

# OUR NEWS

Crewe and District Branch

Issue 17

Autumn 2018

Welcome to the Autumn edition of our Newsletter.

## BRANCH AGM

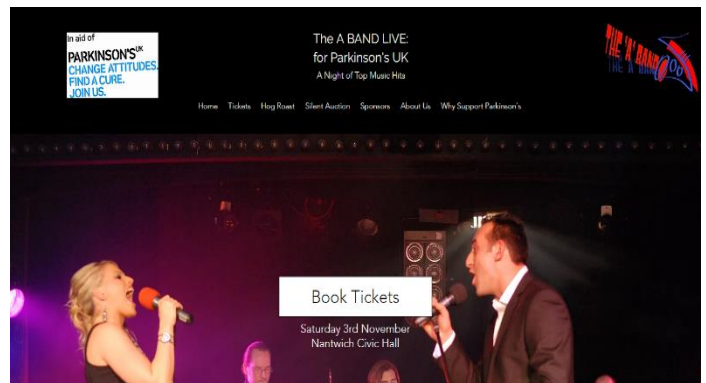
There was an excellent turnout for the branch AGM in January. Our guest speaker, Drupad Trivedi, The University of Manchester Sniffing Out Biomarkers for Parkinson's Project.

Geoffrey Sheridan was re-elected Chairman, and Sheila Grainger as the new treasurer. Members of the committee were also duly elected.

## THE A BAND LIVE – SATURDAY 3 NOVEMBER 2018 AT THE CIVIC HALL, NANTWICH

Preparations are underway for our next main fund raising event to be held on Saturday 3 November, 2018 at the Civic Hall in Nantwich from 7.30pm.

The A Band is ranked among Britain's premier function bands. Made up of the finest musicians and vocalists, they have built a reputation for professionalism, reliability and excellence. Top class vocals from Natalie McGrath and Alex Stewart are complemented by a stunning brass and rhythm section making up a 9 strong line up.



Tickets are £25 and include a luxury hog roast, live entertainment, a silent auction and bottle tombola. [www.abandlive.com](http://www.abandlive.com)

## QUIZ NIGHT

**Friday 5 October 2018 - 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. Booking is essential.

## MEDICATION ON TIME IN HOSPITAL

The branch purchased 4 pill timers for a ward at Leighton Hospital this year and a senior nurse, Natalli Crellin, attended one of the meetings at Minshull's. Natalli is the lead nurse in her division for educating staff about the importance of patient's with parkinson's getting their medication on time. Natalli shared with the group a copy of an educational folder which is in use on the wards.

## AWAY DAY – ROOKERY HALL HOTEL APRIL 2018

The branch held its first 'away day' at Rookery Hall Hotel in April and was attended by over 40 members. The event included complimentary therapies, mindfulness and physiotherapy sessions from CTC Healthcare, with the option to also use the hotel spa facilities. After lunch there was a quiz and afternoon tea followed by entertainment from Jenny Petrie, Musical Director, Brent Robinson and the Funky Choir and international singer Chris Ritchie.

Sue Hughes, Parkinson's Local Advisor, also attended and was able to provide advice and support.



An ideas board was available at the event and below are some of the tips and ideas provided by attendees:

- CEA card – a scheme introduced in 2004 which means a disabled cinema guest receives a complimentary ticket each visit. The card costs £6 per year. [www.ceacard.co.uk](http://www.ceacard.co.uk)
- Free entrance for carers also applies to Chester Zoo, Manchester Arena, Lowry, Bridgewater Hall, Boat trips on Lake Windermere, Tower of London – to name but a few. The tip is to always ask.
- National Trust and English Heritage both give free entry to companions of carers of disabled visitors.
- Radar key – fits public toilets nationwide.  
Locally - <https://livewellservices.cheshireeast.gov.uk/Services/3099> or telephone 01625 501759 or 01244 345655 for Cheshire West Council.
- Disabled rail card can be purchased with Tesco Clubcard points.
- Mindfulness and kindness website links : [www.bemindful.co.uk](http://www.bemindful.co.uk) [www.actionforhappiness.org](http://www.actionforhappiness.org)  
[www.mindfulnessforall.co.uk](http://www.mindfulnessforall.co.uk)
- You can get part of your **application fee** back if you applied to **register** a power of attorney from 1 April 2013 to 31 March 2017. This applies to lasting powers of attorney ( **LPA** ) and enduring powers of attorney ( **EPA** ). You must claim your **refund** by 1 February 2021. <https://www.gov.uk/power-of-attorney-refund>
- % vat on products designed or adapted for personal or domestic use, also on installation work; repairs and maintenance. [www.gov.uk/financial-help-disabled/vat-relief](http://www.gov.uk/financial-help-disabled/vat-relief)
- Blue Badge Parking – [www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge)

### General day to day suggestions:

- Carry a mug in a jug when taking a drink upstairs or around the house.
- When making a drink with hot water – use a tray with sides so no harm if water spills.
- If you struggle with laces – try Velcro fastening shoes.
- Use a long-handled grabber for extra reach.
- If you experience “freezing” try rocking side to side then take a step forward.

## TESCO BAGS FOR HELP

Our application to the Tesco Bags of Help Grant Scheme has been successful. The dance/movement project was put forward to a customer vote in Tesco stores Northwich, Winsford and Weaverham July and August. We will be the recipients of an award of £1,000 to £2,000 to continue this great activity benefitting local members. Thank you if you voted for us!!

## DONATION FOR RESEARCH

The branch has recently donated £15,000 to Parkinson's UK to use for vital research. Thank you to everyone who has supported and fundraised through a variety of activities. The committee regularly receive updates from head office about research projects which are in progress and we feel it is important for us to support this.

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

Did you know we have our own branch website which provides information about events, activities and fund raising and details on physiotherapy, dance movement sessions and more.

## LOCAL BRANCH: CREWE AND DISTRICT

**PARKINSON'S<sup>UK</sup>**  
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### WELCOME TO OUR BRANCH

Recent branch activities. For more details please see newsletters



Carers Lunch



Collection at Crewe Alexandra Football Club

The Crewe and District Branch of [Parkinsons UK](http://Parkinsons UK)

Contact the branch [by email](#) or [like us on Facebook](#).

### 2018 Event Programme

Click here to see our full programme of events and further details :

[parkinsons\\_events\\_2018\\_.pdf](#)

Our bi-annual band night will be held on Saturday 3 November - The A Band Live, Nantwich Civic Hall 7.30pm Tickets are £25 and available from the website below, the Civic Hall or from committee members.

A night of top music hits to raise funds for Parkinson's UK.  
<https://www.abandlive.com/>

[the\\_a\\_band\\_live\\_-\\_a5.pdf](#)

The A Band is ranked among Britain's premier function bands. Made up of the finest musicians and vocalists, they have built a reputation for professionalism, reliability and excellence. Top class vocals are complemented by a stunning brass section and rock solid rhythm making up a 9 strong line up. Their repertoire is broad and includes the Big Band and Rat Pack classics, Rock and Roll, Soul, Disco, the biggest hits of the 70's, 80's, 90's and chart hits of today.

Refreshments - include a luxury hog roast (other dietary needs can be catered for)

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## THANK YOU'S

It has been a busy year for our supporters with some fantastic fund raising events being held and donations being made by members, families, friends and supporters.

A huge thank you to everyone who has supported the branch this year including :

Jo and Sid for holding an open garden providing refreshments and plant advice as required. This photo of Jo is currently on the branch Facebook page and is a lovely glimpse of their garden in the summer.

Jane and David Rothie for their garden party

Howard and Maureen Burtwistle from their family's sponsored walk

Gillian and Barry Wilkinson donation

Rick and Dawn Carter donation – "congratulations on their recent marriage".

Janet Wright and M & Co in Nantwich for the fashion show.



## CARERS LUNCH

A group of carers met for lunch at the Yellow Broom in Holmes Chapel and then had a private tour of gardens at Rowley House, Kermincham.



Thank you to hosts again Tim and Julia Foden for inviting us again. The gardens looked as stunning as last year despite the hot temperatures experienced during the summer.

## BRANCH MEETINGS AND EVENTS

Saturday 29 September  
Tuesday 9 October  
Friday 5 October  
Tuesday 13 November  
Saturday 8 December

Singing Workshop £20 in Nantwich – Tickets from Lesley Greenhalgh  
Branch Lunch - Minshull's Nursery\* - 12.30 pm  
Quiz Night – Nantwich Cricket Club – 7.30pm  
Branch Lunch - Minshull's Nursery\* - 12.30 pm  
Christmas Lunch - Hunters Lodge – 12.30pm – details to follow

**\*Minshull's Nursery, Eardswick Lane, Crewe, Cheshire, CW1 4RQ (Subsidised lunch)**

**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. Forthcoming meetings :  
26 September – Amy Mulholland, Speech Therapist, 31 October Sue Hughes, Local Advisor, 28 November - Social and 19 December (Christmas meeting).

Venue - The Dingle Centre, Winsford Library (lift available), High Street, Winsford, Cheshire, CW7 2AS

**YOUNG AT HEART GROUP.** 4<sup>th</sup> Thursday of the month (except August) from 7.30 pm:  
**The Duke of Gloucester, University Way, Crewe, Cheshire, CW1 5NW**

**Drop in Cafes** Northwich Lifestyle Centre - first Monday of the month 10.30am - 12 noon held with the MS Society

## 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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