

## What is Parkinson's?

One person in every 500 has Parkinson's. That's about 120,000 people in the UK. Most people who get Parkinson's are aged 50 or over, but younger people can get it too.

People with Parkinson's don't have enough of a chemical called dopamine because some nerve cells in their brain have died. Without it people can find that their movements become slower so it takes longer to do things. A lack of co-ordination can also be a problem.

Parkinson's can cause some people's hands and bodies to shake. This can make everyday activities, such as eating, getting dressed, or using a phone or computer, difficult or frustrating.

Although at times life can be difficult, many people with Parkinson's continue to lead active, fulfilling lives.

**Parkinson's UK is the  
Parkinson's support and  
research charity.**

**Help us to find a cure and  
improve life for everyone  
affected by Parkinson's.**

Every hour, someone in the UK is told they have Parkinson's. Because we're here, no one has to face Parkinson's alone. We bring people with Parkinson's, their carers and families together via our network of local groups, a website and free confidential helpline.

As the UK's Parkinson's support and research charity we're leading the work to find a cure, and we're closer than ever. We also campaign to change attitudes and demand better services.

Our work is totally dependent on donations. Help us to find a cure and improve life for everyone affected by Parkinson's.

Specialist nurses, our supporters and staff provide information and training on every aspect of Parkinson's. Locally there is access to an information support worker (telephone 0844 225 3756) and a Parkinson's nurse. Please ask your GP for a referral to a consultant neurologist and they can arrange for you to see a nurse.

Parkinson's UK offers a wide range of publications, including information sheets, booklets and DVDs, and can answer questions on all aspects of the condition.

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](http://parkinsons.org.uk)**  
Drop us a line at **[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)**

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

**PARKINSON'S<sup>UK</sup>**

**EVENTS  
CALENDAR 2010**

**Crewe & District Branch**

See useful contacts page 3

## Crewe & District Branch

Our branch of the Parkinson's Disease Society provides support and social activities for our members. We aim to raise awareness locally so that we can gain a better understanding of Parkinson's and how it affects people's lives. Our members are people with Parkinson's, their carers, family members and friends.

Meetings are held throughout the year to enable members to come together for support, to exchange information and to explore ways we can reach out to people in our areas with Parkinson's.

Committee meetings are held on the first Wednesday in every month at 7.30pm. New members are welcome.

If you can help us in any way, either by donating a raffle prize, fund raising or offer support with a supermarket collection we would be grateful. Please check our website for further details.

Members will be kept up to date with branch activities with local newsletters and the website.

## Crewe Meetings 2011

St Michael's Church Hall, Ford Lane, Crewe  
2pm-4pm on the Third Wednesday of the month

Date	Activity
<b>16th February</b>	AGM
<b>16th March</b>	Mrs Darlington - establishing her business of producing jams and chutneys
<b>20th April</b>	PD Awareness Week
<b>18th May</b>	Alan Crossman - Professor of Anatomy, Manchester University
<b>15th June</b>	Tai Chi Taster
<b>20th July</b>	Afternoon tea, Crewe Hall
Lunch dates to be confirmed	
<b>August</b>	No meeting
<b>November</b>	Frock Exchange at Crewe Hall
<b>10th December</b>	Christmas Lunch

There is a social group which meets on the Fourth Thursday at 7.30pm at the Duke of Gloucester Pub in Crewe CW1 5NW

Please note - a revised programme will be printed in the Autumn.

## Winsford Meetings 2011

The Dingle Centre, Winsford 2.15pm  
On the last Wednesday of the month

Date	Activity
<b>23rd February</b>	Ableworld
<b>30th March</b>	tbc
<b>27th April</b>	Parkinsons Awareness
<b>18th May</b>	Joint meeting with Crewe
Lunch dates to be confirmed	
<b>20th July</b>	Afternoon tea, Crewe Hall
<b>August</b>	No meeting
<b>10th December</b>	Christmas Lunch

## Useful Contacts

**Information** Sue Hughes 0844 2253756

**Chairman** 01270 664110

**Branch Secretary** 01270 560680

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

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

[www.youngonset-parkinsons.uk](http://www.youngonset-parkinsons.uk)

[www.carers.org](http://www.carers.org)