

**PARKINSON'S POST.**

Chester & District Branch.



**February 2023**

Facebook: Parkinson’s UK – Chester District Branch

Twitter: @Parkinson’s Chester

Website: chesterparkinsons.weebly.com

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**Rowton Hall hotel, Rowton Lane, Whitchurch Road, Chester CH3 6AD**

**Parkinson’s UK, Chester & District Branch**

**Spring Lunch & AGM**

**Monday 6th March, 12noon for 12.30pm, in the Ballroom**

**£26 per person for 3 courses & coffee/tea**

Online payment preferred: “Parkinson’s Dis Soc”, Sort code: 60-40-08, Acct no: 01010190

**State names with payment**

Then please email your menu choices to: [paminchester@yahoo.co.uk](mailto:paminchester@yahoo.co.uk)

**Bookings must be received by Monday 20th February**

MENU

***Cream of Parsley and Potato Soup*** *Potato Croutons, Parsley Oil*

***Baked Carbonara Pasta Frittata*** *Three Tomato Salad, Pesto Flavours*

*\*\*\*\**

***Pan Roasted Breast of Chicken*** *Dauphinois Potatoes, Green Garden Vegetables, Coriander and Lime Jus*

***Wild Mushroom Gnocchi*** *Truffle oil, Curly Kale, Parmesan*

*\*\*\*\**

***Dark Chocolate Mousse*** *White Chocolate Mousse, Milk Chocolate Sauce Anglaise*

***Strawberry and Elderflower Panacotta*** *Mixed Berry Soup*

*\*\*\*\**

***Tea & Coffee***

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Please pay online if possible or call or email Pam: Tel: 01244 376546. Email [paminchester@yahoo.co.uk](mailto:paminchester@yahoo.co.uk)

**Pat’s Notes**

As I said in the previous Parkinson’s Post in November, I am currently the ‘Acting Chairperson’ whilst our Chairman Nick is poorly. Nick had his operation on 13th January and the recovery time may be a few months. Get well soon Nick, we look forward to welcoming you back.

What a year we have had since our AGM in April 2022! After a tentative start we are ‘back to normal’ – except there is no going back and we have a ‘new normal' as some things have changed. Our committee meetings have continued on zoom as we find it so convenient, a positive remnant of Covid. Our social gatherings have been well thought out by our Social Secretary Pam and the venues chosen have felt safe and accessible. Our drop-in at United Reform Church Hall in Hoole, the Thursday zoom chat and our Friday singing session are continuing to grow and are proving to be very much appreciated by all. We also had a lovely day at Arley Hall Gardens, thanks to the hospitality of our President, Viscount Ashbrook.

At our hugely successful Christmas lunch at Pryors Hayes golf club, I spoke about our wonderful volunteers. I used our Treasurer, Ron, with over 25 years service, as an example of what volunteers are prepared to do, quietly, without fuss, for the benefit of others. We have been extremely fortunate this year in recruiting three new volunteers – Margaret is now our Membership Secretary and John and Alan joined in January and are keen to get involved where they can. Thank you to all three and welcome. Unfortunately, Mel Stevens has decided to stand down from the committee after several years of service and we wish to thank Mel for all she has done for the Branch, she will be greatly missed. So, we still need more help, if you want to join us please get in touch, we would love to hear from you.

The Spring Lunch and AGM is once again at Rowton Hall (see details on previous page) on Monday 6th March. We are lucky to have such a venue, the staff are very welcoming and the atmosphere is very relaxed. We hope to see you there.

Pat Riddell (Acting Chairperson)

Chester and District Branch Parkinson’s UK 2022

President - Viscount Ashbrook of Arley.

The membership of the branch committee for 2022 was as follows:

Nick Dent - Chair.

Pat Riddell - Vice Chair.

Ron Welsh - Treasurer.

Alistair Tranter - Secretary.

David Stoddart - Membership Secretary.

Pam Adams - Social Secretary.

Liz McClure - Choir

Mel Stevens - Keeping in Touch (KIT) Project.

Margaret Whaley Co-opted

John Fetherston Co-opted

Alan Needham Co-opted

With the exception of Mel Stevens, all of the above are available for re-election. It is recommended that, with the exception of Mel Stevens, all of the above named be elected to the committee for 2023.

AGM Mon: 6th March 2023 - Election of Honorary Officers for 2023.

It is usual at the AGM to elect the Chair, Vice Chair, Secretary and Treasurer. It is left to the Committee to appoint such officers as they think fit.

Recommended that the following be elected as Honorary Officers for ensuing year:

Chair - Nick Dent

Vice Chair - Pat Riddell

Treasurer - Ron Welsh

Secretary - Alistair Tranter

The formal, confirmatory, elections will take place at the next face to face event, our AGM on 6th March with a Parkinson’s UK staff member present.



Parkinson’s UK – Chester & District Branch

**“Movers Shakers”**

**Therapeutic singing group**

**St Columba’s Church Hall, Plas Newton Lane**

**Chester CH2 1PL**

**Fridays 1pm – 2.30pm**

**Excellent parking, good access and facilities**

Come along and sing your much loved favourites and learn some exciting new pieces

Tea, coffee & biscuits

**EVERYONE WELCOME**

(with or without Parkinson’s)

BRING A FRIEND

No charge, donation asked for refreshments.



Email contact: [elizabeth.mcclure070@gmail.com](mailto:elizabeth.mcclure070@gmail.com)

Telephone Liz: 01244 409414

**Movers Shakers**

This incredible “choir” has now been going over 10 years. We have rehearsed at the neurotherapy Centre, on zoom during the pandemic, and are now going from strength to strength at St Columba’s Hall, Plas Newton Lane, initially chosen for its spacious size and convenience of parking.

Little did we know we would be renting it at a very generous rate and its acoustics turned out to be very good!

Although it has been awarded grants and had performance in cathedrals, it is unfair to consider it a normal choir. It has many of the functions of a normal choir, but it is especially directed to help the muscles of speech and swallowing which can be problematic in those with neurological disease. As for the social support and networking that goes on at break time, let alone the consumption of cake and biscuits – it is something to be wondered at!!

Our wonderful tripartite team of leaders has new ideas and exercises for us all the time – who knows what we will be up to next, but do come along and join us at St Columba’s. If you do require support from a carer, please bring them with you.

Our first mini performance since lockdown was carolling at the Christmas party at Pryors Hayes, and we subsequently sang more carols at the drop in centre at the URC in Hoole – a good beginning, and we gained excellent feedback from both, as well as enjoying doing them.

We look forward to seeing you!

Liz McClure, January 2023



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Parkinson’s UK – Chester & District Branch

Are you or anyone you know affected by Parkinson’s? Would you like to meet others for a chat? You will receive a warm welcome.

DROP IN CAFÉ

Every 3rd Thursday of each month.

2.30pm – 4pm

Hoole United Reformed Church,

Hoole Road, Hoole,

Chester, CH2 3NT

*Excellent parking – please note the one-way system*

The United Reformed Church has kindly allowed us to join their monthly event “Cake & Church”, to enable people with Parkinson’s and their family/friends/carers to meet, chat and have tea/coffee and cake in a relaxed atmosphere. There is also a book table – just bring along any you’ve read and take some new ones.

For more information about the above please contact

[alistairtranter@btinternet.com](mailto:alistairtranter@btinternet.com)

Our Website: <http://chesterparkinsons.weebly.com/>

We are on Facebook: <https://www.facebook.com/ParkinsonsCh/>



*Need advice about your Parkinson’s? Call the Parkinson’s UK Helpline 0808 800 0303*





**Happy New Year - from all at the Neuro Therapy Centre**

The Neuro Therapy Centre provides practical support and therapies to help manage the symptoms of a wide range of long term neurological conditions including MS, Parkinson's, MND and ME. The Centre supports nearly 500 people across North Wales, Cheshire and Wirral

We are at: C1- C4. Brymau Estate 1, River Lane, Saltney, Chester CH4 8RG

2022 was a busy year for the Neuro Therapy Centre and we want to say a big thank you for all your support, donations and fundraising during the year. We have a number of developments planned during the year ahead, including extending opening hours to enable us to increase access to our services, introducing new therapies and facilities, and extending our Access to Exercise project for a further three years. We hope you will continue to share the journey with us this year

* 459 group exercise sessions were held alongside numerous 1-1 physiotherapy sessions and gym sessions.
* 400 live online group exercise sessions were held over Zoom.
* Our recorded sessions were viewed 948 times.
* 97 support groups were held as well as a weekly mindfulness and relaxation session.
* The number of people we support has increased and we've welcomed 138 new people to our services.
* We held our first Business Lunch helping to share the impact of our work and show our importance in the region.
* We've received more than a thousand online donations and many more donations through our collection boxes, at the Centre, and through our events.
* Our Golf Day and Fashion Show returned - raising a total of £6,500 to support the Centre.
* Our Big Give Christmas Challenge raised over £16,450
* We were a nominated charity for the Chester Business Club Charity Ball which raised £15,000 to support our services.
* Thanks to people ticking the gift-aid box when donating we've been able to claim nearly £5,500 in gift-aid - ticking that box really does make a difference!
* Our Access to Exercise project has helped train fitness instructors from across the UK with the knowledge they need to start supporting people with neurological conditions - taking our impact national. Our online conference even attracted attendees from across the globe to hear about the project.

The Centre is open: Monday 9.00am - 7pm,Tuesday, Wednesday and Thursday 9.00am – 4.00pm, Friday 9.00am – 2:00pm

To arrange a tour of the Centre please call 01244 678619 to make an appointment. https://www.neurotherapycentre.org/

**Parkinson's UK** is here to provide information and support to anyone affected by the condition.

Our helpline is a free, confidential service. Trained Advisers, including Parkinson's Nurse Advisers, Benefit and Employment Advisers and a Care Adviser, provide information about all aspects of living with the condition, including:

* medical issues, including symptoms and treatments
* emotional support
* health and social care
* local activities
* employment and benefits
* signposting to other sources of information

Helpline Advisers can put you in touch with a Parkinson's Adviser in your local area if more local or in depth information and support is needed.

Parkinson's Local Advisers have a wide range of knowledge and expertise about Parkinson’s and can help if someone:

* has been newly diagnosed and is looking for advice and information
* is looking for tips on how to deal with the day to day impact of Parkinson's
* would like to find out about services in their local area, including health services, such as Parkinson's Nurse Specialists and Physiotherapy and how to access them
* has a friend or family member who needs support
* needs emotional support
* wants to learn about their rights and entitlements
* needs help navigating the benefits process
* needs support with anything else relating to life with Parkinson's

The free helpline is open:

Monday to Friday - 9 am-6pm

Saturday - 10 am-2 pm

Please call: **0808 800 0303**

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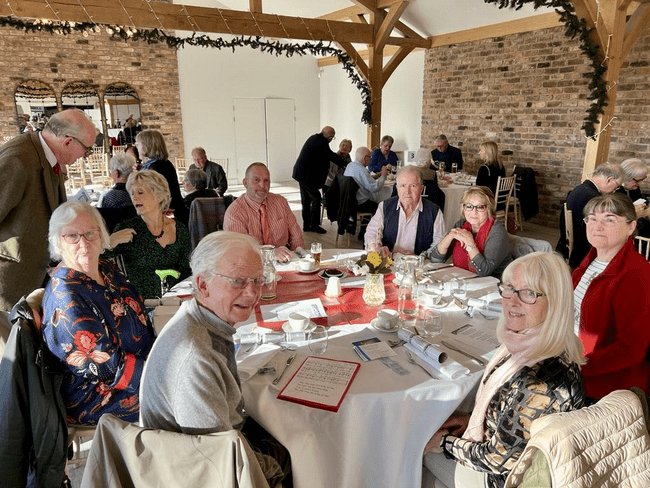
Lunch at Pesto.

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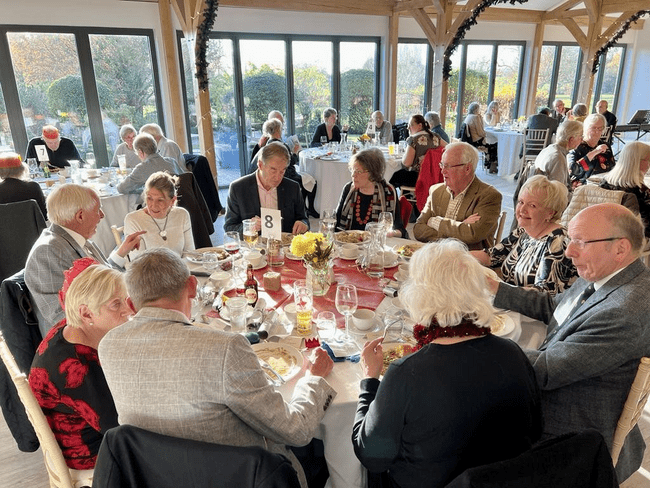
Coffee morning at St Clare’s church Chester.

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Coffee with a smile at St Clare’s.

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Christmas lunch, Pryors Hayes Golf Club.





Christmas lunch, Pryors Hayes Golf Club.



# Zoom chat and quizzes

This takes place on Zoom every Thursday from 5pm and has turned out to be very successful – and great fun!!

# Why not pop in???

**Please contact me if you would like to join in:**

[***paminchester@yahoo.co.uk***](mailto:paminchester@yahoo.co.uk)





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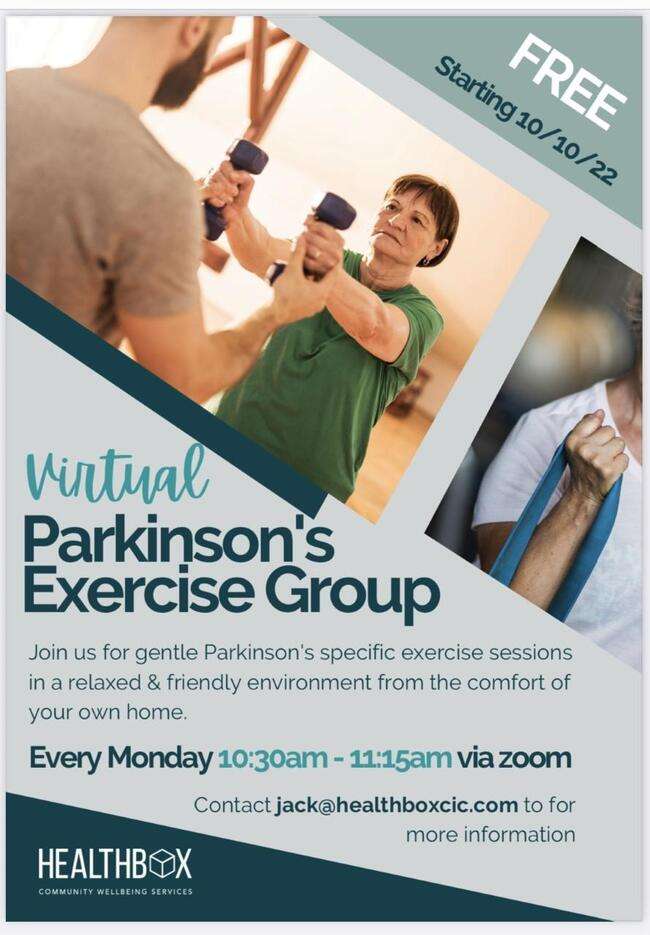
Parkinson’s UK have information about exercise, please see the link to the exercise hub below

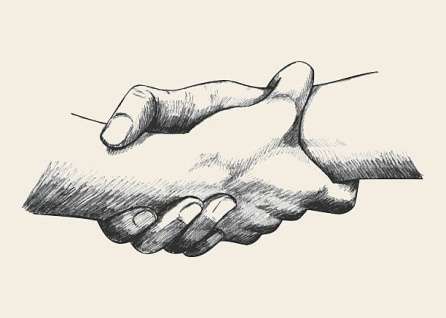
<https://www.parkinsons.org.uk/professionals/exercise-hub>

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**Donations.**

The branch always welcomes donations or even more appreciated would be a regular standing order donation...if anyone would like to make a donation whether it be regular or one off please get in touch with Ron Welsh, our treasurer, who will supply the bank information for you to arrange the donation/standing order. You can also contact any of the committee.



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What is support? What does it mean?

It’s providing a prop, a shoulder to lean.

It’s empathy, a nod, knowledge, a clue,

Someone to care, who will listen to you.

It’s a laugh, or a cry, a dilemma, a joke,

Support surrounds you, scorn will never poke.

Support is everything. Never being alone.

Reassurance tenfold, your warm comfort zone.

No question is wrong, so pull up a chair.

Others speak up, your troubles they’ll share.

Support is caring and sharing, it’s lending an ear.

Empathising and hearing, as things become clear.

Support makes it better. Troubles you can park.

Better out in the open, than alone in the dark.

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Please come and join any of our activities at

Chester & District Parkinson’s UK

**IMPORTANT - KEEPING IN CONTACT**

If there is one thing which we have all learnt during the Covid pandemic, it is the importance of keeping in contact with family and friends.

That ability to maintain contact is something which the Branch Committee feel is vital at any time, but even more so today, as it tries to provide up to date information and support to our members.

The Parkinson’s Post enables us to reach all our members and we have increased the number of issues during the pandemic. However, it is not suitable for those events which occur in between publications.

When we need to inform members quickly, we use e-mail, text messaging and Facebook, so it would therefore be helpful to have as many email addresses and mobile telephone numbers as possible.

Our records suggest that we only hold email and mobile numbers for about 50% of our members. We would like to see that number increase.

If you haven’t provided your email or mobile phone number and you would like to receive notification of new events and information, then please contact me at npdent@aol.com with your contact details.

Many thanks, Nick Dent.

**BRANCH TEXT MESSAGING SERVICE.**

The Branch have a Text Message reminder service sending out reminders of upcoming events to our members free of charge. If you would like to receive this service, then you just need to take a few minutes to register.

Just text your NAME, MOBILE PHONE NUMBER and YES to 07768146835. If you would prefer us to send the text messages to a friend, family member or carer on your behalf then just add FOR and the NAME to your text message request to join. If you believe you have already registered but haven’t been receiving any messages could you, please resubmit your details to the above number and in addition to the requested information just include PROBLEM

**In summary (Events)**

**Monday 3 - 4pm Choir**. on Zoom. Contact Alison Richards 07899 726859 or [thecommunitysingingcompany@gmail.com](mailto:thecommunitysingingcompany@gmail.com) More information in the link below.

<https://localsupport.parkinsons.org.uk/activity/online-social-singalong>

<https://www.facebook.com/search/top?q=the%20community%20singing%20company>

**Thursday 5pm Pam’s People** – Zoom chat every week, contact Pam for joining details. Also see the link below

<https://localsupport.parkinsons.org.uk/activity/chester-branch-zoom>

**3rd Thursday of each month 2.30 -4pm** - Drop in Cafe at Hoole United Reformed Church. For Details contact Alistair on 01244 311402

**Friday 1 - 2.30pm Therapeutic singing group** – Every Friday at St Columba’s, contact Liz for details.

**April** - Tuesday 25th. Coffee Morning, Okells Garden Centre, Nr Tarporley CW6 0EP.

**May** - Monday 22nd. Coffee morning followed by a tour of the gardens. Arley Hall Gardens, Arley, Northwich CW9 6NA.

**June** - Thursday 22nd. Lunch, Bellis’s Garden Centre Holt LL13 9YU.

It is essential to book for the above coffee mornings or Lunch

Contact Pam: 01244 376546 or paminchester@yahoo.co.uk

Free IT Support at Home see link below.

<https://abilitynet.org.uk/at-home/request-free-it-support-home>

**Other Contacts**

For information and resources from Parkinson's UK visit [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

For advice, emotional support or to access the Parkinson's Adviser service, contact the Parkinson’s UK Helpline, available Monday to Friday: 9am to 6pm, Saturday: 10am to 2pm on **0808 800 0303** or by emailing [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

The Walton Centre Nurse Advice Line is 0151 556 4008

Branch Membership – If you know anyone who has Parkinson’s or is caring for someone with Parkinson’s or would just like to join, please encourage them to get in touch with any of the committee, thanks.

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Further to the article in the last Parkinson’s Post, page 26, you can see an update in the link below about the success of Morton’s exhibition.



<https://www.denbighshirefreepress.co.uk/news/23142291.amazing-happens-aisle-three-ruthin-tesco/?fbclid=IwAR2AoNDza-Fnhsp88yuHeEzfQLEEeomhmgVciAz08YD6XXiguBecTN6VxlI>

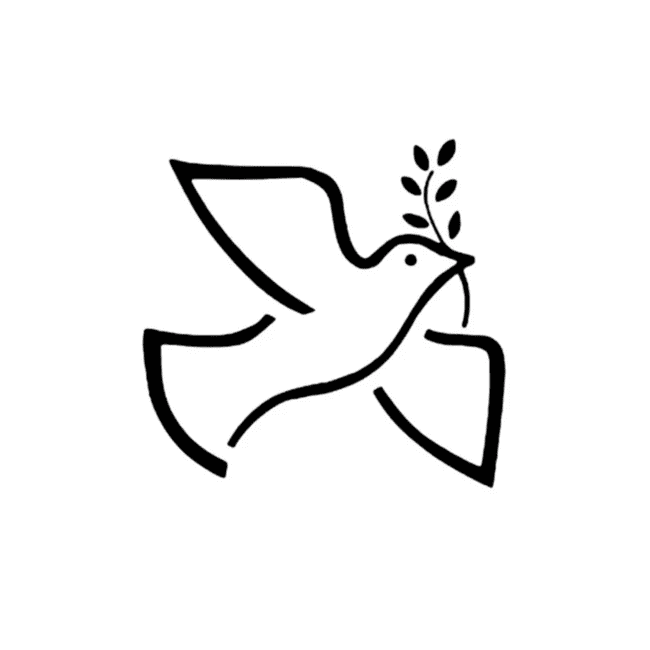
We remember those members of our branch who have died this year

Just close your eyes and you will see

All the memories you have of me

Just sit and relax and you will find

I’m really still there inside your mind





**Contacts.**

**Chairman Vice Chair**

Nick Dent Pat Riddell

01244 301378 07941839161

[patriddell31@aol.com](mailto:patriddell31@aol.com)

**Secretary Membership**

Alistair Tranter Margaret Whaley

01244 311402 mkwhaley3@gmail.com

**Social Secretary Choir**

Pam Adams Liz McClure

01244 376546 01244 409414

**Treasurer Parkinson’s Post**

Ron Welsh Chris Knight

07771633621 [chrisknight1@hotmail.co.uk](mailto:chrisknight1@hotmail.co.uk)

﻿Chester & District Branch Parkinson's UK

c/o The Bluecoat Charity,  
The Bluecoat,  
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Chester  
CH1 4EE