great fun!!

Why not pop in?

Please contact Pam if you would like to join in:

paminchester@yahoo.co.uk

🎵 SINGING GROUP 🎵

“

The singing group has made a real difference to my symptoms. So for that alone, I'm very grateful. I enjoy the group and find it really beneficial for my breathing and projecting my voice.

”

The following recently appeared on Parkinson's UK's Facebook page:

Singing has been shown to reduce Parkinson's symptoms like tremor as well as issues with walking and posture. This is because it helps to relax muscles and release tension in the back and neck.

"The most valuable thing I've learned is how to breathe properly. It was only when I was diagnosed with Parkinson's that I realised I hadn't been breathing properly all my life,"

Singing can also help to reduce anxiety and

low mood by lowering stress hormones and increases the brain's 'feel-good' chemical (endorphins).

Click to read more 🖱️ <https://prksn.uk/4diaUtA>

None of the above is surprising to us!

Chester & District Branch of Parkinson's UK's Singing Group has been singing together for years – and enjoying it too! Come and join us and find out for yourself. Absolutely no singing ability/history is required, just a desire to have a go and enjoy it. Details:

St Columba's Church Hall, Plas Newton Lane, Chester CH2 1PL: Fridays 1pm – 2.30pm

Excellent parking, access & facilities. Tea, coffee & biscuits. No charge, donations for refreshments.

For more information call Pat on: 07941839161 or email

parkinsonschester@gmail.com

Recent photos from our "September Songs" – an afternoon of scones, tea, singing, friends and family:



Upcoming events – come and join us!

It is essential to pre-book for all events: paminchester@yahoo.co.uk 01244 376546

Tuesday 22nd October - 12 Noon, Lunch. *The Bluebell Cafe, Barrowmore, Barnhouse Lane, Great Barrow, CH3 7JA*
*Lovely selection of meals, choices needed by **October 17th**, pay on the day!*

Monday 11th November - 10.30am Tea/Coffee and Scones. *Rossett Hall Hotel, Chester Rd, Rossett, LL12 0DE*
£8.50 payable on the day – cash or card

Friday 6th December - 12 for 12.30pm Christmas Lunch. *The Ballroom, Rowton Hall Hotel, Whitchurch Road, Chester, CH3 6AD*

MAINS

Roast Turkey Breast, Roast Potatoes, Apricot Stuffing, Seasonal Vegetables, Pigs in Blankets, Red Wine Gravy (GF*, DF)

Slow Cooked Shin of Beef, Roast Potatoes, Seasonal Vegetables, Red Wine Gravy (GF, DF)

Mixed Herb and Nut Roast, Roast Potatoes, Seasonal Vegetables, Vegetable Gravy (GF, VE, V, DF)

DESSERT

Traditional Christmas Pudding, Brandy Sauce, Cranberry Compote (VE, V)

Lemon Posset, Winter Berry Compote (GF, V)

Chocolate Tart, Raspberry Coulis, Vanilla Chantilly Cream (V)

£29.95 per person

Advance payment, meal choices and any dietary requirements needed by November 20th

Nat West Bank: please provide surname and date of event!

Sort code 60 40 08

Account number: 01010190 Account name: Parkinsons Dis Soc.

DATES FOR YOUR DIARY - 2025!

Wednesday 8th January – Lunch at the Stamford Bridge Inn, Tarvin Road, CH3 7HN

Great selection of meals – choices needed in advance but pay on the day!

Please book with Pam by December 30th

ALSO Please make a note of:

Thursday 6th February – 10 am - Coffee Morning at Bellis's Garden Centre, Holt, LL13 9YU

Tuesday 11th March – Spring Lunch and AGM at Pryor's Hayes Golf Club, Oscroft, CH3 8NL

LOCAL CONTACTS AND SERVICES

Cheshire Change Hub

Cheshire Change Hub is your local health and wellbeing service. It's here to offer you the support you need to live a healthier, happier life.

Address: Northgate Arena, Victoria Road, Chester, CH2 2AU

Telephone: 0300 777 0033

Email: hello@cheshirechangehub.org

Website: <https://cheshirechangehub.org/>

Age UK Cheshire Information and Advice Service

A free and confidential information and advice service for older people, their families and carers.

Telephone: 01244 401500

Email: informationqs@ageukcheshire.org.uk

Website: [Age UK Cheshire Information and Advice Service](#)

Free Falls Prevention Service, Cheshire Change Hub (Brio)

As you get older, your risk of falling increases, as do the dangers associated with a fall. Our Falls Prevention service is designed to help keep you standing strong and avoid any unnecessary trips or injuries.

Telephone: 0300 777 0033

Website: <https://cheshirechangehub.org/services/falls-prevention/>

Falls Prevention

Healthbox Community Interest Company (CIC)

Our Strength & Balance offering is a 12 week evidence-based exercise Intervention programme specifically designed to reduce the risk of falls in older adults.

Email: jack@healthboxcic.com

Website: <https://www.healthboxcic.com/falls-prevention>

Community Connectors

Citizens Advice Cheshire West

While there are many organisations available to help when you face problems, the choice can be overwhelming and it's not always easy to get to the right place. That's where our community connectors come in if you lack confidence, or are struggling with multiple problems, and just want to talk to one person we can help.

Telephone: Adviceline 0808 2787 806

Website: <https://www.citizensadvicecw.org.uk/pages/category/community-connectors>

Wellbeing Service

Primary Care Cheshire

Social prescribing enables a GP, nurse or other healthcare professional to refer you to one of our Wellbeing Coordinators to talk about the issues you're facing and find the right services to support you.

Website: <https://www.primarycarecheshire.co.uk/wellbeing-service>

Pathfinders service

Cheshire Community Action

Pathfinder supports people to access services within their local community. There are various activities and services that can help you live more independently, including lunch clubs, day care, social activities, volunteering or assisted limited shopping.

Telephone: 07799 519438

Email: pathfinder@cheshireaction.org.uk

Website: <http://www.cheshireaction.org.uk/pathfinder-west>

Social Prescribing Link Workers

Healthbox Community Interest Company (CIC)

Our Social Prescribing Link Workers work with people in the local community to help them unpick non-medical issues that are affecting their health and wellbeing; such as loneliness, physical inactivity and low level mental health issues.

Website: <https://www.healthboxcic.com/social-prescribing>

PARKINSON'S^{UK}

Parkinson's in
the Park
early intervention
exercise group

Upton
Neuro
Physio

Upton Pavilion, Chester.
For more information contact:
07968 585408
uptonneurophysio@gmail.com

Ellesmere Port Sports Village, Brio Leisure

Aquatherapy - Fridays , 11.15am. Booking not required.



Neuro Café at Ellesmere Port Sports Village

There's a Neuro Café at Brio Leisure's Ellesmere Port Sports Village on Fridays at 12.30pm, after the Neuro Aqua Fit class. It's a chance for people with long-term neurological conditions to chat and socialise informally with likeminded people, just like our own Café at the Centre. All welcome - you don't have to have been to the class to attend.

YOGA SESSION

The MS Society are running a weekly Yoga session on Thursdays at 11am. This adapted yoga session is carried out either sitting or standing and is led by instructor Rebecca Pritchard, a specialist in breathing and relaxation techniques. It is held at Thrive at Pro Health Clinic, Hoole, Chester. Parking is on site and the clinic is wheelchair accessible. Costs: £5 for MS Society members, and £8 for non members. Register by calling Brenda Brockbank on 07522384240.

MeTime sessions for carers - run by Carers Wales but available to all

MeTime online sessions are designed to inform you of your rights and to support your wellbeing.

Sessions vary from practical advice on carers' rights and caring to a set of holistic wellbeing sessions that range from confidence-building to creative opportunities like crafting.

Sessions are open to anyone across the UK.

Please be aware these sessions are run by Carers Wales and information sessions are based on Welsh legislation.

Follow this link: <https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/metime-sessions/>

Neurological nurse advice line



Neurological advice, guidance and support

The neurology nurse advice line is available to anyone who receives treatment and care at The Walton Centre for a neurological condition. It is available between 9am and 4pm, Monday to Friday on 0151 556 4008.

What should you use this service for?

The line is staffed by a dedicated team of administrators who will provide advice and support on:

- Managing appointments
- Supporting you with accessing neurological support from specialist nurses
- If needed, signposting you to other available services such as therapists or your consultant.

The staff are all trained and experienced in supporting and caring for people living with a neurological condition.

Tell us what you think

The Patient and Family Experience Team would like to hear your thoughts on the service. Call 0151 556 3090/3091 or email patientexperience@thewaltoncentre.nhs.uk to speak to them.

What can you expect when you call?

An administrator will take the details of what you need support or advice about.

If necessary, they will agree a suitable date and time for the right person to call you back. The majority of call backs are within three working days although this may be longer at times of increased demand.

The NAL is for any concerns, questions, or if you require advice, guidance and support about your condition.

You can also call if you care for someone with a neurological condition or you are a health care professional.

This is not an emergency service. Please call 999 in an emergency

On July 15, we had a great visit to Arley Hall gardens and Viscount Ashbrook led a garden tour assisted by his wife Zoe.



Afternoon tea at Rowton Hall in August.



It was lovely to welcome friends, old and new.



We shared a delicious cream tea at our 'September Songs' afternoon.





Walk for Parkinson's 2024 Marbury Country Park.



Arthur enjoyed himself as usual.



Standing up to Parkinson's

I stand up to Parkinson's every day
like 1000s of people across the UK.
So sit down and listen in the interest of fairness,
I'm going to work on your Parkie awareness.

With Parkinson's, neurons decay in your brain
affecting your movement and causing you pain.
It can make you confused. It can make you depressed.
There are days when you find you need help getting dressed.

The symptoms we face can be mild or severe.
We've stiff upper lips but a future we fear.
We look like we're drunk and we slur when we talk
and shuffling about is the Parkinson's walk.

There's tremor and shaking and muscle rigidity,
stiffness and slowness and loss of fluidity,
sweating and fretting, severe constipation,
Poor bladder control and hallucinations.

They say that they're closer to finding a cure
but all the above is a lot to endure
for the 1 in 500 who have this condition
as Parkinson's batters us into submission.

Keep your brain and your body from fading away.
Exercise really helps to slow down the decay.
Or sit down, write a poem, try painting or clay.
But **stand up to Parkinson's every day**

Martin Pickard

ROCK STEADY BOXING WIDNES

**T: 07517 499 409 E: WIDNES@RSBAFFILIATE.COM
FOR MORE INFORMATION OR TO BOOK A SESSION**

THE AIM OF THE 'ROCK STEADY BOXING' PROGRAMME IS TO PROVIDE FITNESS CLASSES TO ENABLE PARKINSON DISEASE SUFFERERS ENHANCE THEIR QUALITY OF LIFE, BUILD STAMINA, STRENGTH AND SPEED, BY EXERCISING WITH COACHES WHO KNOW THE ROPES AND UNDERSTAND THE DISEASE, ENABLING SUFFERERS TO FIGHT THEIR WAY OUT OF THE CORNER, START TO FEEL AND FUNCTION BETTER.

THE PROGRAMME HAS BEEN PROVEN THAT ANYONE, AT ANY LEVEL OF PARKINSON'S, CAN ACTUALLY LESSEN THEIR SYMPTOMS AND LEAD A HEALTHIER AND HAPPIER LIFE.

TOMMY WANTS TO PROVIDE THIS KNOWLEDGE AND SERVICE TO THE LOCAL PEOPLE OF WIDNES, RUNCORN & WARRINGTON, WHERE THERE ARE OVER 500 SUFFERERS. NOT ALL PARKINSON SUFFERS ARE IN THE 'OLD' AGE BRACKET AS THIS DISEASE CAN HIT PEOPLE AS YOUNG AS IN THEIR TEENS.

TOMMY IS KEEN TO USE THE SKILLS HE HAS LEARNT FROM THE "ROCK STEADY TEAM" IN INDIANAPOLIS, HIS KNOWLEDGE FROM A LIFE TIME BOXING CAREER AND HIMSELF ALSO BEING A PARKINSON'S SUFFER, TO LOCALLY SET UP FITNESS SESSIONS TO CATER FOR EVERYONES NEEDS AND ABILITIES, FROM THE YOUNG TO THE OLD, AND ANY STAGE OF PARKINSONS.

“

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”

WE ARE A NOT FOR PROFIT ORGANISATION RECENTLY SET UP IN WIDNES TO PROVIDE AN EXERCISE GROUP FOR PEOPLE WITH PARKINSON'S DISEASE.

BASED ON NON-CONTACT BOXING DRILLS WE AIM TO TARGET THE SYMPTOMS OF THE DISEASE WITH RESEARCH SUGGESTING THAT THIS IS AN EFFECTIVE WAY TO ACHIEVE OUR GOAL OF FIGHTING BACK AGAINST THE DISEASE.

THE CLASSES ARE AIMED AT ALL STAGES OF THE DISEASE AND ARE QUALIFIED INSTRUCTOR LEAD, WITH THE LEAD COACH (TOMMY) HIMSELF DIAGNOSED WITH THIS DISEASE SO HE KNOWS FIRST-HAND HOW PEOPLE'S LIVES ARE AFFECTED BY THIS DISEASE.

WE ADDRESS : TREMORS, BALANCE, POSTURE, MOVEMENT, DEXTERITY, STRENGTH, MOTOR SKILLS, AGILITY, OVERALL FITNESS LEVELS, VOICE ACTIVATION ALL THROUGH PLANNED EXERCISE DRILLS WITHIN A FRIENDLY ENVIRONMENT ENCOURAGING INCLUSION, FUN AND FRIENDSHIP TO ENHANCE WELL BEING.



**T: 07517 499 409 E: WIDNES@RSBAFFILIATE.COM
FOR MORE INFORMATION OR TO BOOK A SESSION**

Do you need help with an application for a Blue Badge, to complete forms for Attendance Allowance, Personal Independence Payment (PIP) or something similar? Parkinson's local advisers are there to help – just a phone call or email away. You are not alone, contact Rachael Millington or Sara Owen today:

rmillington@parkinsons.org.uk or sowen@parkinsons.org.uk

Tel: 0808 800 0303

Parkinson's UK is here to provide information and support to anyone affected by the condition.

Our helpline is a free, confidential service. Trained Advisers, including Parkinson's Nurse Advisers, Benefit and Employment Advisers and a Care Adviser, provide information about all aspects of living with the condition, including:

- 1.** medical issues, including symptoms and treatments
- 2.** emotional support
- 3.** health and social care
- 4.** local activities
- 5.** employment and benefits
- 6.** signposting to other sources of information

Helpline Advisers can put you in touch with a Parkinson's Adviser in your local area if more local or in depth information and support is needed.

Parkinson's Local Advisers have a wide range of knowledge and expertise about Parkinson's and can help if someone:

- 1.** has been newly diagnosed and is looking for advice and information
- 2.** is looking for tips on how to deal with the day to day impact of Parkinson's
- 3.** would like to find out about services in their local area, including health services, such as Parkinson's Nurse Specialists and Physiotherapy and how to access them
- 4.** has a friend or family member who needs support
- 5.** needs emotional support
- 6.** wants to learn about their rights and entitlements
- 7.** needs help navigating the benefits process
- 8.** needs support with anything else relating to life with Parkinson's

The free helpline is open:

Monday to Friday - 9 am-6pm

Saturday - 10 am-2 pm

Please call: **0808 800 0303**

Call Companions – telephone service for people With Parkinson's and their carers



What is Call Companions?

Call Companions is a telephone befriending service available to individuals living with Parkinson's, and their carers. The service is run through a partnership with Re-engage, who have been running a similar service for many years.

Who is eligible for Call Companions?

The service is available across the UK and NI. It is open to anyone who is over 60 with Parkinson's, and their carers.

How do I access the service?

There are 4 methods of referral into the service:

1. Individuals are referred through the Parkinson's Local Advisors
2. Referrals are made through other health professionals
3. Individuals are referred through family and friends, through the [Parkinson's UK Call Companions web page](#)
4. People self refer by filling out a form online through the Parkinsons UK Call Companions web page <https://reengage.org.uk/refer/joining-the-reengage-call-companion-service-in-partnership-with-parkinsons-uk/>
5. Or telephone ☎ 0800 716 543

What happens once the referral is made?

Once the referral is made, the client will have a phone call from Re-engage to see if they are interested. They are also asked how often they would like to be contacted.

The client can have up to weekly calls, and the service is ongoing until the client decides they no longer require it.

Re-engage will ask the client about their hobbies and interests so they are able to match them up with a suitable volunteer, with similar interest, making the service much more tailored and enjoyable.

The volunteers are also trained in the same way that Parkinson's UK volunteers are trained, and have knowledge of the condition.

How service users feel about Call Companions

This service has made a huge difference to the people accessing it, and has acted as a real life-line for many people - here are some examples:

"Talking to [my Call Companion] really helps me. There are things I can talk about that I can't mention to my family. I don't think my family want to accept that my condition is as bad as it is. They are used to me being strong, and I just don't feel that way at the moment."

"Sometimes [my Call Companion] and I miss each other, but she understands. If [my husband] is feeling like he would like to go out, we just do it - if that means missing a call with [my Call Companion], I know she'll be fine with that. She's lovely, she really is. She talks to [my husband] as well, on some calls. It's really important to talk."

Did you know?

People with Parkinson's can be eligible for help which some may find useful when out and about:

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association. The card enables a cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. You qualify if you receive Attendance allowance, or Disability Living Allowance or PIP.

<https://www.ceacard.co.uk/>

Access card This card acts as a photo ID that can be used to easily communicate your access requirements to events and venues. It also works online with other platforms like ticketing systems, to unlock the access facilities you need. It shows a photo ID and translates a person's disability or impairment into symbols, effectively highlighting the barriers they face and the reasonable adjustments they might need.

<https://www.accesscard.online/>

"Hidden Disability" cards, lanyards etc. Not everyone is comfortable wearing something like this in public, but for those who are they can be very useful:



Badge £3 Parkinson's UK



Amazon £5 – best deal online



The recognisable sunflower lanyard is often free from some supermarkets and airports.



Radar key, the universal key to disabled toilets in the UK. The National Key Scheme (NKS) offers people independent access to locked public toilets around the country. £8 from Parkinson's UK

Ideas for Fundraising

Since the pandemic we have not returned to singing/collecting at supermarkets, which means our fundraising has dropped considerably.

This is why we are especially grateful to those who support the Branch by making regular or occasional donations, as well as in memory of loved ones.

LIVE LOUD! WREXHAM

Voice Support Programme

2nd Wednesday each month
1-3pm
Wrexham University
Mold Road
LL11 2AW

Contact Liz Morgan
0344 225 3767
lmorgan@parkinsons.org.uk



Parkinson's UK Brain Bank

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 153,000 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.

For more information about how you can help:

<https://www.parkinsons.org.uk/research/parkinsons-uk-brain-bank>

INTERESTED IN RESEARCH? THIS IS WHAT PARKINSON'S UK HAS TO SAY:

“We're adopting a radical new approach to our research. We're speeding up the process of finding better treatments for Parkinson's, and delivering them to people faster”

Explore our research topics and our research blog:

<https://www.parkinsons.org.uk/news/news-topics/research>
<https://www.parkinsons.org.uk/research/research-blog>

Other Contacts

For information and resources from Parkinson's UK visit www.parkinsons.org.uk

For advice, emotional support or to access the Parkinson's Adviser service, contact the Parkinson's UK Helpline, available Monday to Friday: 9am to 6pm, Saturday: 10am to 2pm on **0808 800 0303** or by emailing hello@parkinsons.org.uk

The Walton Centre Nurse Advice Line is 0151 556 4008

Branch Membership – If you know anyone who has Parkinson's or is caring for someone with Parkinson's or would just like to join, please encourage them to get in touch with any of the committee, thanks.

Dr Kathryn Mannix is a retired palliative care Consultant and author of "With the End in Mind" and "Listen". Her recent article in the Guardian discusses: "In your final years, do you want your doctor to talk to you about death? Here's how it can help."

You can find a copy of this thought provoking article here:

<https://chesterparkinsons.weebly.com/support.html>

Donations.

The branch always welcomes donations or even more appreciated would be a regular standing order donation...if anyone would like to make a donation whether it be regular or one off please get in touch with Ron Welsh, our treasurer, who will supply the bank information for you to arrange the donation/standing order. You can also contact any of the committee.

BRANCH TEXT MESSAGING SERVICE

We know that many of you are already signed up to our Text Messaging Service but for new members or existing members who might now wish to add a friend or relative, here is a reminder of the service and how to join.

The Text Message Service enables the Committee to send out reminders of upcoming events to our members free of charge.

If you would like to receive this service then you just need to take a few minutes to register.

Just text your NAME, MOBILE PHONE NUMBER and YES to 07768146835.

If you would prefer us to send the text messages to a friend, family member or carer on your behalf then just add FOR and the NAME to your text message request to join.

If you believe you have already registered but haven't been receiving any messages could you please resubmit your details to the above number and in addition to the requested information just include PROBLEM.



*Neuro Therapy Centre, Units C1-C4, Brymau Estate,
1, River Lane, Saltney, Near Chester CH4 8RG
Registered Charity Number 700904/Company Number 2269526*

The Neuro Therapy Centre is a charity that provides support to people with long-term neurological conditions and their Carers. Our central objective is to provide a place of care, friendship, advice and support in a positive, informal and happy environment.

We empower people to take control of their conditions. Through access to regular exercise, professional help, timely and relevant information and support, and social activities that help to forge friendships. All our services are tailored to the neurological condition you have and its symptoms.

With the Centre's support our members enjoy active and varied lives long after diagnosis.

The Neuro Therapy Centre started out over 30 years ago supporting people with MS and has expanded its services and expertise over the years to support [Multiple Sclerosis](#), [Parkinson's Disease](#), [Motor Neuron Disease](#), [Functional Neurological Disorder](#), [Cerebellar Ataxia](#), [Huntington's Disease](#) and many more.

If you are interested in finding out more, please speak to the therapies team at the Centre or call 01244 678619.

Contacts.

Chairman

Nick Dent
01244 301378
npdent@aol.com

Vice Chair &

Singing group contact

Pat Riddell
07941 839 161
patriddell31@aol.com

Secretary

John Fetherston
07903 085 776
fetherston132@gmail.com

Membership

Margaret Whaley
mkwhaley3@gmail.com

Social Secretary

Pam Adams
01244 376546
paminchester@yahoo.co.uk

Treasurer

Ron Welsh
ronwelshco@aol.com

Parkinson's Post

Chris Knight
chrisknight1@hotmail.co.uk

David Stoddart
david.stoddart3@btinternet.com

Phil Nuttall
phil60011@btinternet.com

Alan Needham
alan.needham52@gmail.com

Alistair Tranter

Viscount Michael Ashbrook – President of the branch.

parkinsonschester@gmail.com

Chester & District Branch Parkinson's UK
c/o The Bluecoat Charity,
The Bluecoat,
Upper Northgate Street,
Chester CH1 4EE