

# OUR NEWS

Crewe and District Branch

Issue 16

Spring 2017

Welcome to the March edition of our Newsletter which is being produced in conjunction with Parkinson's Awareness Week.

## PARKINSON'S AWARENESS WEEK: Monday 10 to Sunday 16 April 2017

People with Parkinson's need a breakthrough and we won't wait any longer. That's why this Parkinson's Awareness Week Parkinson's UK are asking the public to support their research. Only with your support can we develop better treatments, faster.

The last significant drug discovery for Parkinson's was over 50 years ago. We know Parkinson's drugs aren't good enough. They don't stop, slow down or reverse the condition or its effects.



During Awareness Week we aim to publicise the activities of the branch to ensure that people living in this area affected by Parkinson's are receiving the support and information they need. We have the following activities planned and all members are invited to attend:

**Monday 10 April: Display at Ashfield Primary Care Centre.** <http://www.sandbachgps.nhs.uk/>  
**Display at Northwich Library.** 10 am - 2 pm.

**Tuesday 11 April: Lunch** and information at **Minshull's Nursery, Crewe.** 12.30 for 1 pm.

**Wednesday 12 April: Information Event at Civic Hall, Nantwich** in the Peggy Killick Suite. 12.30 - 3.30 pm. Entry free. No need to book. There will be information and advice on a range of topics including an opportunity to talk to the Parkinson's Specialist Nurse and the Local Advisor for Parkinson's UK as well as displays from organisations including CTC Physiotherapy, Speech therapy, Cheshire and Warrington Carers, Wishing Well group, Wiltshire Farm Foods, Home Instead, Cheshire Community Agents and a craft stall.

**Thursday 13 April: Winsford Library**

**Saturday 14 April: Santander,** Victoria Street Crewe. The branch has generously agreed that any money raised from collections in the branch will be matched pound for pound.

Further dates to be confirmed and will be on the branch website - [www.crewe-parkinsons.org](http://www.crewe-parkinsons.org).

## BRANCH QUESTIONNAIRE

We have produced a survey for members to complete to help us ensure we are meeting members' needs and asking for suggestions about what you would like from your branch. We would appreciate it if you could take a few minutes to complete and return in the envelope enclosed. Please print any comments you may have in the boxes provided. We will include in a future newsletter how we will act on suggestions.

## BRANCH AGM

There was an excellent turnout for the branch AGM in January. Our guest speaker, Professor Rosemary Fricker BSc (Hons) PhD, and members of her team at Keele University presented to the meeting details of the research being conducted into stem cells.

Geoffrey Sheridan was elected Chairman, replacing Dennis Fricker who was appointed President of the branch. Geoffrey thanked Dennis for his tireless work over the past 7 years and for his endeavours in helping secure the appointment of a specialist nurse.

Members of the committee were also duly elected.



## BLACKPOOL HOLIDAY FOR MEMBERS AND CARERS

The Blackpool Holiday takes place every year at The Savoy Hotel, Blackpool and is open to members and carers. This year's event is taking place between Sunday 8 and Saturday 14 October. The cost is £280 per person which includes accommodation, meals, therapies and talks. There is free time for people to visit Blackpool and the surrounding area. Transport and insurance are not included.

The Committee has voted to subsidise the cost of branch members attending, the amount of the subsidy depending on the level of interest received. If you would like more details please contact Dennis Fricker on 01270 763149.

## ATTENDANCE ALLOWANCE

The future of Attendance Allowance, a lifeline for people living with Parkinson's, has been saved thanks to Parkinson's UK campaigners in England.



In January 2017 the Government agreed not to devolve responsibility for Attendance Allowance to local councils in England. Parkinson's UK had been campaigning for this since the summer of 2016, with Campaigns Network members sending over 800 emails to their local decision-makers.

Attendance Allowance is a disability benefit that supports 36,000 older people with Parkinson's. If the Government's proposal had been implemented, people would have faced a postcode lottery and may have lost out on access to vital support.

## WORLD PARKINSON'S DAY: Tuesday 11 April 2107

2017 marks 200 years since Parkinson's was recognised as a health condition. The aim for this World Parkinson's Day, is to bring the whole global Parkinson's community together.

Using the hashtag #UniteForParkinsons on social media on the day will help.

## QUIZ NIGHT



Friday 31 March 2017 - 7 for 7.30 pm. Nantwich Cricket Club.

Join us for another great quiz evening where you can be tested on your general knowledge and enjoy a fish and chip supper. Tickets are £10 each from committee members.

## NEURO SUPPORT CENTRE



The Neuro Therapy Centre based in Saltney near Chester provides practical support and therapies to help manage the symptoms of a wide range of neurological conditions including MS, Parkinson's, MND and ME and supports nearly 500 people across North Wales, Cheshire and the Wirral.

The healthcare professionals at the Centre tailor fitness, exercise and physiotherapy programmes to help people whether they have been recently diagnosed or living with a neurological condition for some time. Visitors are welcome to see the facilities available if you are interested in joining.

In addition to physical benefits, the Centre also encourages members to regain control of their lives through self-help, and you will meet many people who are happy to pass on any tips about managing life with a neurological condition.

IT and iPad Support	Tuesday with Mal by arrangement
Movers n' Shakers Choir	Every Friday 1-3pm
Wii Fit	Anytime. See Physios for details
Counselling Service	With Jane Hall by arrangement
Benefits Advice	Every month, ask at the Centre for dates
Occupational Therapy	Every month, ask at the Centre for dates
Carer Relaxation	Every Monday 1.30-2.15pm
Continence Nurse	Every couple of months, ask at the centre for dates.
Podiatrist	Every month, ask at the centre for dates

<http://www.neurotherapycentre.org/>

## MEETING ABOUT PARKINSON'S NURSE

Central and Eastern Cheshire Commissioners would like to invite people affected by Parkinson's to a meeting on Tuesday 2 May, with representatives from Parkinson's UK to talk about the services provided by the Specialist Nurse in the Community and how that should be developed. If you are interested in attending to book a place please email [creweanddistrictparkinsonsuk@live.co.uk](mailto:creweanddistrictparkinsonsuk@live.co.uk)

## DANCE MOVEMENT

Relieve the pain and stiffness associated with Parkinson's Disease; increase strength, balance and confidence; improve mood and outlook.

Shirley Brocklehurst, MA Dance Movement Psychotherapist.

£2.50 per class.



**PD Moves**  
Dance Movement Therapy for People with Parkinson's

**Winsford:** Dance Studio, Winsford Library, High Street, Winsford CW7 2AS: **Thursdays 12.00 - 1.00 pm**

**Crewe:** Barneys Community Hub, West Street, Crewe CW1 3HX: **Thursdays 2 - 3 pm.**

To book your place call 07760 428554 or email [Shirley@welkin.co.uk](mailto:Shirley@welkin.co.uk)

## BRANCH MEETINGS AND EVENTS

### Friday 31 March

Tuesday 11 April

### Monday 10 to Sunday 16 April

Tuesday 9 May

Tuesday 13 June

### Saturday 24 June

Monday 10 July

Tuesday 12 September

Tuesday 10 October

### tba October

Tuesday 14 November

Saturday 2 December

### Quiz Night - Nantwich Cricket Club - 7.30 pm

Branch Lunch - Minshull's Nursery - 12.30 pm

### Parkinson's Awareness Week

Branch Lunch - Minshull's Nursery - 12.30 pm

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### Choir in a Day - venue tbc 10 am - 4 pm

Afternoon Tea - Hunters Lodge

Branch Lunch - Minshull's Nursery - 12.30 pm

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### Quiz Night - Nantwich Cricket Club - 7.30 pm

Branch Lunch - Minshull's Nursery - 12.30 pm

Christmas Lunch - Hunters Lodge

**BRANCH LUNCHES** will be held on the 2<sup>nd</sup> Tuesday of the month, 12.30 for 1 pm. Lunch is subsidised for members. Everyone welcome.

**Minshull's Nursery, Eardswick Lane, Crewe, Cheshire, CW1 4RQ**

**WINSFORD MEETINGS.** These take place on the last Wednesday of the month between 2 - 4 pm, for tea, biscuits and chat. All members are welcome. We have a speaker at many of the meetings, sometimes representatives of Parkinson's UK, talking about issues designed to be of interest to members. Suggestions for speakers to add to the schedule are welcomed.

29 March, 26 April, 24 May (changed date), 28 June, 26 July, 27 September, 25 October and 29 November (Christmas meeting).

**Winsford Library, High Street, Winsford, Cheshire, CW7 2AS - 01606 275065**

**YOUNG AT HEART GROUP.** The YAHs meet on the 4<sup>th</sup> Thursday of the month (except August) from 7.30 pm:

**The Duke of Gloucester, University Way, Crewe, Cheshire, CW1 5NW**

## CONTACT DETAILS

Parkinson's Local Adviser: Sue Hughes - 0344 225 3756

[creweanddistrictparkinsons@live.co.uk](mailto:creweanddistrictparkinsons@live.co.uk)

07592 554270

[www.crewe-parkinsons.org](http://www.crewe-parkinsons.org)

Chairman: Geoffrey Sheridan - 01270 211264

Secretary: Lesley Greenhalgh - 01270 567513 - [lesley@lgreenhalgh.co.uk](mailto:lesley@lgreenhalgh.co.uk)



<https://twitter.com/ParkinsonsCD>



<https://www.facebook.com/ParkinsonsCD/>

Free (from UK landlines and most mobile networks) confidential helpline: **0808 800 0303**

Textphone: 0800 111 4204 Monday to Friday: 9 am - 8 pm. Saturday: 10 am - 2 pm. Interpreting available.

Visit us online: [parkinsons.org.uk](http://parkinsons.org.uk) or e-mail: [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London, SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554).

**PARKINSON'S<sup>UK</sup>**  
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FIND A CURE.  
JOIN US.