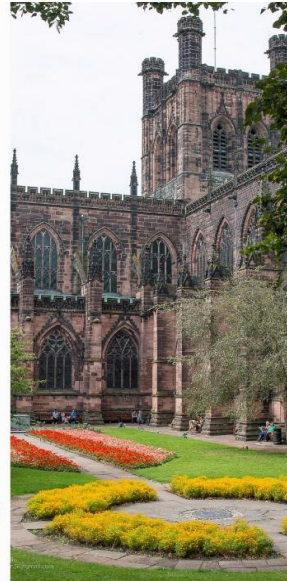
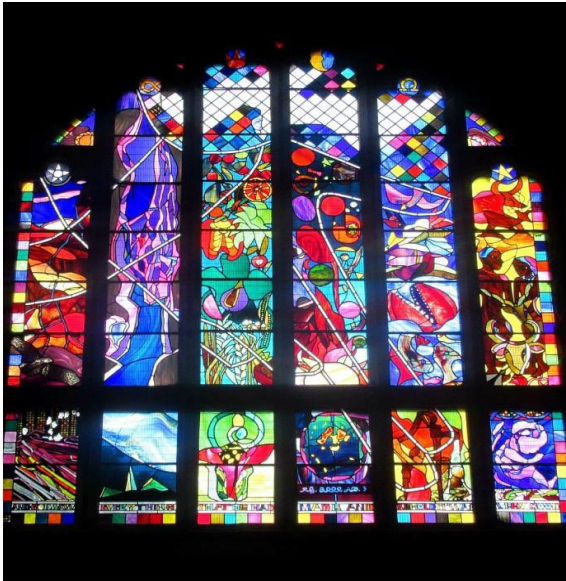


We are Parkinson's UK
For every Parkinson's journey

PARKINSON'S POST

Chester & District Branch



May 2025

Facebook: Parkinson's UK – Chester District Branch
Chester Website: chesterparkinsons.weebly.com

<https://www.justgiving.com/page/parkinsonschester>

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“WHAT’S ON” GUIDE

We vary our social programme in terms of location, day of the week & timings,
hopefully to accommodate as many of our members as possible.

We also check accessibility, parking & facilities.

Branch events coming up - we look forward to welcoming you:

Thursday 12th June at 12pm: Lunch

The Bluebell Café at Barrowmore, Great Barrow, Chester CH3 7JA

Monday 21st July at 11am: Brunch

Bellis's Garden Centre, Holt, LL13 9YU

Thursday 21st August at 10.30am: Coffee and scones

Rossett Hall Hotel, Chester Rd, Rossett, Wrexham LL12 0DE

Fri 26th September at 1pm – September Songs: Tea/coffee, scones, cream & jam

St Columba's church hall, Plas Newton Ln, Chester CH2 1SA

Wednesday 15th October at 12.30pm: Lunch

Red Lion, Church Road, Dodleston, Chester CH4 9NG

Monday 3rd November at 10.30am: Coffee & some early Christmas shopping!

Bellis's Garden Centre, Holt, LL13 9YU

Friday 5th December at 12noon: Christmas Lunch

Rowton Hall, Rowton Ln, Chester CH3 6AD

BOOKING IS ESSENTIAL FOR ALL OF THE ABOVE EVENTS

Contact Pam: paminchester@yahoo.co.uk or call 01244 376546

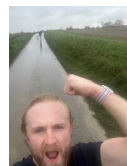
Pat's Ponderings

Every day I am inspired by people, some are famous, but more often they are not. I'm inspired by people like Carl Beech, inventor of the BeechBand for giving the Parkinson's community hope (see page 24) and Bryan, who told us about his amazing achievement walking the Camino to Santiago in the last edition of the Parkinson's Post. By my sister Paula showing her support for me by taking part in Parkinson's research and by Brian Crozier's family and their amazing gift after Brian died (see page 8) – Real people who are inspirational. The picture on the front cover of this edition is Chester Cathedral and the beautiful Millenium Window in the Cathedral's refectory. It's creator Rosalind Grimshaw, another real person, also inspires me:

Ros Grimshaw (3/3/1945 - 11/11/2020) was a stained-glass artist who lived in Bristol. She was diagnosed with Parkinson's in 1983. Ros won a fabulous commission to design and make a Millennium Window for Chester Cathedral. Installed in 2001, it is a large window in the west wall of the refectory. It depicts the hand of God moving through the six days of his creation of the world. My thanks to our Membership Secretary, Margaret, for introducing me to the story behind the window while we were having coffee one day in the Refectory. If you are able, pop in for coffee and see it for yourself, you won't regret it. What has touched people particularly is the personal imagery she has included, a scan of her Parkinsonian brain (bottom, centre) and a foetus in the womb (bottom, right). There is a beautiful book about Ros and the Window, called 'Six Days'. (ISBN-13: 9781901970333 out of print I believe, but second-hand copies available). It is a story about her determination in creating and finishing the Millennium Window. The fact that she spent six weeks in hospital due to her Parkinson's, but continued and eventually saw the fruits of her labours is an inspiration to all. I will keep the book forever as it reminds me that nothing is impossible, if you put your mind to it.

STOP PRESS! The Branch now has a Just Giving page. Please use it for donations (sponsorships/legacies/fundraising) which you wish to be used for the benefit of local people with Parkinson's: <https://www.justgiving.com/page/parkinsonschester>

The photo on the right is an inspirational young man, Max Tranter, raising an amazing £2,800 running a Marathon. He wanted the funds to remain within the Branch in memory of his Grandad Alistair, our former Secretary who died recently. We have agreed that the money will be used to ensure the ongoing production of this publication, the Parkinson's Post, 3 times a year. We think Alistair would approve and be very proud. Thank you and well done Max.



Pat Riddell, Acting Chair

Charity Concert in aid of Parkinson's Research UK

On Friday 21st February we experienced an amazing musical evening at St Werburgh's Church, Chester, courtesy of Father Paul, to raise funds for Parkinson's UK (Research)

The 'Advent Singers' of Malpas, under the musical direction of Conductor Stewart Smith, entertained the audience with a wonderful selection of music from various church calendar dates including Advent, Passiontide and Remembrance.

The 'Guest Soloists' were superb. Henry Goodwin-Hitt performed a Bach Concertante on Viola beautifully and Erin Matthews, a Soprano, who performed at the 2023 Llangollen International Eisteddfod, sang a selection of musical hits, her amazing vocal range impressing us all.

Tom Fesmer, baritone, a recent Royal Academy of Music graduate, sang four of the Mystical Songs by Vaughan Williams.

Henry Smith, assistant organist at Bradfield College Reading played the piano supporting the Advent Singers and soloists and went on to show his mastery of the magnificent St Werburgh's organ, the music soaring throughout the Church.

Refreshments were kindly provided by the Church.

The leaving collection raised an amazing £600 for Parkinson's UK (Research). A very enjoyable musical evening and to be recommended should it be repeated.

Jacky & Stephen Blaikie



Parkinson's UK local Advisers

Do you need help? For example, 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.

You are not alone, contact Rachael Millington or Sara Owen today:
rmillington@parkinsons.org.uk or sowen@parkinsons.org.uk

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

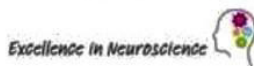
1. has been newly diagnosed and is looking for advice and information
2. is looking for tips on how to deal with the day to day impact of Parkinson's
3. would like to find out about services in their local area, including health services, such as Parkinson's Nurse Specialists and Physiotherapy and how 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**



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.

Cheshire West and Chester's "Small Good Stuff"



<https://www.communitycatalysts.co.uk/smallgoodstuff/>

Small Good Stuff is a directory of small, local care and support services. It connects people who are seeking care and support in local areas with others who can help. Increasingly people are taking control and choosing their own support, often using their own money or a personal budget. This is leading to real change in the way people get care and support.

We know that when people have choice and control, they often seek tailored and often more creative supports that are different and less restricted to formal care. And we know that with a bit of help, there are local people and groups who can offer what people need. Small Good Stuff connects the two together!

Are you looking for care and support? Call: 01423 503937 or

email: enquiries@smallgoodstuff.co.uk

Shopmobility scooter hire in Chester.

Chester Council have announced plans to secure the future of Shopmobility scooter hire in Chester. The Shopmobility scooter hire service will be brought in-house to be delivered by Vivo Care Choices, the Council's learning disability service. The Council currently runs a number of cafes providing valuable day opportunities and work experience for people with learning disabilities and Shopmobility will be brought into that group of services. The new council run service is operational from the 1st April 2025 and, for the immediate future, will remain based in Kale Yards car park in Chester.

Chester Zoo

Chester Zoo offer free wheelchair and electric scooter hire, subject to a £25 refundable deposit. **Pre-booking is essential** and is subject to availability. To pre-book, call 01244 380 280 and they will book you in via the phone. An excellent service with a fleet of new scooters. Visitors with disabilities may admit one accompanying carer free of charge when they pay for a full price Adult. Tickets can be collected from the Ticket Sales windows on arrival. To collect the carer ticket, please make sure you bring along your supporting documents that show you require a carer. The following documents are accepted:

Disability Allowance Letter: PIP letter: Access Pass: Any other appropriate supporting documentation as issued by your local council.

Brian Crozier & his 'No brainer' Decision to Donate His Brain

By his son, Niel Crozier



Throughout his 90 years, Dad always went the extra mile to help others, and his final gesture to donate his brain to Parkinson's was no different.

In Dad's later years he struggled with several ailments including prostate cancer, COPD and heart problems. During Covid, dad was diagnosed with Parkinson's, which completely changed his outlook on life, complicating and curtailing his active family life, hobbies and travelling around the world. Dad was a strong willed and some might say a stubborn man, with the addition of Parkinson's, his mental state and his ability to rationalise basic life changed. This led to long periods of inactivity and times where he would verbally lash out at those closest to him, a tough time for everyone, and one I am sure others can relate to.

When Dad was hospitalised last August after a fall, we quickly realised that his Parkinson's medication had not been prescribed correctly, for 2 years he was taking it at varying times, which severely limited its capability. Once he was on the correct regime, he fared much better from the visible signs of Parkinson's.

On 2nd November at the Parkinson's Awareness Event at St Columba's, Chester, mum was told about research and brain donation. As soon as we spoke to Dad, his immediate response was 'YES'. Excuse the pun, but it was a 'no brainer' decision, in fact Mum has said she will also donate hers.

Unfortunately, Dad had lost the will to fight, and was diagnosed with Parkinson's related dementia, which progressively got worse over the next 4 months, before he passed away on January 28th.

The process and forms were simple to follow and register with the various teams. We did ours in 48 hours, just before Dad passed away. Harvesting his brain only took a few hours and the Parkinson's team were fantastic, they just made it happen and kept me informed at every step.

When I saw Dad later, he was at peace and looked perfect. His donation gave the family immense pride in what Dad had done, hopefully a small jigsaw piece of the Parkinsons cure.

We will remember Dad for many things, the 2 things that we want to share, and hopefully help other Parkinson's sufferers and their families, is that the medication timing is absolutely crucial, and that brain donation is a great gift to help others. Knowing Dad will be helping others after his passing, has helped us cope losing him.

Please register your intent to donate now, and make sure your family and medical records know your wishes.

Thank you for reading our story.

Niel Crozier
(March 2025)

See next page for details on donations

A note from Pat, Acting Chair I was diagnosed with Parkinson's in 2019 and I did two things almost immediately, my Power of Attorney (financial and medical) and completed the paperwork to donate my brain, post-mortem, to the Parkinson's UK Brain Bank. Since then, I've talked about brain donation to anyone who will listen and make no apologies for that. I know some people find the subject difficult to talk about, but we must get past that, it is too important. To me it is simple, I will no longer need my brain, it might produce some information for my family about my Parkinson's and it may help Parkinson's research. A gift from me which costs nothing!! So, I would like to say a personal **Thank you** to Niel for agreeing to share his dad's story. Brian's wife Jean and all of the family are also passionate that we get the message out about brain donation. As Niel says, it is a simple thing to arrange and when the time comes, carried out with dignity. Such an amazing gift to others with Parkinson's. Please don't hesitate, **with or without Parkinson's**, your brain is needed, details below.

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>

Parkinson's research needs everyone

People with and without Parkinson's, of every age, gender and ethnicity.

Without volunteers like our own wonderful Pam and Paula (see pages 10 & 11), progress in Parkinson's research would be impossible.

Taking part in a research study can come in many forms, from questionnaires to trialling new treatments. Some research can be done from home, while other opportunities will involve visiting a hospital or research centre.

Whatever you're ready for, you can make a difference.

Contact: <https://www.parkinsons.org.uk/research/take-part-research>



Do you think we can predict Parkinson's ?

13 years ago I got involved in a new research project with this very aim in mind! This vital research has gone from strength to strength and seeks to answer the following questions:



How is Parkinson's diagnosed?

At present, the diagnosis of Parkinson's is made clinically. This means that the doctor examines the person and takes a detailed history of their symptoms. Sometimes brain scans are used for uncertain cases but there is currently no conclusive test for Parkinson's. The early signs may include problems with movement like tremor, stiffness, slowness of movement, difficulties with handwriting and loss of facial expression. Other symptoms, not related to movement, can also be present like loss of sense of smell, dizziness on standing, depression, constipation and sleep problems.

Why should anybody want to diagnose Parkinson's earlier?

One reason why there still isn't a cure for Parkinson's is because the movement symptoms of the condition only appear once 70-80% of the nerve cells have already been lost. The nerve cells start dying many years before symptoms appear but we don't know enough yet about these early stages. If we could identify people early – before the movement symptoms appear – we would be in the best possible position to slow, stop or even reverse Parkinson's.

How could people at risk of Parkinson's be identified before the symptoms appear?

Research suggests that problems including dizziness on standing, anxiety, depression, drops in blood pressure, constipation and loss of sense of smell may occur up to 20 years before the movement problems of Parkinson's appear. Many older people probably experience some of these problems at some stage. But finding people who experience several of these issues together may help us identify people at high risk of Parkinson's.

What is the PREDICT-PD project?

This is an innovative project that aims to identify people at high risk of Parkinson's before the symptoms appear. We are using a set of simple online tests that screen for factors linked to increased risk of Parkinson's. PREDICT-PD is innovative because it is conducted almost entirely online. This means participants don't even need to leave their homes to take part, and we can process lots of information quickly, cheaply and efficiently. We hope that using the Internet will mean more people take part and potentially benefit from its results. PREDICT-PD is also unique because it focuses on the earliest known symptoms of Parkinson's.

Who can take part in the PREDICT-PD study?

The researchers are looking for healthy* people aged **between 50 and 80**** years, who have access to the Internet, and **do not have a current diagnosis of Parkinson's**. People with a family history of Parkinson's are also encouraged to participate. If we can predict Parkinson's, the hope is that one day, there will be treatments for those at high risk that could slow or prevent the condition progressing. Maybe your friends and family will benefit at some point in the future!

***Not an accurate description of me now!!**

I still fit the criteria...but 50 is a long way in my rear-view mirror!!

ANYWAY...

I've really enjoyed being involved and "doing my bit" – SO – the final question is:

Will you join Pam in helping to predict Parkinson's????!!



A Sister's Story - Easy Peasy - Part 2

Thursday 24th April

I am on my way home to Chester from London having just completed my second visit, taking part in the RAPSODI research study into Parkinsons at UCLH (University College London Hospital) in Euston, on an empty stomach. I'm hurriedly writing this so that it will make the submissions deadline!

Firstly, it involved some motor exercises, precision touch, tapping, walking, falling backwards etc.

After this I had my first MRI scan investigating small bowel motility in patients with Parkinson's Disease. I had to drink a large glass of water before the scan which lasted about 30 minutes.

I then had to drink a pint of sugary liquid over 45 minutes before the second scan, again lasting about 30 minutes. Sitting in the corridor in a hospital gown sipping this liquid over 45 minutes is a small price to pay!

In the scanner you have to stay completely still and follow the verbal instructions to hold your breath when necessary (for 30-40 seconds) the most difficult thing was not nodding off! It's rather noisy in the scanner but surprisingly soothing!

After the scans I completed the last questionnaire of the visit (8 tick boxes on how my tummy was coping) and then it was off to the cafe for a well-deserved coffee.

It is a pleasure to be part of this research programme.

All of the researchers involved are so kind and look after me very well.

Easy, peasy.

Paula.

Spring Lunch at Pryor's Hayes Golf Club in March



Our Chairman, Nick and his wife Marian

Alison, pianist,
our musicians are
the best



Caroline, raffle ticket seller extraordinaire





Pam & Pat or is it Pat & Pam???"





Committee "boys"!!





Helena from Parkinson's UK



Lord & Lady Ashbrook



Walk for Parkinson's

Saturday 28 June 2025
Alyn Waters Country Park, Wrexham

Walk 1.7 or 6 miles!
Adults £12 Under 18s Free

**Sign up
now!**



[events.parkinsons.org.uk/
walkwrexham](https://events.parkinsons.org.uk/walkwrexham)
0800 138 6593



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037656). Parkinson's UK 11/24 (10033)



Two routes, one shorter fully accessible which will be approx 1.4 miles
and a longer route approx 5.6 miles

Register:

<https://www.parkinsons.org.uk/get-involved/walk-parkinsons-register-your-interest>

Any questions: kmckie@parkinsons.org.uk 07900 052526

Prattling of a Parkinsonian



When Pat (acting chair) asked me if I would be prepared to write another little piece for this, our summer 2025 edition of Parkinson's Post I said "of course", without really thinking it through. What if they ask me to write a third, or even, heaven forbid, more? That might be a problem, but I had committed to doing this one so better just get on with it.

The fact that you are reading this in a copy of our branch magazine suggests that you either have Parkinson's, or are a carer, or are at least someone with good taste in reading matter and an interest in the affliction!

To put any comments I make into context it may be helpful to know that I was diagnosed in early 2023, but, like many others, had probably started several years before that. I am now approaching 75. I know something about Parkinson's as my father had it as did his brother. So, to quote Bob Dylan, Parkinson's was not "a complete unknown". However, that was when I was in my 30's and was very self-centred so probably absorbed less that I might have. I am still mobile and reasonably capable, but have slowly but definitely deteriorated over the last 2 years – standard Parkinson's I guess.

So, what observations can I make 2 years in? Firstly, if you weren't properly aware of your mortality before diagnosis you probably are now. As an atheist I have never taken on-board the idea of an afterlife, but the belief that this is all there is does focus the mind somewhat.

We are all hopeful that research developments going forward will perhaps result in ways to minimise the impact of some of the 40 or so symptoms attributable to Parkinson's and perhaps at some stage lead to prevention or a cure. But that is for the future. In the meantime, it seems to me that mutual support within the community is hugely helpful - and our branch activities are geared towards that. I doubt our choir will ever sing at the Albert Hall and the bowling team probably won't represent the UK, but the friendships developed are invaluable.

So, endure the difficult times, find something to smile about when you can, and enjoy those things your body will still let you do.

Phil Nuttall
Committee Member

🎵 SINGING GROUP 🎵

We really are a very friendly bunch – why not drop in and see for yourself? You will receive a warm welcome and soon become one of the family. Come and join us to find out how singing can improve your voice, breathing and swallowing, all beneficial to those of us with Parkinson's. Absolutely no singing ability/history is required, just a desire to have a go and enjoy it. We provide everything you need, you just come as you are!! Details:

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



Excellent parking, access & facilities. Tea, coffee & biscuits. There is no charge but we do ask for a small donation, whatever you want to give, towards the costs of refreshments & room hire.

For more information call Pat on: 07941839161 or email
parkinsonschester@gmail.com

BRANCH TEXT MESSAGING SERVICE

The Text Message Service enable us to send out reminders of upcoming events to our members free of charge. If you would like to receive this service:

Text your NAME, MOBILE PHONE NUMBER and YES to 07768146835

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 continues to allow 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:

Fetherston132@gmail.com



Zoom chat and quizzes

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

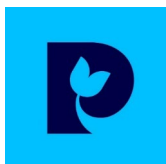
Why not pop in – all welcome

Please contact Pam if you would like to be sent the Zoom link:

Email: paminchester@yahoo.co.uk

Don't forget our new JustGiving page:

<https://www.justgiving.com/page/parkinsonschester>



THE WESTMINSTER BOWLERS

Westminster Park, Hough Green, Chester
CH4 8JQ

**Supported by Chester & District Branch of
Parkinson's UK**



Open to all – male and female compete on the same basis
No clubs, leagues or trophies – just fresh air,
gentle exercise and meeting others.

Equipment required: Set of 2 bowls (crown green type) – can sometimes be acquired
second-hand

(a limited number are available for initial loan by new members)

Annual/season fee to Council for maintenance £34.65, allows anyone paying the fee
for the year to play bowls for free on any council run green in the local council area.

Bowling is weather dependent, fortunately the group has access to the pavilion with
toilets and facilities for refreshments. (tea, coffee, biscuits etc.)

The season is from the end of March to the end of September
The Group will meet every Wednesday 2pm – 5pm



If you are interested, please contact Alan Needham:

Email: alan.needham52@gmail.com

or call/text/WhatsApp: 07795592957

Or just turn up on a Wednesday afternoon and give it a go.

Call Companions: Telephone service for people with Parkinson's & their carers

Call Companions is a telephone befriending service available to individuals living with Parkinson's and their carers.

Who is eligible for Call Companions? The service is available across the UK. 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 is an example:

"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."

Thank you for your donations

The Branch always welcomes donations – our Treasurer, Ron, would love to hear from you, email: ronwelshco@aol.com Our account details:

Nat West sort code 60 40 08 Account number 01010190

Account Name: Parkinsons Disease Society

We are very grateful to those who already support us with standing orders as well as occasional donations, for example in memory of loved ones or through fundraising activities.

We now have a JustGiving page for donations:

<https://www.justgiving.com/page/parkinsonschester>

Dementia Friendly Groups and Activities in Chester

Sunday

☐ Society of St Vincent de Paul Sunday Lunch. 1st Sunday, 12.30, lunch at a pub, location varies.

Call Catherine Byrne (01244 678825 or catherine117hg@hotmail.co.uk)

☐ Concerts, Hamilton St Methodist Church 3rd Sunday at 15.00, a 45-min concert (popular music, organ & singers) followed by tea & cake. Free, donations accepted. Contact John Evans on 07939-645688 or just turn up.

Monday

☐ Chester Zoo memory café. 2nd & 4th Monday, 10.30-12.00. Bembe café, before the turnstiles.

For people with dementia and their carers. Just turn up. Does not run on school or bank holidays; 2025 dates started 13th January.

☐ Bouncing Back. Support group for those living with dementia & their carers. 10.00-13.00. United Reformed Church, Saughall Road, Blacon. Call Jim on 01244-749536

☐ Meet & Make sessions. Alternate Mondays, 2pm – 4pm Grosvenor Museum. Contact Virginia: virginia.kettle@cheshirewestandchester.gov.uk

Tuesday

☐ Wellbeing Walk. Every Tuesday 10am, departs Blacon Library. Just turn up.

☐ Welcome Café. Holy Trinity Church Hall, Blacon. 10.00 – 14.00, selection of breakfast foods for a small fee.

☐ Free Dementia Café, Deewater Grange Care, Huntington, CH3 6BS. Fourth Tuesday from 13.30 to 15.30. All welcome; call 01244-456790 to book.

Wednesday

☐ Welcome Café. Holy Trinity Church Hall, Blacon. 10.00 – 12.00, selection of breakfast foods for a small fee.

☐ Wellbeing Walk. Short walk followed by refreshments. Every Wednesday at 10.00, departs Lache Community Centre. Just turn up.

☐ Bouncing Back. Support group for those living with dementia & their carers. 11.30-13.30 First floor (lift available), Enterprise Centre, The Parade, Saughall Road, Blacon. Call Jim on 01244-749536.

☐ B's memory cafe, in Belong Chester (City Road). 14.00-16.00, 4th Wednesday starting 22nd January. Free, call 01244-445500 to book.

Thursday

Bouncing Back. Support group for those living with dementia & their carers. 10.00-12.00 Holy Trinity Church, Norris Rd, Blacon. Call Jim on 01244-749536. Includes the Community Café - selection of breakfast foods for a small fee.

Friday

☐☐ Lache Gardening group Meet at the Lache community centre, 12.00-14.00. Free, just turn up.

More walks

There are other guided Wellbeing Walks around Chester, starting from Caldý Valley, Grosvenor Park, Newton and Countess of Chester Country Park. Contact Suzannah on HealthRanger@cheshirewestandchester.gov.uk for more info.

Also look out for:

Deewater Grange coffee shop - open Mon-Fri 09.30-16.00, open to non-residents for free coffee, pastries and cake. No need to book, just turn up.

I wonder where the pills go

I wonder where the pills go as I shove them down my throat

Nine a day and counting. Perhaps they go by boat.

I take with lots of water so it would make a lot of sense

To sail down my oesophagus. Fair play in their defence.

It's a fair drop to the stomach. So will the boat survive?

I bet some will fall out, never to arrive.

And there's another question: Who tells them where to go?

A sat nav doesn't work down there. Do they just go with the flow?

Down the duodenum, gall bladder to the right

Sailing past the pancreas, down here it's black as night.

Next the small intestine, never seen so many bends.

Navigate it safely, is this our journeys end?

The water has turned brown and the smell is very bad

Don't know why he eats that curry, worst journey we've ever had.

But look whose here to save us, Captain blood says jump on board

I'll take you where you're going, where your cargo will be stored.

Through the veins and arteries, we thunder at a pace

Because he needs us to put the smile back on his face.

We reach the blood brain barrier, the body's Brexit border

But how do we cross it without causing a disorder?

The Captain has a plan, we disguise ourselves as blood

The blood brain barrier fall for it and in we all flood

Our final destination the substantia nigra is in sight

Let's all get to work then and make this body right.

Was one hell of a journey and some got left behind

We'll do it all again soon cos that's how we're inclined

But do us a favour, you know we're in a hurry

Enjoy your day, glad we helped. But just lay off the curry.

Jeff Lawrence



Do you have a blue badge? Do you know that you can therefore qualify for free crossings over the Mersey by car?

The Mersey Gateway Bridge opened on 14th October 2017 as a new six lane toll bridge over the Mersey between the towns of Runcorn and Widnes. Both the Mersey Gateway Bridge and the Silver Jubilee Bridge are tolled. **Registered** Blue Badge holders qualify for unlimited trips once they have **successfully registered with Merseyflow**. You pay a £5 one-off registration fee and, once registered, can then make unlimited trips at no extra charge. All the information is here:

<https://www.merseyflow.co.uk/blue-badge>

Blue Badge parking in Chester

Holders can park in any pay and display car park for up to four hours without charge. There are three car parks dedicated to Blue Badge holders:

Frodsham Street, Chester, CH1 3JJ

Hamilton Place, Chester, CH1 2BG

Central Palace Drive, Northwich, CW9 5DW

Pay on exit car parks & microchips – NOTE you will need to apply for a chip!!

Badge holders who are Cheshire West residents and who have microchipped badges can park in any pay-on-exit car parks for up to four hours without charge (except Delamere Street, Chester).

Before applying have a copy of your badge available to attach with your application.

On receipt of the application the chip will be posted with instructions for use.

Please note the chip will expire at the same time as your badge. If you renew your badge you will need to reapply.

Car parks you can choose from: New Market Car Park, Chester. Little Roodee, Chester. Garden Lane, Chester. Brook Street, Chester. Watergate, Chester Trinity Street, Chester. Memorial Hall, Northwich. Frodsham Station, Frodsham Apply here:

<https://www.cheshirewestandchester.gov.uk/residents/transport-and-roads/parking-and-permits/blue-badge-scheme/parking>

Storyhouse Theatre, Chester - Access Register

Do you require a carer or an essential companion to attend the Storyhouse theatre with you? Does one of these categories apply to you? Wheelchair user: Deaf or hard of hearing: Blind or visually impaired: Ambulant disabled person: Someone with a learning disability: Long term/progressive illness: If so, then you qualify and can join their Access Register, "at their discretion", which means that your companion goes for free. (please see their Terms and Conditions, number 17, for full details of what they offer). The staff, including many volunteers, are extremely helpful. Storyhouse is fully accessible, though car parking can be difficult due to the City centre location. Details here: <https://www.storyhouse.com/access/>



The CEA Card

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/>

The Bladder & Bowel Community

Supporting the millions of people in the UK who are living with conditions that affect their bladder or bowel. Whether you have a condition yourself or are a relative, friend or carer of someone who does then you'll find all the support, information, guidance and help you need. If you are ever in need of access to a toilet quickly then get the "Just Can't Wait" card on your smartphone. Fill out a few details and they will guide you to download your free card instantly, all you need is Apple Wallet or Google Wallet. Alternatively, you can purchase a plastic card online. Details here:

<https://www.bladderandbowel.org/free-just-cant-wait-card/>

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



BEECH BAND

Have you been following the progress of Beech Band?

<https://www.parkinsons.org.uk/.../were-investing-beech...>

Watch this 50 minute You Tube video, Carl Beech, the inventor, is a total inspiration, not just by giving those of us with Parkinson's some real HOPE, but by wanting his invention to do some good in the whole world.

<https://www.youtube.com/watch?v=kR89UH8nM4w>

Initial pre-ordering is closed, but they are ramping up production and you can register your interest here <https://www.beechband.com/>

Carl hopes that it will be on general sale via the website in June/July

Contacts

Chairman:

Nick Dent
01244 301378
npdent@aol.com

Vice Chair & Singing Group:

Pat Riddell
07941839161
patriddell31@aol.com

Secretary:

John Fetherston
07903 085 776
fetherston132@gmail.com

Social Secretary:

Pam Adams
01244 376546
paminchester@yahoo.co.uk

Membership Secretary:

Margaret Whaley
mkwhaley3@gmail.com

Treasurer:

Ron Welsh
ronwelshco@aol.com

Parkinson's Post:

Chris Knight
chrisknight1@hotmail.co.uk

Committee Members:

David Stoddart
david.stoddart3@btinternet.com

Phil Nuttall
phil60011@btinternet.com

Alan Needham
alan.needham52@gmail.com

Stephen Blaikie
stephenblaikie100@gmail.com

Jacky Blaikie
jackyblaikie@hotmail.com

President of the Branch Viscount Michael Ashbrook

Email: parkinsonschester@gmail.com

Correspondence address:

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