



Parkinson's UK

Chester & District Branch

PARKINSON'S POST

Spring / Summer 2026



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
- 5 Spring Lunch
- 6 Vice Chair
- 7 Wrexham Walk
- 8 Singing Group
- 9 Bowls
- 10 Prattling of a Parkinsonian
- 11-16 Soiree
- 17-20 Pam's Pictures
- 21 Yoga
- 22 Website, Funding, Donations / Wyldewoods
- 23 Drop in Café
- 24-25 PUK Advisers / Text Message Service
- 26 Neuro Therapy Centre
- 27 Gadgets
- 28 Contacts

“What’s On” Guide

Tuesday 21st April: Coffee morning 10.30am, Sage at the Wyldewoods.

Hathaway Lane, Great Boughton, Chester CH3 5EY

£7.50 for coffee/tea and pastries

Tuesday 12th May: Spring Lunch (see poster on page 5)

Pryors Hayes Golf Club

Friday 19th June: “Wellbeing week” at The Wyldewoods

Culminating in a BBQ and singing – more details to follow

Tuesday 21st July, 12noon: Lunch at the Bluebell Café,

Great Barrow, Chester CH3 7JA

Monday 3rd August 10.45am: Garden visit

Arley Hall, Northwich, CW9 6NA. Free entry & parking, courtesy of Lord Ashbrook, Branch President. Refreshments can be purchased in the café.

Monday 7th September 10.30am

Rowton Hall, Chester CH3 6AD. Morning coffee and pastries. Free event. Places are limited so early booking is essential

Friday 25th September 1pm: September Songs

Tea/coffee, sandwiches & cake. No charge, donations welcome.

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

Monday 19th October 10.30am: Coffee morning

Burleydam Garden Centre. Chester Rd, Childer Thornton, CH66 1QW

Monday 9th November 10.30am Coffee & some early Christmas shopping!

Bellis’s Garden Centre, Holt, LL13 9YU

Friday 4th 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

Since our last edition of the Parkinsons' Post in the Autumn of 2025 there have been some changes on the Branch Committee. Our Chairman Nick decided to step down due to his ongoing health issues and, having been "Acting" for some time, I officially became Chair in October. Our Secretary, John Fetherston, agreed to change role to Vice Chair and Jacky Blaikie took over as Branch Secretary. Nick has stayed on as a Committee member and we formally thanked him at the Christmas Lunch for all of his hard work and presented him with a gift of appreciation from the Branch.

We launched our two new activities in October, Seated Parkinson's Yoga and Indoor Carpet Bowls, followed by online Zoom Yoga in the New Year. 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. When the outdoor bowls season starts in April, we will still have St Columba's hall on Wednesday afternoons, so we are looking for ideas for activities - suggestions so far, drumming workshop, crafts, creative writing, poetry, scrabble, chess. Interested? Or you may have other ideas – let us know what you would like us to arrange and look out for emails and posts on our website and Facebook page with details of activities/events.

We have a new feature in this edition – "Handy Gadgets that fellow Parkys have recommended". Over to you – tell us what you think and let us know about any gadgets/tips you find helpful.

Finally, I want to thank the Committee and our Branch Volunteers for their continuing commitment and hard work. If you feel that you have some spare time and would like to get involved in any way, please do get in touch. You can do as little or as much as you feel able to do and I promise that you won't regret getting involved. Please call me on 07941839161.

Pat Riddell Branch Chair

Calling all artists

We are looking for designs for a Chester Branch Christmas card. Our new printer gives us a unique opportunity to design and print our own cards at a fraction of the cost. We would like to invite budding artists to design and submit their ideas for an A5 card. We can use several designs as we will be printing the cards ourselves. There will be a prize for each design used. Please send your design to patriddell31@aol.com by the end of May.

CHESTER & DISTRICT BRANCH

Spring Lunch

Tuesday 12th May - 12noon

PRYORS HAYES GOLF CLUB

Willington Road, Oscroft,
Nr Tarvin, CH3 8NL



£12.50 per person, BOOKING IS ESSENTIAL, closing date 21st April

Please pay online and then email us your menu choices

Online payment. - £12.50 per person (Subsidised event)

Put your **surname** in the notes of the payment. Nat West Bank: Sort code:60 40 08 Acct number: 01010190 Acct name: Parkinsons Dis Soc.

Contact Pam: paminchester@yahoo.co.uk

Please give guests' name, menu choices & any dietary requirements

2 COURSES (MAIN & DESSERT)

Mains

Fillet of chicken, fondant potato, roasted carrot, broccoli, gravy jus

or

Vegetarian Quiche, fondant potato, roasted carrot, broccoli, tomato and basil sauce

Desserts

Glazed lemon tart served with fresh raspberry coulis.

or

Mixed fruit crumble with custard

Coffee/Tea

Raffle prizes welcome

HOW DID I END UP BEING VICE CHAIR?

Or should the title be, how did I escape from my role as Secretary?

I met Pat and Pam, who were then Vice Chair and Social Secretary of the Branch when I first got involved with the Parkinson's Singing Group. I have always been active in organisations that I have been involved with. Shop Stewards committee, Local Political Parties, Trade Union Committees, even European Works Councils and held numerous positions in all of them, Chair, Vice Chair, Executive committee member. The one position I have always avoided was that of Secretary. An important position though it is, this position was never for me. Taking and then typing minutes and circulating agendas was definitely not for me.

After a couple of months, either Pat or Pam asked me if I wanted to join the Chester Branch committee of Parkinson's UK and I said I would be more than happy to do that. The trap was laid. After a couple of weeks one of the two "enforcers" asked me if I would help Alistair Tranter with the minutes as he was struggling with the role of Secretary because of his Parkinson's. I said I did not want to be the Minutes Secretary but would be happy to assist Alistair in any way I could. Which resulted in me doing the minutes of the monthly Committee meetings and left Alistair dealing with calls and correspondence - "Hooked"

When Alistair sadly passed away, I became Secretary of the Branch, something I had avoided for years in all of the organisations I had been involved with. My handwriting, which had not been great, needed to be translated into decipherable script so I could then type it into the laptop, itself a challenge, to enable me to produce minutes. Countless errors and mistakes and still no one complained. The one part of the job I enjoyed was dealing with questions and issues from the newly diagnosed and being able to point them in the right direction. A new committee member, Jacky Blaikie, seemed suitably qualified to take over from me, but no one complained or suggested she take over as Secretary, maybe not wanting to hurt my feelings. Then Salvation came, the then Chairman, Nick Dent, had to vacate the position due to ill health and Pat, who had been acting Chair for a while, was elected as Chair and I was asked if I would become Vice Chair with Jacky Blaikie becoming Secretary. Salvation! The role of the Vice Chair I see as that of supporting the Chair, but also that of a critical friend.

John Fetherston Vice Chair

Note from Chair. When I asked John to consider being Vice Chair he said 'No!' I asked him to sleep on it, he then said yes, the following day. As he says, he is a much better Vice Chair than Secretary – in fact my 'critical friend' is a brilliant support for which I am very grateful.



Walk for Parkinson's

Saturday 27 June 2026
Alyn Waters Country Park, Wrexham

Walk 1.4 or 5.4 miles!

**sign up
now!**



[events.parkinsons.org.uk/
walknorthwales](https://events.parkinsons.org.uk/walknorthwales)
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 (256137) and in Scotland (5009754). © Parkinson's UK 11/24 (10035)



PARKINSON'S CHESTER SINGING GROUP – "THE FRIDAY SINGERS"

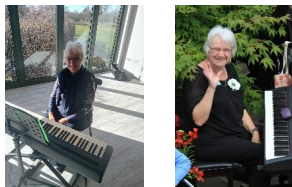
By Pat Riddell – Branch Chair & Singing Group Contact

At a recent Branch Committee meeting, I asked each member of the Committee to write a piece for this edition of the Parkinson's Post on their particular area of responsibility within the Branch and mine is the Singing Group. I believe I have the easiest task as the singing group is wonderful and I am immensely proud to be involved in it. I first joined the group in September 2019, just after my diagnosis. It was then at the Neuro Therapy Centre in Saltney on Friday afternoons and soon after went online during the pandemic.

We moved to St Columba's after Covid in September 2021. Over the next few months and with a change of musical leadership, we went from being the old "Movers & Shakers Choir" and became a "therapeutic singing group" or Friday Singers for short!!! - and we've gone from strength to strength.

Alison has been a volunteer for our Group for 15 years and has recently decided to retire. **Thank you Alison** for all you have given us - you've been amazing and we can never thank you enough. You and your husband Norman have been an integral part of the group for so long and we are eternally grateful and wish you both all the very best for the future.

Alison sent me a very interesting BBC article entitled: "You're not just recalling words, but an emotion. The lifelong benefits of making music"



The link :

<https://www.bbc.co.uk/future/article/20260212-the-lifelong-benefits-of-making-music>

Of course, we knew it already from our own experience and excellent input we get each Friday, but good to see that research is confirming what we know. We all realise the benefits from the therapeutic exercises, singing and socialising. We are extremely fortunate to have such a talented musical team of volunteers willing to give of their time and skills to help us, for no reward other than knowing they are helping people.

Thanks also to Brenda for dedicating the last 5 years to us. From the outset Brenda grasped the concept of a "therapeutic singing group" (as opposed to a choir) She researched and delivered sessions which put us "ahead of the curve" in terms of Parkinson's singing groups.

And thank you to "New Nicky" (not so new anymore) for coming to our aid after the sad loss of our dear Chris, another of our volunteer musicians. Nicky has slotted into our little family so well.

So why don't you come and join us on Fridays? We like to think we are a very welcoming lot, so come and put us to the test – you won't regret it!!

St Columba's Church Hall, CH2 1SA Fridays 1pm – 2.30pm

PARKINSON'S BOWLS

By Alan Needham, Committee member and Bowling contact.

Indoor bowling started on 19th November 2025 following a discussion at one of the monthly committee meetings last year about possible activities we could provide for members (this discussion also led to the start of the Wednesday yoga sessions.) We already had a small group of crown green bowlers who have played for the last few years at the Westminster Park green. However we had no equipment and very limited experience in the group of indoor/carpet bowling and also nowhere local to play. Not to be deterred, our illustrious Chair of the Chester & District Branch of Parkinson's did a trawl online for suitable gear and we quickly became the proud owners of not one but two excellent second-hand but un-used carpet-mats and a trolley on which to store them and move them around. We discovered that the Branch already had a collection of perfectly good carpet bowls and so we just needed somewhere to play and to store the equipment.

Once again, our intrepid chairperson stepped in and soon arranged for us to hire St Columba's church hall on a regular basis on Wednesdays from 2.15 till 4.15pm to play, but also, and just as important, to store the equipment safely and securely.

So, since the admittedly rather shaky start on the 19th November when we were still learning how to play the game and prepare it and put it away, up until now we have had 16 sessions in total. We missed a couple of weeks for Xmas Eve and new year's eve which both fell on a Wednesday in 2025. We have had a maximum of 10 people attending on the first week and a minimum of 3 players on 28/2/26. Average attendance over the 16 weeks was 6 people. In these 16 weeks we have formed a core of people who are competent players and can also set the equipment up and put it away again safely. Along the way we have also had a lot of fun and met a few people who are new to the branch or at least to joining in with branch activities.

We have our last session indoors on the 25th March and then we will move back to Westminster Park for the outdoor crown green bowling season from 1st of April to 30th September 2026. We would love to see you at any of the bowling sessions throughout the coming season. No experience is required. The outdoor sessions are Wednesdays from 2-5pm.

For more information on the indoor or outdoor bowling activities please contact me or Mike Richardson using the contact info. below.

Alan Needham; email:- alan.needham52@gmail.com

phone or text/WhatsApp 07795 592957

Mike Richardson email - mikebrichardson@btinternet.com



Prattling of a Parkinsonian – Phil Nuttall - Spring 2026

I received an email from our Chair requesting pieces from committee members for the PP. I thought “Not me, I’ve done the last three editions! No such luck, but at least she gave me a subject which seemed to have possibilities – “The Usual!!!”

What does she mean by “usual”? Parkinson’s or more froth about the world of sport and entertainment? Perhaps my 10 favourite films. Then I had a thought – these two possibilities are not mutually exclusive. As our physical capabilities decline, we will become more dependent on things we can access at home. Books, music, TV dramas, and yes, films, they can all play their part. So, films it is.

“*Ten favourite films*” is a game I have played many times, and my only selection criteria is that I can watch these films time and again and not get bored. So, here goes, in no particular order:

1. The Shawshank Redemption (1994) – the opera scene is unlikely but hugely entertaining. Tim Robins and Morgan Freeman.
2. Butch Cassidy and the Sundance kid. (1969) An old-fashioned vehicle for two of Hollywood’s all-time superstars – Paul Newman and Robert Redford
3. Brief Encounter (1945) is a film about love, desire and restraint. Not an attitude that gets too many airings these days. “ You’ve been a long way away” Trevor Howard and Celia Johnson
4. ET (1982) is one of many works of genius by that arch-entertainer Stephen Spielberg featuring an ensemble cast.
5. Godfather 1 (1972) – lengthy but gripping saga about a New York crime family. The horses head in the bed scene is melodramatic as are some others. Marlon Brando and Al Pacino.
6. Four Weddings and a Funeral (1994) - if you are not entertained by this offering with a stellar cast there is no hope for you. John Hannah and Simon Callow steal the show and if you have never come across the work of W H Auden look out for the funeral scene.
7. Silence of the Lambs (1991) – if you are easily scared then watch this from behind the sofa but do watch it. Essentially an Anthony Hopkins Jodie Foster two-hander.
8. Jurassic Park (1993) – Spielberg’s ground-breaking use of CGI (Computer generated imagery) brought an element of believability to the dinosaurs in this bit of fun and games. Sam Neill, Jeff Goldblum and Laura Dern star.
9. Dances with Wolves (1991) – Kevin Costner’s portrayal of the American west in the middle of the 19th century is refreshingly un-melodramatic.
10. Back to Black (2024) – There have been a number of excellent biopics over the last 20 years, but even though this one got very mixed reviews it stands out if only because the early loss of such a monumental talent as Amy Winehouse was just tragic.

Enjoy your film watching



Oh What A Night



On Friday 27th March Parkinson's UK Chester held a hugely successful Soirée at St Columba's. A wonderful evening of entertainment by an array of volunteer gifted amateurs, followed by a fish and chip supper. Many thanks to all who contributed in any way to make the event such a spectacular occasion – together you helped us raise a staggering £1200!!!

We sold 100 tickets and the demand was high; we could have sold many more. Fr William (St Columba's), Fr Emeka (formerly St Clare's) and Simon Eardley (Sheriff of Chester) were our guests. Nicky Brooks, pianist with our Friday singing group, did an amazing job of sourcing and arranging the volunteer Acts for the evening. Our youngest participant was 11 (Josephine) and our eldest was somewhat older (no names!). The array of talent was wonderful and topped off by our very own Vice Chair, John Fetherston as Compere.

The Bells rang out from the Waverton Bell Ringers and the audience sang along to many of their pieces. Pascal's flute and piccolo playing were beautiful and the new partnership with Nicky on piano was seamless. Nicky's piano duets with Alison Peate displayed their combined talents beautifully. Diane Rooney, Brenda Flanagan and Ann McCarthy were an absolute joy, hit the high notes, had us in stitches and proved very popular with the audience. Josephine Riddell, (Chair's granddaughter) was extremely courageous to sing completely on her own after the Amazing Children's choir unfortunately had to pull out due to the Leader's illness. Josephine sang Olivia Dean's recent hit "So easy" and received a standing ovation! She was so overwhelmed by this that she burst into tears, bless her. Well done J, you are a star 🌟 Our Branch Committee member, Stephen Blaikie expertly entertained us, complete with Lancashire accent, with that classic monologue "The Lion and Albert" and Mike Axon (Chair's brother!) finished it all off with a rousing "A Policeman's Lot" which everyone joined in, albeit mostly with a mouth of fish and chips as the supper had arrived earlier than expected.

Fr William kindly drew out 10 raffle tickets and our 4 hampers, and 6 vouchers raised £580 in ticket sales – thanks to all who donated prizes, bought tickets and Caroline and her team for their expert ticket selling.

Weston Grove award winning chippy produced 104 portions of fish and chips and the volunteers in the kitchen coped admirably with it all.
What an excellent event – THANK YOU ONE AND ALL.



Simon Eardley, Sheriff of Chester and a full hall.



The first act - Waverton Handbell ringers



Josephine's standing ovation resulted in tears, tears soon turned to laughter after a cuddle from Dad



Diane, Ann & Brenda



"Three old ladies from Hoole



Pascal and Nicky



Alison and Nicky



Diane and Brenda "Cats"



Mike



Stephen.

We would particularly like to thank all the performers for voluntarily giving so generously of their time & talents.

Nicky Brooks (organising the Acts)

Our volunteer helpers (hall, raffle, kitchen etc)

St Columba's Parish, Duggie the caretaker, Magdalena, Sue Carr & Fr William

Weston Grove "award winning" Chippy

Donators of raffle prizes, particularly Westminster Park shops (Chemist, Bebbingtons Butchers, Three Fellas burgers, Sandstone, Barbers)

Sage at The Wyldewoods & Rowton Hall.

We enjoyed a delicious Christmas lunch together at Rowton Hall and the Friday Singers sang a great selection of Christmas carols and songs 🎵



Lord and Lady Ashbrook were able to join us at Rowton Hall Hotel in February for coffee and pastries, and we were pleased to welcome Joelle Warren and her husband. She explained her role as high sheriff of Cheshire.



Pat presented our retiring chairman Nick with a special gift to thank him for all his hard work on the committee.



Our first social get-together of 2026 was a coffee morning at Burleydam Garden centre. It was great to have a good catch-up, not to mention bagging some bargains in the January sales.



Bellis's 12/03



Yoga

Lea's yoga sessions at St. Mary's Handbridge have proved to be a great success, both for the Autumn and the Spring terms. A small group of us find a range of benefits both from the gentle exercises, deep breathing and mindful relaxation...not to mention a nice cuppa and chat. We have also been trialling online seated yoga for Parkinson's, via zoom, with Leena on Saturday mornings. It is primarily aimed at those who are unable to attend an actual yoga class, maybe due to health or other circumstances, The trial has lasted for 7 weeks. The conclusion is that the sessions are appreciated but the day (Saturday) and time (9.30am) didn't generally suit people with Parkinson's. With this feedback in mind, we have changed the sessions to Thursdays at midday. So the first session of the next period will be on **Thursday ~~8th~~ at 12noon – 1pm**. Please contact Pam if you would like to join us and she will send you the zoom link. Email: paminchester@yahoo.co.uk

16th April

Yoga online with Leena & sometimes Yogi

Restore Rejuvenate Reconnect to Mind Body Soul
A Peace Mindful Pathway to Health Happiness Inner Harmony

There are no expectation no judgments just the joy of being. here are some of the things I will teach you

- Mindful movement
- Pranyam-Breathwork
- Joint release work
- Guided Meditations
- Deep Relaxation techniques
- mobility flexibility

Thursday 12-1pm
A chair based practice, with our online community

Parkinson's UK



Our Website, Fundraising and Donations

By Jacky Blaikie, Branch Secretary

We hope you are enjoying our new website and finding the relevant information you need there:

www.chesterparkinsons.org.uk

The web site is continually being updated, if there is something you would like to be added, or feel we could alter to make it more user friendly please contact me: jackyblaikie@hotmail.com

We are also regularly holding events to raise funds, both for the branch and also for research. Our website has a link to the Just Giving page which enables you to make donations. We can claim back the tax for anyone who is a UK taxpayer under Gift Aid. If you would like to donate on a regular basis we can set up a monthly standing order to us here at the branch or to Parkinsons UK if you wish to donate to research. The standing order is initiated via your own online-banking and you remain in absolute control of your donations at all times and are free to cancel, increase or decrease the amount entirely as you see fit. If you would like to make a regular donation please contact me via email. We are also extremely grateful for any one-off donations made. Please get back to me if you have questions or suggestions regarding any of the above.

Our bank details are: Sort code 60 40 08 Account number: 01010190 Account Name: Parkinsons Disease Society

The Wyldewoods independent living retirement community

We have been extremely fortunate to have recently made connections with The Wyldewoods and we are looking forward to a mutually beneficial relationship going forward. (See our "What's On" page for April and June)

The apartments have shared amenities, including a gym, wellness spaces and events that encourage residents to stay active. On-site staff support residents to live independently, enjoying as much community life as they choose, while still having the privacy of their own homes.

Sage is the community's restaurant, café and bar. Open to residents and the local community. A space to enjoy everything from coffee to evening meals with friends and family.

We believe that our members will enjoy the opportunities and facilities being offered to us at The Wyldewoods.



DROP IN CAFÉ - 3RD THURSDAY OF EACH MONTH 2.30pm **UNITED REFORM CHURCH, HOOLE ROAD, CHESTER CH2 3NT**

The Bren Project have taken over the Community Café at The United Reformed Church but they continue to allow us to join their monthly event "Cake & Church", to enable people with Parkinson's, 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. Margaret, David & Pauline or John attend on our behalf each month.



David writes:

Alistair Tranter and David Stoddart launched the Parkinson's Drop In Cafe at Hoole United Reformed Church, on the 3rd Thursday of each month following Alistair's chance conversation with his neighbour, who kindly offered us the opportunity to join their "Ladies of the Parish" monthly afternoon tea event. Primarily set up to support newly diagnosed people, it has grown into a regular community of support for new and long-term members - including family members who need someone to talk to around guidance and how to access useful information and services. Each new member is given an information pack which contains all the important documentation and guidance around the support services available to them and of course a copy of the Parkinson Post.

The long running success behind the Cafe is attributable to a few key factors - the ladies at the church who provide all the tea, coffees and cakes, the convenient location of the venue, the accessibility, easy parking and the commitment of the current members to attend and speak to people. This Cafe is a regular source of attracting new membership to the branch, the main information access point being the Website.

Margaret writes: "The Thursday drop in has been very successful. We are so grateful to the church for hosting us - nothing is too much trouble for them. They serve us with tea or coffee and lots of cakes. And if they have time they come and chat to us too. Quite a few people we have only seen once - but that's fine. We have given them, if we can, the information that they want. It seems to have been a great help to people who are newly diagnosed, who are still processing it and not knowing quite what to do. Our numbers have been slightly down for the last 3 meetings, but a hard core of 5 always come - and it is good to see them swapping experiences etc."

For more information please contact: fetherston132@gmail.com

PARKINSON'S UK - Local Parkinson's 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 Our team of over 80 local advisers provides in-depth, personal support wherever you live in England, Wales, Scotland and Northern Ireland. They advise on everything from Blue Badges to benefits and accessing local services. Whatever your journey with Parkinson's, you're not alone. Our Helpline team can refer anyone who needs this free, confidential support.

To contact an adviser, **call our helpline on 0808 800 0303** or email hello@parkinsons.org.uk. In 2025, our advisers assisted 13,000+ people, achieving a 4.8/5 satisfaction rating and significantly improving the wellbeing of those supported.

New guide to providing support for family, friends and carers

Parkinson's UK have worked with volunteers from groups around the UK to produce a new guide which shares ideas about ways to support family, friends and carers, including what has worked well for them.

The booklet *Supporting someone with Parkinson's* covers many topics.

<https://shop.parkinsons.org.uk/products/supporting-someone-with-parkinsons>

- The helpline **0808 800 0303** and Parkinson's local advisers parkinsons.org.uk/support/talk-to-us/helpline
- The Parkinson's UK online forum: forum.parkinsons.org.uk
- [Mobilise](#), an online service that provides support, guides and online cuppas for carers. One of the co-founders, Suzanne, is a carer for her husband Matt, who has Parkinson's.
- [Carers UK](#), a charity who provide [downloadable PDFs](#) on rights, entitlements, and benefits, and online [cuppas, for carers](#) and former carers. They also offer a free pre-recorded information service on **0800 888 6999**, which includes:
 - help with finances and household costs
 - caring for people with specific health conditions
 - looking after yourself
 - ways to get more help and support.

Contact your local carers' organisation, which you can find through Carers UK's directory at carersuk.org/help-and-advice/support-where-you-live.

ALSO FOR CARERS:

Working age/Newly Diagnosed Carers Group:

Email sghatora@parkinsons.org.uk

Advanced Parkinson's Online Carers Support Group:

Email: spencer-bowdage@parkinsons.org.uk

NATIONAL ONLINE GROUPS

A list of all our current national online groups and their joining links:

Military Support Group

https://docs.google.com/forms/d/120KfX0Fu8Xkkk5DAGIm6ZDO1iLkn0_b9b4Yh7ab7R_1/edit

Polish Parkinson's Online Café:

Email: kinga@polishparkinsonssupport.com

Black, Asian, Arab and Mixed Heritage Support Group

https://docs.google.com/forms/d/e/1FAIpQLSca0OgCorj3sbgkQpW2LcgxieVxfNyOAnRFZK4yG44sf1_N-g/viewform

LGBTQIA+ Network Email cconnolly@parkinsons.org.uk

Young Onset Collective

Email emma.cornthwaite@parkinsons-uk.goassemble.com

Young Onset Parkinson's Online Group:

<https://docs.google.com/forms/d/e/1FAIpQLScLINDHvqDi06SUI6xmN6wihn6c1FwONwOP5SxdC-VGQ0VSVg/viewform>

Deep Brain Stimulation (DBS) Peer Support Group:

Email wales@parkinsons.org.uk

BRANCH TEXT MESSAGING SERVICE

The Text Message Service enable us to send out reminders of upcoming events to our members free of charge. Would like to receive this service?

Text your NAME, MOBILE PHONE NUMBER and YES to 0776814683

Neuro Therapy Centre

written by the centre and our rep Stephen Blaikie



At the Neuro Therapy Centre, based in Saltney, Chester, we've been supporting people with long-term neurological conditions for over 40 years. We understand the physical, emotional and social challenges that people with Parkinson's live with every day. Through a blend of therapies and our welcoming community, we give people the support and knowledge to help them live their best neuro lives.

Around 20% of people who use the Centre live with Parkinson's. Our therapies team are experienced in working with the condition and regularly see improvements in mobility, a reduction in falls and increases in motor control, as well as strength and coordination improvements.

Being active for 2.5 hours a week has been shown to have benefits for people living with Parkinson's. Our mix of one-to-one physiotherapy, group sessions like Pilates or strength & balance and activities in our accessible gym makes sure that your active time is used to the best effect. Our gym instructors tailor activities to individuals, working on making day-to-day life easier, with a focus on making muscles and mind work together. This complements the social benefits of being with people who understand and the mental health boost that physical activity can give.

People who live with Parkinson's often want mental health advice to support facing the challenges of the condition. Some feel anxious about the future and about the effects on their loved ones. Our counselling team listen to people's concerns, help them feel heard and recommend techniques to understand and address negative feelings.

The Centre has had a major refurbishment in the last two years. Our new building housing the gym, therapy rooms and a physiotherapy suite for group activities has made a huge difference. The hub of the Neuro Therapy Centre is our welcoming and friendly café, staffed by our dedicated support team. It's not just delicious food and hot drinks that make a difference; it's the social events and the peer support.

As one of our Parkinson's Chester Branch members says: 'Many people live with Parkinson's for decades, maintaining a good quality of life due to proper treatment, exercise and support. You can experience the benefits of the Centre for yourself – you'll be made very welcome.

If you'd like more information about the Neuro Therapy Centre, or you'd like to come for a tour, call our Wellbeing team on 01244 678619 www.neurotherapycentre.org

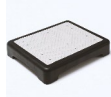
HANDY GADGETS THAT FELLOW “PARKYS” HAVE RECOMMENDED

Mostly available online from Amazon – or other retailers!

PLEASE LET US KNOW WHAT OTHER THINGS YOU HAVE FOUND THAT ARE HELPFUL/USEFUL AND WE WILL INCLUDE THEM NEXT TIME.



£5 for 3. A keyring container for an emergency dose of medication.



£12 Anti slip step. For bath/shower/Indoor/Outdoor. Multi uses. Lightweight, portable and steady.



£8 Car assist support handle. Multifunction car door latch bar.



£7.50 for 2 - Whatever type of cane, crutch, or walking stick you use, Stick Safe keeps it upright. Bendable.



£5 Bracelet helper tool. Hook and clip to help put on bracelets, necklace, watches



£40 instant cup of hot water – safer than picking up a kettle



£9 bath mat for inside shower. Loofah shower mat. Non-slip, anti mould. Rinses easily.



2 for £10 - Scraper - online from “Must have ideas” Perfect for getting pills out of foil and MANY other things!!!

Contacts

Branch Email: parkinsonschester@gmail.com

Chair:

Pat Riddell
07941839161
patriddell31@aol.com

Vice Chair:

John Fetherston
079030085776
fetherston132@gmail.com

Secretary:

Jacky Blaikie
jackyblaikie@hotmail.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

Nick Dent
npdent@aol.com

President of the Branch:
Viscount Michael Ashbrook

Website: www.chesterparkinsons.org.uk