

OUR NEWS

Crewe & District

Branch Issue 10

November 2013

Autumn Newsletter

GREAT RESULT

Supporters of Crewe Alexandra FC and Rotherham United FC helped raise £434.80 when Branch members and volunteers carried out a bucket collection before the game at Gresty Road on the opening day of the football season. This was a fantastic result and we are very grateful to everyone who donated and to the staff of Crewe Alex who made it possible. (The final score was Crewe 3 : 3 Rotherham.)



FROCK EXCHANGE



Monday 18th November 2013

7.30pm

Nantwich Town Football Club.

Ladies you can bring up to five items of clothing, shoes, handbags and accessories in both new and nearly new condition and for a donation ticket price you can pick up a new outfit or item for Christmas or even a whole new outfit, for a very small price. There will also be Tropics Skincare and Beauty; Christmas Cards; Express Nail Polish, Nearly New Designer Handbags and gift bags.

Tickets £2.50 available at branch meetings, from Sue Pickup tel 01270 584697, or pay on the night. Contact Sue Pickup to arrange collection of any items on 07592554270

Email creweanddistrictparkinsons@live.co.uk for further details.

Congratulations to Brave April Astles!



Well done to April Astles who completed her Sky Dive on July 13th and raised £3915 for Parkinson's UK. April took off from Flockborough Airfield and jumped out at 14,000ft. April, attends the meetings at Winsford and lives in Northwich. A step-nannie to 7 children, who has Parkinson's herself, said she "thoroughly enjoyed the experience". Thank you to everyone who sponsored April. The money has gone directly to head office.

CHRISTMAS CARDS – PARKINSON'S UK

A range of Christmas cards will be on sale at branch meetings and events leading up to Christmas.



SEARCH THE WEB AND RAISE FUNDS FOR FREE

Many of us use a search engine several times every day. Now you can support Parkinson's UK while you click! Go to www.everyclick.com. You can sign up and choose which charity you would like to support. Each time you go onto a sponsored website from your search, pennies are added into your account - and it soon mounts up, bringing vital funds to your chosen charity. In addition, online shopping can bring in up to 5% of your purchase price if you have gone into the online store through an everyclick search, so your account mounts up much more quickly.

Don't forget to choose **Parkinson's UK** - supporting us this way costs you absolutely nothing!



Branch Meetings and Events Crewe

Monday 18 th November	Frock Exchange 7.30pm Nantwich Football club
Tuesday 19 th November	Minshulls Garden Centre 12.30pm Guest speaker and lunch provided (Winsford meeting as well)
Saturday 23 rd November	Christmas Fayre 11.30am Richmond Village, Nantwich
Saturday 7 th December	Christmas Meal 12.30 for 1.00pm Hunters Lodge Hotel, Crewe (Winsford members invited)
Tuesday 14 th January 2014	Minshulls Garden Centre 12.30pm lunch provided
Wednesday 19 th February	AGM 2014 7.30pm Belong, Crewe
Tuesday 11 th March	Minshulls Garden Centre 12.30pm lunch provided

Winsford

Meetings take place the last Wednesday of the month at the Dingle Centre, Winsford 2 – 3.30pm

Wednesday 27 th November	Christmas Social Event
Wednesday 29 th January 2014	Game of Beetle or Bingo
Wednesday 26 th February	TBC

Members at Winsford have enjoyed meeting up with Crewe for social events, especially afternoon tea at Crewe Hall. In July, Tony Morton gave us a Tia Chi taster session. Marion Rogers came in September and updated us on Parkinson's UK and the nurse. Bill Harris did a photo quiz in October and showed us April's DVD of her sky dive. Many thanks to all and to members for their support each month.

Sandra Gott

Young at Heart

This informal meeting continues at The Duke of Gloucester Pub, Crewe on the 4th Thursday of the month at 7.30pm. Numbers are steadily increasing and a good time is always had by all. A light buffet is always provided free to members. Please note there will be no meeting in December.

Christmas Fayre at Richmond Village

We are attending the Christmas Fayre at Richmond Village, Nantwich on Sat. 23 November starting at 11am – 4pm. We will have a stall for Parkinson's and need help to run it. If you can help, contact Dennis Fricker on 01270 763149. Mince pies and mulled wine will be served. Christmas carols will be sung by local children's choirs.

A VERY BIG 'THANK YOU'



I thought it would be useful for people to understand just how helpful the Parkinson's UK Information and Support teams are. The help they can give is so positive, and they are happy to help with any question large or small.

Sometimes a small problem for one person may be a huge problem for someone else. If you're not sure about anything they really will help - it is not said enough about what they can and will do for members and their families. Without them we all would be in a total mess! It seems like the government want to bombard us with far too many forms to fill in, with the same question being asked in a slightly different ways, just to try to catch out the vulnerable of us, as the forms are very daunting to fill in.

I had to send my driving licence for renewal on 7th April this year. I thought it would be simple to send it away and get it back before it ran out in June. Well we all make mistakes! I've just got it back today, Wed 9th Oct, for another year. So I'll have to send it back again at the end of June next year - and for how long is anyone's guess! But next time, I will ask for help from Sue Hughes, our local Information and Support Worker, so it hopefully won't take as long???? But I've learnt from my experience, and hopefully writing this will help others not to make the mistake that I did!

Carole Buckingham

Contact your local information and support worker

Parkinson's UK have around 120 information and support workers, covering every primary care trust and health board area in the UK. You can find your nearest Information and support worker on our website, <http://www.parkinsons.org.uk/local-support> or contact our helpline 0808 800 0303 to be put in touch with someone near you.



CHRISTMAS LUNCH

Our Christmas lunch this year has been booked for:-

**Saturday 7th December,
12.30 for 1pm,**

The Hunters Lodge Hotel, Sydney Road, Crewe, CW1 5LU Tel: 01270 539100.

We are going back to the Hunters Lodge this year, as it was a popular location the last time we were here. Please complete the enclosed menu choice and return to Angela Allinson together with full payment of £10 for the lunch (cheques made payable to Parkinson's UK) by the 25th November at the latest. This year the branch will be subsidising the lunch for all those attending. A free minibus will be able to pick up from Winsford and return after the event. Sandra Gott will have the details nearer the time.



Message from the new Chairman of Trustees, Paul Boothman

Through my family connections I've lived alongside Parkinson's most of my life, so I was surprised with my neighbour's reaction when we heard that Billy Connolly had been diagnosed. "There is a lot of it about," he remarked. This growing awareness is largely as a result of our efforts as a charity.



These improvements didn't happen by chance. It took careful planning, investment, co-ordination and a huge effort by members of local groups, London and Regional Staff, all working together. Our work is far from complete. Demand for our services may outstrip supply. We are therefore developing plans to take the charity through towards 2020.

As your new Chairman I'm confident that with the skills and enthusiasm of everybody working together, we will improve the lives of people affected by Parkinson's because there is "a lot of it about".

Paul Boothman, our newly elected chair to the Board of Trustees, Parkinson's UK

Finance

The charity has been working on a planned reduction of its reserves in order to ensure that our income is used to support the needs of those suffering with Parkinson's. Local groups make a surplus most years and currently we have £2.8m surplus throughout the Local Group network.

The Board of Trustees has a moral responsibility to put all our resources to use to support people living with Parkinson's. By 2015 the aim is to spend almost £30m on our services and our funding of research. The new Financial Framework is vital if we are to plan for the future with some certainty that the funds donated to the charity are made to work as hard as possible.

Richard Penney; Director of Finance and Information

THE FLU JAB

Flu vaccinations by injection, commonly known as the 'flu jab' are available every year on the NHS to protect adults, and some children at risk of flu and its complications. Flu can be unpleasant, and more severe in certain people including those over 65 and/or those suffering from long term medical conditions, such as Parkinson's. The NHS recommends anyone in these risk groups have a free flu vaccine every year to protect themselves. Please contact your own GP for further information.



Membership

Membership of Parkinson's UK is open to everyone – whether you have Parkinson's, care for someone with the condition, or are a family member or close friend. There are approximately 127,000 people in the UK who have the condition. The more members we have the more able we are to shape our future and campaign for a better quality of life. Membership costs just £4 a year (£15 for overseas members). Request an application form from the branch or contact the Supporter Services team on 020 7932 1344 or membership@parkinsons.org.uk.



We're the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.

INFORMATION

Branch **Local Branch Contact Details**

Information Support Worker, Sue Hughes Tel: 0844 225 3756

Chairman, Dennis Fricker Tel: 01270 763149

Secretary, Lesley Greenhalgh Tel: 01270 567513 Email: Lesley@lgreenhalgh.co.uk

Website: www.crewe-parkinsons.org Email: creweanddistrictparkinsons@live.co.uk

Free* confidential helpline **0808 800 0303**.

Monday to Friday 9am–8pm, Saturday 10am–2pm. Interpreting available.

Textphone 0800 111 4204.

*calls are free from UK landlines and most mobile networks.

Visit us online at parkinsons.org.uk

Drop us a line at 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 and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London, SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554).

