

OUR NEWS

Crewe and District Branch

Issue 13

January 2015

Happy New Year and welcome to the January edition of our Newsletter which is intended to update you on activities that took place in the second half of 2014, thank everyone who has helped and let you know our plans for 2015.

MUSICAL AFTERNOON TEA

Committee member Bob Bennion and his wife Hilary ensured that everyone attending the Musical Afternoon Tea in their Audlem garden in August had a wonderful afternoon - even the weather was kind to us with only a small rain shower in a week of heavy rain.

Delicious cream teas were served and guests, including the Mayor of Cheshire East, enjoyed a variety of games and stalls and were entertained by TheFunkyChoir.com. The event raised more than £1,300.

Thank you to everyone who attended and helped to make the event such a success.



SKYDIVE

Branch Secretary, Lesley Greenhalgh, undertook a 14,000 foot Skydive at Grange-over-Sands, Cumbria on a beautiful day in July, raising £1,100 for Parkinson's. She is pictured with her instructor, John.

For anyone who has ever considered doing a Skydive, Lesley would thoroughly recommend it.



DLF LOAN LIBRARY

Disabled Living Foundation (DLF) is a UK charity which provides impartial information on disability equipment for the general public.



The Department of Health has funded DLF to start a loan library which offers simple electronic aids which are available to borrow for two weeks to see if they work for you. You have to pay a temporary deposit and the return postage to send it back, but otherwise the library is free to use. To get a copy of the catalogue, ring 020 7432 8007 or look at website www.dlf.org.uk/library.

If once you have loaned the product you would like to buy it, the Crewe and District Branch may be able to contribute to the price. Please ring the branch mobile 07592 554270 or e-mail Angela Allinson on aa@xitium.co.uk.

CHESHIRE EAST COUNCIL EXERCISE CLASSES

Cheshire East offer free Exercise Classes designed for people who have fallen, have a fear of falling, or have poor balance or mobility. Held in a number of towns including Sandbach, Nantwich and Crewe, classes focus on improving balance, strength and confidence and consist of a series of leg-strengthening and balance-retraining exercises aiming to reduce the risk of falling. For further information please contact Cheshire East Council Health Improvement Team on 01270 685794 or BeSteadyBeSafe@CheshireEast.gov.uk.



The Branch has had a long relationship with CTC Healthcare. Members who attended the November 2014 Lunch at Minshull's heard a very informative talk about what they can offer. CTC are willing to provide Group Sessions if there is sufficient interest. If you would like to take part, please ring the branch mobile 07592 554270 or e-mail Angela Allinson on aa@xitium.co.uk.

Private sessions are also available with Branch members receiving the following benefits:

- 1st and 2nd sessions: Paid for by Branch (usually £45)
- 3rd and 4th sessions: £30 (£15 subsidised by Branch)

To book an appointment with CTC call 01270 361363.

PARTY FOR PARKINSON'S



The Party for Parkinson's, organised by Branch members Sue Pickup and Carole Salmon at the Civic Hall in Nantwich on Friday 31 October 2014, was a huge success both socially and from a fund-raising perspective. Entertainment was provided by the excellent Matt Strafford Duo followed by a Disco.

A Bottle Tombola and Silent Auction which included prizes from Liverpool Football Club and Bentley Motors helped raise more than £2,500.

CHRISTMAS LUNCH

67 branch members enjoyed an excellent Christmas lunch organised by Branch Treasurer, Angela Allinson, at Hunters Lodge in early December. Entertainment was provided by Saxophonist/Clarinetist Sue Walker and Quizmaster Wyn Jones.



Presentations were made to Sue Pickup and Carole Salmon for their work on the Party for Parkinson's, Sandra Gott (pictured with Branch Chairman, Dennis Fricker, and Vice-Chair, Jenny Sadler) for running the Winsford Sub-Branch, Hilary Bennion for all her work at the Garden Party, and the Rotary Club of Northwich Vale Royal, for their support of Parkinson's UK through the Scooter Rally and Beer Festival.

MID CHESHIRE SCOOTER RALLY AND BEER FESTIVAL



Organised by the Rotary Club of Northwich Vale Royal in July at Blakemere Village, the Mid Cheshire Scooter Rally and Beer Festival included a custom and classic scooter show, a parts and goods fair, charity and retail stalls, children's rides and live music as well as the beer festival offering a variety of cask and keg beers alongside ciders wines and spirits.

The event attracted scooterists from across the UK and raised £8,000 for charity. Parkinson's UK was one of the four charities the Rotary Club chose in 2014 to split the proceeds between.

VOLUNTEERING



The Branch is always looking for volunteers to help out at fundraising and community events. If you, or someone you know, would like to help - maybe selling raffle tickets, helping at a can collection, manning a leaflet stand or even joining the committee - please give your name, telephone number, addresses and e-mail (if you have one) to one of the committee or e-mail creweanddistrictparkinsons@live.co.uk.

BRANCH MEETINGS AND EVENTS

Wednesday 4 February

Tuesday 10 February

Tuesday 10 March

Friday 6 March

Tuesday 14 April

Monday 20 April

Monday 20 April to Sunday 26 April

Sunday 10 May

Tuesday 12 May

Tuesday 9 June

Monday 13 July

September

December

Branch AGM - Belong, Crewe - 7.30 pm

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

Visit to Trentham Gardens including Tour of the Gardens and Lunch

Parkinson's Awareness Week

Walk for Parkinson's - Shropshire Union Canal Challenge

Branch Lunch - Minshull's Nursery - 12.30 pm

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Visit to Wedgewood - Factory Tour, Museum and Afternoon Tea

Marquee Fund-Raiser - Ravensmoor

Christmas Lunch - Hunters Lodge



The **Winsford Group** continues to meet at The Dingle Centre from 2 - 3.30 pm on the last Wednesday of each month. Tea and biscuits are available.

The Duke of Gloucester Pub, Crewe, hosts the informal **Young at Heart Group** on the 4th Thursday of the month from 7.30 pm. A light buffet is provided free to members.

If you would like to attend a Branch event but are not able to get there please contact a member of the Committee and we will do our best to arrange transport for you.

CONTACT DETAILS

Information Support Worker: Sue Hughes - 0844 225 3756

Branch E-Mail: creweanddistrictparkinsons@live.co.uk

Branch Mobile - 07592 554270

Branch Website: www.crewe-parkinsons.org

Branch Chairman: Dennis Fricker - 01270 763149

Branch Secretary: Lesley Greenhalgh - 01270 567513 - lesley@lgreenhalgh.co.uk

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 or e-mail: 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).