



Parkinson's UK

Chester & District Branch

PARKINSON'S POST

Autumn/Winter 2025



[Home](#)

[About](#) ▾

[News](#) ▾

[Events](#) ▾

[Fundraising](#)

[Links & Support](#)

[Contact](#)

Welcome to Parkinson's UK – Chester & District Branch

Supporting our community with friendship,
activities and help.

Are you or someone you know affected by Parkinson's? You'll find a warm welcome here. Join us for singing, socialising, exercise and support.

[About us](#)



Above is the homepage of our new website.

It is full of up-to-date information, local & national. Check in regularly to stay well informed:

www.chesterparkinsons.org.uk

Facebook: Parkinson's UK – Chester District Branch

Contents

1	Chester
2	Contents
3	What's On Guide
4	Pat's Ponderings
4	Text Message Service
5	Singing Group
6	Parkinson's UK Local Advisors
6	Zoom Chat and Quizzes
7	Drop in Café
7	Thank-you
8	Blue Badge
9	A Sister's Story Part 3
9	Parkinson's Research needs everyone
10	Parkinson's Seated Yoga
11	Team Riddell
12	Walk for Parkinson's Wrexham
13	Rossett Hall
14-16	September Songs
17	Helpful Information
18	Personal Grants from PUK
18	Call Companions
19-20	Prattling of a Parkinsonian
20	Parkinson's UK Brain Bank
21	eBooks etc
21	The Walton Centre
22	The Westminster Bowlers
23	NTC
24	Challenge your mind
25-26	Parkinson's Nurse
27	Dementia Friendly Groups
28	Contacts

“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:

Monday 3rd November at 10.30am:

Coffee & some early Christmas shopping!

Bellis’s Garden Centre, Holt, LL13 9YU

Friday 5th December at 12noon: £29.95 Christmas Lunch

Rowton Hall, Rowton Ln, Chester CH3 6AD

Tuesday 20th January

Coffee morning at Burleydam Garden Centre 10.30 am – 12.30 pm

Monday 16th February

Coffee and pastries at Rowton Hall £8.50 a head 10.30 am – 12.30 pm

Joëlle Warren MBE DL High Sheriff of Cheshire will be in attendance and will give a short speech about her role

Thursday 12th March

Coffee morning at Bellis’s Garden centre 10.30 am – 12.30 pm

BOOKING IS ESSENTIAL FOR ALL OF THE ABOVE EVENTS

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

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 0776814683

Pat's Ponderings

Such a lot has happened since our last edition of the Parkinson's Post in May, where to begin? I'll keep it brief – just the highlights!

Sadly, our Chairman Nick has decided to stand down as Branch Chair due to ill health. Nick had hoped to return to the role but feels he can better serve the Branch as a Committee member at this time, due to his continuing health issues. Our thanks to Nick for all of his work and commitment to the Parkinson's community and we look forward to welcoming him back to the Committee in the near future.

We launched our new website: www.chesterparkinsons.org.uk Take a look, there's so much to see and it is regularly kept up to date. So make it your first stop for any information you need, both local and national and it is also where you will find photos of all of our events. We are very pleased with it and we are very grateful to Steve Powell of www.fellowshipstudios.com for his wonderful work and endless patience.

By the time this edition reaches you we will have launched our two new activities, scheduled for Wednesday 1st October. Seated Parkinson's Yoga and Indoor Carpet Bowls – details of these activities are in this newsletter. The Committee decided to trial these events, funded entirely by the Branch, as we are very aware that physical activity and bringing people together are key factors in helping people to cope better with Parkinson's. If you haven't already, take a look and see what is on offer.

Finally, I want to thank the Committee who have worked so well this year to benefit people with Parkinson's living in this area. However, what many don't realise is that we also have a growing number of volunteers who regularly help us and without them we would not be able to achieve what we do. They know who they are and that we are eternally grateful for their support – THANK YOU TO OUR WONDERFUL VOLUNTEERS 🙌🙌🙌

Pat Riddell, Acting Chair
September 2025



SINGING GROUP



Our Friday Singing Group keeps attracting new members and is more popular than ever – not surprising really, results speak for themselves. If you listen to the podcast that “2Parkiesinapod” do about singing (www.2parkiesinapod.com podcast number 34 dated 16/9/24) you will hear Nicola Wydenbach, a classically trained and experienced vocal coach explaining how clinical studies have shown that regular singing can improve vocal volume/quality and breathing issues.

In 2014, she started working with people living with Parkinson's using singing as a tool to help address some of the symptoms. The methods she uses are almost identical to what Brenda, our singing group conductor has researched and delivers weekly (together with Alison and Nicky). We are so fortunate to have such talented people willing to volunteer to help our community, completely free of charge and put us 'front and centre' in terms of the service we receive – if not 'ahead of the curve' actually.

At a time when we all struggle to access the appropriate Health care services, it is so uplifting to see people coming together, without any other motive or expectation, other than to help others.

**We are at St Columba's church hall, Chester CH21PL
every Friday 1pm – 2.30pm**

**If you have Parkinson's come and join us – no singing ability necessary!
No charge, donations requested towards refreshments – a lot of cake is
eaten!!!!**

Ring Pat on 07941839161



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**

Thursday Zoom Chat & Quizzes

On Zoom every Thursday, 5pm. It's 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



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

There is a possibility of slight changes to time/date in the next few months.
Please check our website for up-to-date details:

<https://chesterparkinsons.org.uk/events/>

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 please contact: Fetherston132@gmail.com

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.

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

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. Car parks dedicated to Blue Badge holders:

Frodsham Street, Chester, CH1 3JJ

Hamilton Place, Chester, CH1 2BG

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. Apply here:

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

A Sister's Story – Easy Peasy part 3

Taking part in Parkinson's research – update Sept 2025, By Paula Wszolek

This is a short paragraph to give an update on the research and genetic testing that I have been a part of and reported on in the last two Parkinson's Post newsletters. I got involved in the Rapsodi Study as my sister, Pat Riddell, has Parkinson's and I saw it as an opportunity to help to try and understand/find a cure for this awful, progressive condition – You can find out details of the study here:

<https://share.google/7Ripg1t5kveAbAF0c>



I recently provided another saliva sample and I received notification from The Rapsodi and PD Frontline Team. I am relieved and pleased that I tested negative for the gene that would be a risk factor for Parkinson's. This is important not just for me, but also for my children and any future grandchildren. Volunteers taking part in these studies are vital to the ongoing research and a quick saliva sample can provide you and the researchers with such valuable information. A similar saliva test taken by my sister showed that she tested negative for the GBA gene, which means that her children have no greater risk of developing Parkinson's than anyone else has, something the whole family were delighted to know. If you get the chance why not get involved? It really is Easy Peasy.

Parkinson's research needs everyone

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

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>

Parkinson's Seated Yoga

This activity is supported by
Chester & District Branch of Parkinson's UK
Led by a Yoga instructor with Parkinson's experience.

Sessions are for members with a Parkinson's diagnosis.

Places are limited. If you require a carer to assist you, they must also be registered.

Seated yoga is gentle exercise, no equipment required, please wear comfortable clothing.



Wednesdays 12.30pm – 1.30pm

With refreshments to follow

At St Mary's Church Centre, Overleigh Road,
Handbridge, Chester CH4 7HL

Excellent access, parking & facilities

There is no charge for this activity, but donations would be gratefully received.

To register email paminchester@yahoo.co.uk or call 01244 376546

PRIOR BOOKING IS ESSENTIAL

Team Riddell Sponsored Walk

On Sunday 21st September – a beautiful, bright, sunny morning – Jim Riddell and his twin sons Andy and Alex, together with their canine companions, Nahla and Maggie, arrived at Chester Racecourse for the annual Chester Business Club Sponsored Walk. The CBC's annual charity walk is a fantastic community event, a rewarding occasion that sees so many local businesses, charities and people come together to raise awareness and funds for incredible charitable groups and causes.

The CBC know how to look after their walkers too – the walk is well planned and marshalled and “pitstops” along the way include Mars bars, orange juice, bacon butties and a gin and tonic at the finishing line!

The Riddell boys, aka “Team Riddell”, were walking for Chester Branch of Parkinson's UK in support of Pat Riddell, Acting Chair of the Branch. The dogs looked splendid in their personalised Bandanas in Parkinson's blue, with the Parkinson's Tulip logo. The guys were also in blue and had their Parkinson's T shirts and Team Riddell hoodies. Together they certainly looked the part and as well as completing the walk, they met many people from various businesses/charities/organisations and promoted Parkinson's throughout – they did a great job! Oh and of course they raised a lot of money – £1500!!! Many thanks to the Riddell boys and everyone who kindly sponsored them.



Walk for Parkinson's Wrexham

On Saturday 28th June Chester Committee members Alan and Stephen supported the 'Walk for Parkinson's' organised by Parkinson's UK, along with branch members Chris and Clare Knight.

The walk was blessed with glorious weather, although possibly a little too hot for some at times. To see Alyn Waters Country Park full of Parkinson's blue t shirts, happy stories and shared experiences was just wonderful.

'Walk for Parkinson's Wrexham' would not have been possible without the generosity of the organisers who, gave up time to support the event, along with the sponsors and many fund raisers.

Parkinson's UK were thrilled to announce the walk has so far raised over £22,000! and there are still more donations to come in. Chester Branch's Alan and Stephen manned the literature and merchandising stalls and were busy throughout the day, Chris and Clare back walk marshalled.

The event was an overwhelming success, a fantastic inaugural walk and a great funding opportunity for Parkinson's UK.



Rossett Hall



September Songs







Helpful information – Health and Social Care benefits

Attendance Allowance

Attendance Allowance is a tax-free benefit you could get if you're aged 65 or over and need help with personal care because you're physically or mentally disabled.

Carer's Allowance

Carer's Allowance is a benefit to help people who look after someone who is disabled. You don't have to be related to or live with the person you care for.

Disability Living Allowance (DLA)

Disability Living Allowance for adults is no longer available as it has been replaced by Personal Independence Payment, if you're below state pension age and Attendance Allowance, if you're of state pension age or above.

Employment and Support Allowance (ESA)

Employment and Support Allowance provides financial help to people who are unable to work because of an illness or disability. It also provides personalised support to those who are able to work.

Personal Independence Payment (PiP)

Personal Independence Payment helps with some of the extra costs caused by long-term ill health or disability if you're aged 16 to 64. If you're eligible, you could get weekly payments to help with the extra costs caused by your condition. How much you get is not based on your condition, but how your condition affects you. You'll need an assessment to work out the level of help you get. Your award will be regularly reassessed to make sure you're getting the right support.

Disabled Facilities Grants

You could get a grant from your council if you're disabled and need to make changes to your home. For example, if you: are physically disabled, have a learning disability, have age-related needs, are autistic, have a cognitive impairment, like dementia, have a progressive condition, have a terminal illness, have a mental health condition.

A Disabled Facilities Grant won't affect any benefits you get.

How much you get usually depends on your: household income,

household savings over £6,000. The grant is up to £30,000 in England and £36,000 in Wales

Personal Grants from Parkinson's UK

Did you know that people with Parkinson's or other forms of parkinsonism, and their principal unpaid carer, can apply for a Parkinson's UK Personal Assistance Grant of up to £1,500?

See this link:

<https://www.parkinsons.org.uk/about-us/parkinsons-uk-personal-assistance-grants>

Or contact the Parkinson's UK helpline for more information Tel: 0808 800 0303


Call Companions

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

Prattling of a Parkinsonian – Autumn 2025

Parkinson's is – to quote one of our colleagues – “relentless”. I would add “boring” and “draining” and “de-motivating”. I have huge admiration for friends who are in the Parkinson's world and seem to have never-failing enthusiasm for the work involved in trying to make our lot a little better. Me, I do a bit from time to time!

So, if I am a bit bored with trying to find something fresh to say about my Parkinson's world then what can I write about? I thought about the old favourite “my best ten films ever”, but decided to leave that for another day and go for “Ten public figures (post 1900) who have interested me or given me enjoyment”. In no particular order.....

Sir David Attenborough – Still working at 99. If one had the ability to swap one's own life with that of someone else then I would choose his. I'm not sure he would want mine!

Lionel Messi – I'm a sports fan, but football can be a little tedious. Not when this Argentinian genius is on the pitch.

John Le Carre – my favourite author by far. His collected works are coming with me to the fabled desert island. 5

Dame Maggie Smith – Always magnetic to watch, from the Marigold Hotel to Hogwarts, to a van in a London suburb.

Sir Nigel Gresley – if you are female or male aged less than 70 you may need to use Google to learn about this man, creator of things from practical to gloriously beautiful.

Mohammed Ali – I used to enjoy watching boxing, and Ali was one of the true greats. He demonstrated skill and courage to an unparalleled degree. Proud to be Black and a Muslim, he was a great role model for many. I am now a person with a neurological ailment and a sport whose principal objective is to hit your opponent on the head as hard and as often as possible leaves me feeling a little uncomfortable

Mark Knopfler – Go on to YouTube and find the file “Mark Knopfler Showing his magic on an acoustic guitar”. I have seen him on stage with Dire Straits, and he is basically calm. It's hard to believe that such magical sounds are emerging from such an undemonstrative person.

Meryl Streep – just pips Maggie as my favourite screen actress. When I have seen her interviewed she has been pleasant but unemotional – a blank canvas waiting for the directors input!

Femke Bol – this Dutch athlete has grace and seemingly effortless power, a joy to watch. Keely Hodgkinson is similarly brilliant. My editor forgave me for slipping in an 11th name!

Billy (Sir William) Connolly – How can one not love this man? One of the UK's most prominent Parkinson's sufferers, his (one suspects tongue in cheek!) assertion that women love men who dribble makes me smile every time I hear it.

I hope these ramblings give you a little distraction and a little pleasure. Who would be in your top ten? Let me know – answers on a postcard . . .

Phil Nuttall – Committee member

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>

eBooks, eAudiobooks, eMagazines and eNewspapers

The following is from Cheshire libraries but it applies in other areas too, you need to be a library member, but joining is free and simple:

eMagazines

You can now access the collection of Overdrive eMagazines on a mobile device using the Libby library app. To use the app, install 'Libby, by Overdrive' from your phone's app store. Alternatively, you can use the app store or google play buttons to go straight to the download page. To start borrowing, select Cheshire Libraries or search for your local library and enter your library card number and PIN/Password.

Enjoy the collection of eBooks and eAudiobooks on your mobile device using the BorrowBox library app. To use the app, install BorrowBox from your phone's app store. Alternatively, you can use the app store or google play buttons to go straight to the download page.

To start borrowing, select Cheshire East and Cheshire West Libraries within the app and enter your library card number and PIN/Password. If you are not using a mobile device, you can access the service by logging into BorrowBox You can borrow up to five eBooks and three Audiobooks at any one time and place holds on items that are out on loan.

The Walton Centre



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.

THE WESTMINSTER BOWLERS GO INDOORS!

ST COLUMBA'S PARISH HALL, PLAS NEWTON LANE
CHESTER CH21SA

(From 1st October to end of March)

This activity is solely supported by Chester & District Branch of PUK

Open to all – male and female compete on the same basis

No clubs, leagues or trophies

Just gentle exercise and meeting others.

No equipment required, please wear indoor shoes

Excellent access, parking, toilets and facilities for refreshments

Every Wednesday 2.15pm – 4.15pm

THERE IS NO CHARGE FOR THIS ACTIVITY, BUT DONATIONS
TOWARDS THE COSTS WOULD BE GRATEFULLY RECEIVED

If you are interested, please contact Alan Needham:

Email: alan.needham52@gmail.com or call/text/WhatsApp: 07795592957

PRIOR BOOKING IS ESSENTIAL



The Neuro Therapy Centre – local, specialised support

The Neuro Therapy Centre, based in Saltney, Chester, supports people living with long-term neurological conditions including Parkinson's, FND and MS, by providing a wide range of physical activities and therapies, as well as mental health services and social activities.

A team of qualified and experienced physiotherapists, therapy assistants and gym instructors provide a wide range of physical activities and therapies to help people with Parkinson's maintain and regain movement and mobility. Our dedicated Therapies building offers a state of the art gym, a physio suite and therapy rooms. We provide tailored one to one therapy sessions and group movement sessions to ensure everyone gets the experience that is right for them.

Mental health support is also available, with two counsellors providing face-to-face and online counselling sessions. There's a listening service, and support groups for discussions with other people who understand the challenges of living with a long-term condition.

There's support for carers too, who can access the group physical activities and the counselling services as well.

There's a strong community feeling at the Centre, revolving round its welcoming and popular café. There are social events, music groups, craft and creative groups and celebrations. There's also a quiet corner to provide a little respite if that's what's needed.

If you're interested in what we do at the Centre, come along and see how we can help you. Just contact us on 01244 678619 or email reception@neurotherapycentre.org.

Neuro Therapy Centre

Brymau Estate 1, River Lane, Saltney, Chester,
CH4 8RG

www.neurotherapycentre.org

Registered Charity No. 700904 Company No. 2269526



Challenge your mind

The hardest part of having Parkinson's is never knowing what comes next, inevitably one of the biggest fears is getting dementia. Parkinson's challenges the body — but it also whispers doubt into the mind.

That's why every day is an opportunity not just to move your muscles, but to train your mind.

Read.

Write.

Speak.

Laugh.

Learn something new.

Even when your body feels slow, your brain is still alive — ready to grow.

Neuroplasticity is real. Your brain can adapt. It can forge new pathways.

So feed it. Stretch it. Challenge it.

Do puzzles. Play music. Practice mindfulness.

Have deep conversations. Remember stories. Tell jokes.

Fight back with knowledge, curiosity, and focus.

You are not fading. You are evolving.

Parkinson's may try to cloud your mind — but you hold the light.

The more you use your brain, the more it fights for you.

Stay sharp. Stay curious. Stay hungry for life.

Because your best days may still be ahead — not behind.

Jayde – New Parkinson's Nurse at the Countess of Chester Hospital

What is your background and how did you get into your current role?

I began my healthcare career as a nursing assistant in a care home, where I cared for elderly patients with complex neurological, psychological, and physical conditions such as Parkinson's, Dementia, and Frailty. This early experience gave me a strong foundation in patient care and a deep understanding of the challenges faced by these populations.

In 2017, I qualified as a nurse and joined a care of the elderly ward, where I spent the next eight years developing my skills and advancing through roles as a staff nurse, deputy manager, and eventually ward manager. During this time, I gained extensive experience in managing patient care and leading multidisciplinary teams.

When the opportunity arose to apply for the Parkinson's Disease (PD) Nurse Specialist role, I was genuinely excited. I felt this specialist position was something that had been missing in the trust, and PD has always been a condition that I'm passionate about and personally connected to. This role represents a meaningful step forward in my career, allowing me to combine my clinical experience with my dedication to improving the quality of life for people living with Parkinson's.

What does a Parkinson's nurse do?

A Parkinson's disease specialist plays a vital role in providing advice and education, explaining the disease, its symptoms, and progression in a clear and understandable way. We teach patients and their families about medication management, including side effects and timing, and offer guidance on lifestyle changes such as exercise, diet, and coping strategies to help improve quality of life.

Coordination of care is also essential, acting as a bridge between the patient and the wider healthcare team, which may include neurologists/geriatricians, physiotherapists, occupational therapists, speech therapists, and social workers.

We assist with scheduling appointments, follow-ups, and referrals to specialists or support services, ensuring that care plans are personalised and holistic. Monitoring symptoms and medication is another key responsibility which involves regularly assessing symptom changes and medication effectiveness, collaborating with consultants to optimize treatment, and helping manage side effects and complications. As PD nurses we also provide emotional support, offering psychological assistance to patients and caregivers

What healthcare tips can you give someone with Parkinson's?

Stay as active as you can. Things like walking, swimming, or gentle exercises really help with balance and stiffness. Working with a physiotherapist can make a big difference. It's also important to keep doing hobbies you enjoy, even if you must adapt them a bit.

Mental health matters too, so talking about how you feel and staying connected with others, like through support groups, is helpful. A balanced diet with plenty of fibre and fluids is good for managing common symptoms, and if swallowing becomes tricky, speech therapy can help.

Taking medication on time is crucial and keeping track of how you feel helps your consultant make the best decisions. Focusing on safety at home, like removing trip hazards and using helpful tools which is keep people independent. Finally, having a strong support network, including carers, family, and healthcare professionals, is essential. And we always remind carers to look after themselves too.

How can someone best prepare for an appointment with their Parkinson's Nurse?

I usually suggest patients come prepared by writing down any questions or concerns they have ahead of time, that way nothing important gets forgotten during the appointment. It's also really helpful to bring along a relative or friend for support, someone who can listen and help remember the details later. Patients should make sure to bring a list of all their current medications, including doses and how often they take them. And if possible, keeping a symptom diary beforehand can be useful too as it helps both the patient, and the nurse see patterns and understand what's going on.

Jayde - 01244 366419, cochparkinsonsnurse@nhs.net

Dementia Friendly Groups and Activities in Chester

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

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

Concerts at Hamilton Street 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 645 688 or just turn up.

Monday Chester Zoo memory café. 2nd & 4th Monday, 10.30-12.00. In the Bembe café, let turnstile staff know you are going to the café, and they will let you through. 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 and their carers. 10.00-13.00. New venue from 21st July 2025. St Theresa's Social Club, Blacon Avenue, Blacon. Call Jim on 01244 749536.

Meet & Make Sessions.

Alternate Mondays, 14.00-16.00 Grosvenor Museum. To book contact Virginia Kettle virginia.kettle@cheshirewestandchester.gov.uk

Tuesday Wellbeing Walk. Every Tuesday at 10.00, 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 at Deewater Grange Care Home, Huntington, CH3 6BS. 4th Tuesday from 13.30-15.30. 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 and 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 café in Belong Chester, City Road 14.00-16.00 4th Wednesday starting 22 January. Free call 01244 445500 to book

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

Friday Lache Gardening Group. Meet at the Lache community centre 12.00- 14.00. Free just turn up.

More Walks. These are other guided Wellbeing walks around Chester, starting from Caldy Valley, Grosvenor Park, Newton and Countess of Chester Country Park. Contact Suzannah on HealthRanger@cheshirewestandchester.gov.uk for more information

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.

Contacts

Branch Email: parkinsonschester@gmail.com

Acting Chair:

Pat Riddell
07941839161
patriddell31@aol.com

Secretary:

John Fetherston
07903085776
fetherston132@gmail.com

Treasurer:

Ron Welsh
ronwelshco@aol.com

Social Secretary:

Pam Adams
01244 376546
paminchester@yahoo.co.uk

Membership Secretary:

Margaret Whaley
mkwhaley3@gmail.com

Parkinson's Post Editor:

Chris Knight
chrisknight1@hotmail.co.uk

Other 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

Nick Dent
npdent@aol.com

President of the Branch:

Viscount Michael Ashbrook

Website: www.chesterparkinsons.org.uk