

What is Parkinson's?

One person in every 500 has Parkinson's. That's about 127,000 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 0344 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-7pm,
Saturday 10am-2pm.

*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).
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PARKINSON'S^{UK}



Crewe & District Branch

Crewe & District Branch

Our branch of Parkinson's UK 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.

Lunches, meetings and other events 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. All members are very welcome to attend all or any events.

Committee meetings are held on the first Tuesday of every month at 7.30pm. New members are always welcome.

Fund Raising Events
The branch holds a number of events through the year. See website for details or request a copy of a newsletter via branch mobile.

Volunteers to help with activities would be welcome. Please contact branch mobile.

Branch Calendar 2018

Dance Movement Therapy

Venues : Elworth Cricket Club, Middlewich Road Sandbach Mondays 12 - 1pm Winsford Library, High Street, Winsford. CW7 2AS Thursdays 12.00-1.00pm. £2.50 per class See the You Tube video <https://youtu.be/wHy02pl-CK0>

Branch lunches will be held on the 2nd Tuesday Of the month, 12.30 for 1 pm,

Minshull's Nursery, Eardswick Lane, Crewe, Cheshire, CW1 4RQ
Lunch is Subsidised for members. Everyone welcome.

Fund Raising Events

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Winsford Meetings

These take place on the last Wednesday of the month between 2-4pm:
The Dingle Centre, upstairs in the meeting room at Winsford Library (lift available), High Street, Winsford, Cheshire, CW7 2AS

Young At Heart Group

The YAHs meet on the 4th Thursday of the month from 7.30/8 pm:
The Duke of Gloucester, University Way, Crewe, Cheshire, CW1 5NW

Drop in Cafes

- Northwich Lifestyle Centre first Monday of the month 10.30 am to 12.00 noon, held with the MS Society
- Nantwich Parish Hall
Wednesday 21 February 1pm

Wednesday 31 Jan - 7.30 pm 2018
Annual General Meeting at Belong, Crewe.
Guest speaker Drupad Trivedi, University of Manchester about the Sniffing Out Biomarkers for Parkinson's project.

Friday 16 March 2018 - 7.30pm Branch Quiz including Fish and Chip Supper at Nantwich Cricket Club

Monday 16 April 2018 - Away Day - details to follow

Tuesday 10 July 2018 - 2pm, Afternoon Tea at the Hunters Lodge, Sydney, Crewe

October 2018 - Quiz - date to be confirmed

Saturday 3 November 2018 - Fund Raiser
7.30pm Nantwich Civic Hall

Saturday 1 December 2018 - Christmas Lunch, Hunters Lodge

Supermarket collections will be listed on our website.

Useful Contacts

Information: Sue Hughes
0344 225 3756

Branch Mobile: 07592 554270

E-mail: creweanddistrictparkinsons@live.co.uk

Branch Secretary: 01270 567513

www.crewe-parkinsons.org

www.parkinsons.org.ukwww.carers.org