

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

PARKINSON'S POST

Chester & District Branch



May 2024

Facebook: Parkinson's UK – Chester District Branch

Twitter: @Parkinson's

Chester Website: chesterparkinsons.weebly.com

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Nick's Notes

Time seems to just fly by, it only seems like last week that we were putting the Parkinson's Post together informing you all of the wonderful activities planned for 2024. Well good news, we can now let you know about more activities for later in the year. You should have received the details of our Monthly Activities for the rest of the year. I can't stress the value of these essentially social meetings, apart from the obvious pleasure of good food and wonderful company. It is the ideal opportunity to seek advice and gain experience about Parkinsons if you so wish. You will see from the programme that by popular demand the Singing Group are once again throwing open their doors to hold another Open Day, I can't wait! Well done Pam for another exciting programme, with loyal support from Pat.

One other event that we are currently working on will be a Chester Branch Parkinson's Awareness Day. The aims of this will be to attract new members with Parkinson's who are looking for support and guidance and to provide new information about any developments which are relevant to our members today. We are working closely with our local contacts in Parkinson's UK. I can't give you any more details at this stage other than to give you the date for your diary.

**The Parkinson's Awareness Event will be on
SATURDAY 2nd NOVEMBER 2024.**

I feel it is necessary to finish my notes with a tribute to Chris, our pianist and much more, who sadly passed away a few weeks ago. I know how highly she was respected within the Branch and I feel the following short message, from one of our Branch members sums up much better than I could do the impact of her lost.

"Chris has been a key member of our group for several years, both as a pianist and as a singer with her wonderful alto voice. Always cheerful, with that wicked Scouse sense of humour, which even Cancer couldn't defeat! Since Brenda joined us in 2021, she and Chris became close friends and together with our longstanding pianist, Alison, the "three amigos" made an excellent musical team. We know that she will be greatly missed by so many whose lives she touched as a Teacher, Musician and friend. Our little group will miss her immensely."

Nick Dent.

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

alistairtranter@btinternet.com

Zoom chat and quizzes

This takes place on Zoom every Thursday from 5pm and has turned out to be very successful – and great fun!!

Why not pop in?

Please contact me if you would like to join in:

[*paminchester@yahoo.co.uk*](mailto:paminchester@yahoo.co.uk)

🎵 SINGING GROUP 🎵

The singing group very much enjoyed entertaining everyone at the Spring Lunch and AGM of Chester Parkinson's Branch at Pryors Hayes Golf Club on 12th March, a lovely day was had by all. A very good turnout at this popular venue and the audience sang along too. We are not a "performing choir" but we enjoy the opportunity, at the AGM and at Christmas, to show the branch members what the singing group has been doing and to thank the Branch members for supporting us.



Unfortunately, only a few days later on 20th March, our volunteer pianist and dearest friend, Chris Steele, sadly died. Chris was an extremely popular member of our group for several years and is greatly missed by us all. Several members of the group attended her funeral, which definitely was a celebration of a life well lived, with her loving family and friends filling St Theresa's Church where Chris played the organ/keyboard every Sunday. Brenda, our Conductor, was asked by the family to join with Jane and Ann, Chris's fellow parishioners and long-term friends, to lead the singing, which was beautiful. The family chose "Lord of the Dance" a hymn by Sydney Carter, which was the last one Chris had played in Church, as the final hymn. Everyone sang it out and we couldn't help but smile, just as Chris would have wanted. Rest In Peace dear friend. ✝️



Just a few of the many photos we have of Chris who always brought the sunshine and made us smile

Cheshire Change Hub

Brio

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.

Health

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

Age UK Cheshire

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

Information, advice and advocacy

Telephone: 01244 401500

Email: informationqs@ageukcheshire.org.uk

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

Free Falls Prevention Service, Cheshire Change Hub (Brio)

Cheshire Change Hub

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.

Keeping safe

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.

Community groups

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.

Information, advice and advocacy

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.

Information, advice and advocacy

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.

Social Care

Telephone: 07799 519438

Email: pathfinder@cheshireaction.org.uk

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

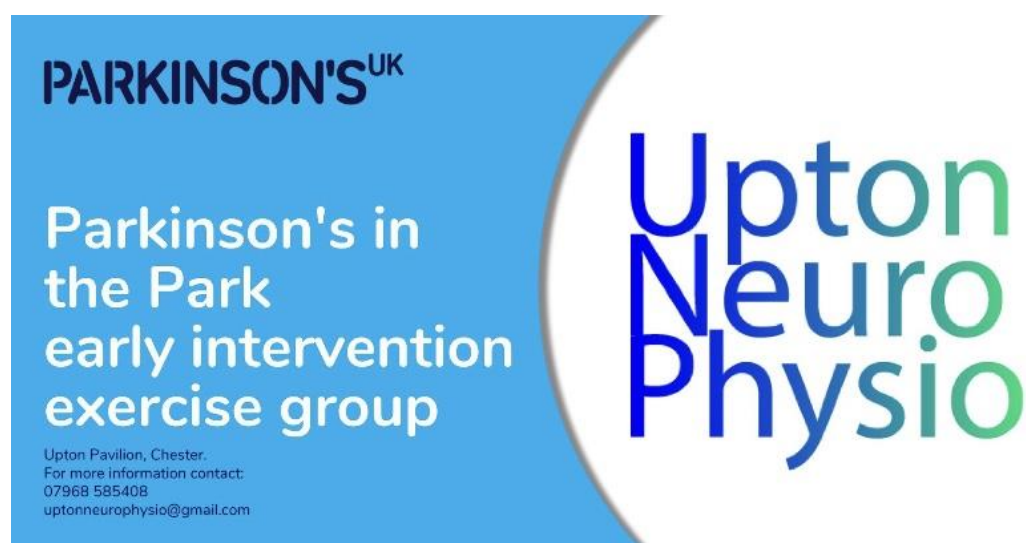
Social Prescribing Link Workers

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.

Information, advice and advocacy

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



Parkinson's UK – Chester & District Branch
Come and join us at Arley Hall & Gardens,
Northwich, Cheshire, CW9 6NA

Home of Viscount Ashbrook, our Branch president



Monday 15th July. No entry charge

**Arrive from 10.30 am, if you want to join us for coffee.
Enter through the shop and meet Pam in the Café off the
courtyard.**

**11.30am guided walk of the beautiful gardens
with Lord Ashbrook**

N.B. Please be aware that the ground can be uneven!

**Lunch can be purchased in the Café: sandwiches, salads,
hot meals
and delicious cakes and scones!!**



Booking essential contact Pam by 8th July
paminchester@yahoo.co.uk/01244 376546

David Stoddart's recent experience at the Walton Centre

I was pleasantly surprised to see and experience first hand how the Walton Centre are upskilling their teams on best practise with regard to treatment of Parkinson's patients. From the moment I arrived I was assured and relieved to know that I would be able to keep my medication in my bedside cabinet and administer this myself, with reminders from the team when they came round with the trolley for other patients.

Everyone was eager to understand how best to look after me and ensure my Parkinson's requirements were all taken into account. The notice board is just one of many attempts to support the medical staff in understanding and remembering the things that are important specifically to Parkinson's. This made my week-long stay much less stressful.



Multiple Sclerosis Society, West Cheshire – Yoga



West Cheshire Yoga, Every Thursday, 11am
Thrive, Inside Pro Health Clinic:
Greengates, 5 Greenfield Lane, Hoole, Chester, CH2 2PA.

MS Group members £5 and non members £8

New adapted yoga group, suitable for anyone who would like a slower paced yoga session and relaxation and breathing techniques. Suitable for anyone with MS or a neuro condition, or those able bodied who would like to be more supple and able to keep mobility in good shape.

Contact Brenda Brockbank on 07522 384240 for a simple registration



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

We're holding 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. Anyone who wants to come along can do so, you don't have to have been to the class

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



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

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**

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 lunch at the Bluebell Café





Lord and Lady Ashbrook attended our Spring lunch at Pryors Hayes golf club and once again donated an annual pass to Arley Hall and gardens as the main raffle prize





We celebrated World Parkinson's Day in April with Elevenses on the eleventh! Rowton Hall Hotel helped make it a memorable occasion and we shared experiences and updates in a relaxed atmosphere.

Date for Your Diary

**Chester Branch 'Parkinson's Awareness Day'
Saturday 2nd November 2024
St Columba's Church Hall, Chester.**

More details to follow in coming months.
Important thing is to put the date in your diary,
Thank You.

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.



So many thanks to Helen, who recently celebrated her 90th Birthday with family and friends on a River Dee Cruise!!

So, if you are planning a special event or a coffee morning and would like to do something similar why not contact our branch treasurer, Ron, and arrange to pay in donations by bank transfer.

Collecting tins and buckets are available from Pam. Contact details are on the back page.

A Movement Disorder

The textbooks will tell you this Parkinson's curse
is a movement disorder but we know it's worse
than that sounds with a cocktail of symptoms to face.
Some all of us have, some are less commonplace
There's one about which people don't often speak.
See I haven't had a movement all week.

I've a pill for the shakes and some more for the night,
for BP and depression and all kinds of sh***.
I do exercise, physio, tai chi and circuits.
They tell us the effort will prove to be worth it.
Perfecting those Parkinson's Warrior techniques.
But I haven't had a movement all week.

I start every day with a handful of prunes,
apricots, linseeds and figs are consumed
All mixed up with porridge and water galore
and muesli that looks like it's swept off the floor.
A fibre filled brew, a taste that's unique
but I haven't had a movement all week

They said that a movement consultant might work.
So, I walked up and down, and he gave me a jerk.
He poked and he prodded me head down to toes
Made me tap both my fingers and point at my nose
Then he asked me to give him my personal critique
I said I haven't had a movement all week.

So, I wait in the loo for the first sign of action
With crosswords and novels providing distraction
and wide-open windows for fresh ventilation.
I've even tried chanting and zen meditation
But none of them bring the result that I seek
Cos, I haven't had a movement all week

I drink water distilled with medicinal flowers,
laxatives, softeners, purges and powders
I am pleased to announce the success of these potions
as early this morning the house passed a Motion
and my stomach returned to its usual physique
cos I hadn't had a movement all week.

Martin Pickard

THE WESTMINSTER BOWLERS

Westminster Park
Hough Green
Chester
CH4 8JQ

**Our objectives are supported by The Neurotherapy
Centre, Saltney and Chester Branch of Parkinson's
UK**



Open to all – male and female compete
on same basis

No clubs, leagues or trophies – just
fresh air,
gentle exercise and meeting others

Essential equipment: Set of 2 bowls – can sometimes
be acquired second hand
(limited number available for initial loan by new
members)

Annual/season fee to Council for maintenance (was
£16.50 in 2023)

Bowling is weather dependent, fortunately the group has
access to the pavilion with toilets and facilities for
refreshments.

The season is the end of March to the end of September
The Group will meet every Wednesday 2pm – 4.30pm



**If you are interested, please contact Colin
Cheesman:**

Email: colin@cheeseco.net or call: 01244 678899 Mob:
07766664574

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



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.

PARKINSON'S^{UK}

In Partnership With:



WALK FOR PARKINSON'S

Marbury Park, Cheshire
Saturday 28 September 2024

Walk 2 or 5.5 miles

Register now!

events.parkinsons.org.uk/walkcheshire

0800 138 6593



#WalkforParkinsons

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom.
A charity registered in England and Wales (296197) and in Scotland (SC037554). © Parkinson's UK 1/24 (CS4061)

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Registered with



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.

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.

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

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david.stoddart3@btinternet.com

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phil60011@btinternet.com

Alan Needham
alan.needham52@gmail.com

Alistair Tranter
01244 311402
alistairtranter@btinternet.com

Viscount Michael Ashbrook – President of the branch.

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