

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

PARKINSON'S POST.

Chester & District Branch.



November 2022

Facebook: Parkinson's UK – Chester District Branch

Twitter: @Parkinson's Chester

Website: chesterparkinsons.weebly.com

Contents.

1. Photograph by idreamofpiesphotography (Shrewsbury Walk for Parkinson's)
2. Contents
3. Christmas Lunch
4. Pat's Notes
5. Therapeutic singing group
6. Nick Dent / Free coffee or tea and cake for 2 people
7. Drop in Café, Chester
8. Neurological Advice Line (English)
9. Neurological Advice Line (Welsh)
10. New Committee Members
11. Poem
12. Parkinson's UK
- 13 – 16 Pam's Pictures
17. Exercise Opportunities
17. Pam's Zoom chat
19. Parkinson's Exercise Group (Healthbox)
20. Poem
21. Sir Ranulph Fiennes
22. Keeping in Contact / Text Message Service
23. Events and Information
- 24 - 25 What are Integrated Care Systems? / Other contacts
26. Morton Roberts
27. The Wedding
28. Contacts



Parkinson's Chester & District Branch

Christmas Lunch

Wednesday 7th December 12.30pm

Pryors Hayes Golf Club, Willington Road, Nr Chester. CH3 8NL

Menu – 2 Courses - £19.95 per person

Roast Cheshire turkey, pigs in blankets, roast potatoes with seasonal trimmings,

or

Braised shin of beef red wine sauce, fondant potato, seasonal vegetables

or

Spicy butternut squash tagine, couscous



Traditional Christmas pudding with brandy sauce

or

Steamed treacle ginger sponge, warm custard



Mince Pie and Coffee

BOOKING IS ESSENTIAL – PLEASE PAY AND MAKE FOOD CHOICES BY 23RD NOVEMBER

**First - Email your food choices, with guest names to Pat:
patriddell31@aol.com**

**Second - Preferably please pay by bank transfer to our
business account: "Parkinson's Disease Chester" stating your
name & our reference word – XMAS**

Bank sort code 60-40-08 Account number 01010190

**Otherwise send cheque with your guest names and food choices,
payable to "Parkinson's Chester Branch" to:
Pat Riddell, 31, Marlston Ave, Chester CH4 8HE**



THERE WILL BE A CHRISTMAS RAFFLE – ANY DONATIONS WOULD BE APPRECIATED

Pat's Notes.

I know that many of you are aware that our Chairman, Nick Dent, is currently 'out of circulation' due to surgery and I am sure you will join with me in wishing him a speedy recovery.

So, for a short time it falls to me as Vice Chair and a relative 'newbie' to the committee, to step into his shoes - impossible I hear you say - and I agree!

The committee members have continued throughout 2022 to move forward in the 'new normal' - lots of face to face gatherings which have been hugely successful. Particular thanks to Pam for her excellent Social Secretary skills. Zoom continues to be a part of our world, Thursday chats, committee meetings, Monday singing etc. It is probably here to stay, something positive to come out of the gloom of the recent past. It certainly continues to allow many to connect who were previously isolated or alone.

Producing and distributing the Parkinson's Post has, like everything else, become more expensive. The committee is acutely aware of the cost. However, we know how valuable it is to our members, new and old. The excellent feedback we have had reassures us that it is worth printing and posting/distributing. Obviously, it is available by email too, so if anyone wishes to receive it that way please let us know. Many thanks to Chris for continuing to produce this excellent booklet for us. We hope you enjoy this edition.

Finally, I must repeat Nick's plea in the last Parkinson's Post for new committee members – you would be most welcome, please get in touch if you feel you can help, even in the smallest way.

It would be wonderful to see as many of you as possible at our Christmas lunch on 7th December at Pryors Hayes golf club - otherwise we wish you Peace for Christmas and the New Year.

'PS - Watch out for our Calendar of Events for 2023 arriving in the Christmas Post!'

Pat Riddell (Acting Chairperson)

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK – Chester & District Branch

Therapeutic singing group

**St Columba's Church Hall, Plas Newton Lane
Chester CH2 1PL
Fridays 1pm – 2.30pm**

**Come along and sing your much loved favourites and learn
some exciting new pieces
Plenty of parking space
Tea, coffee & biscuits
EVERYONE WELCOME
(with or without Parkinson's)
BRING A FRIEND
No charge, donation asked for refreshments.**





All the best to our chairman, Nick, who's awaiting surgery.

SPECIAL NEW YEAR OFFER FOR 2023

OUR NEW YEAR TREAT FOR YOU



**Free coffee or tea and cake for 2 people
on production of this voucher.
Valid at any of our coffee mornings
up to and including June 2023**

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

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***

Neurological nurse advice line



Neurological advice, guidance and support

The neurology nurse advice line is available to anyone who receives treatment and care at The Walton Centre for a neurological condition. It is available between 9am and 4pm, Monday to Friday on 0151 556 4008.

What should you use this service for?

The line is staffed by a dedicated team of administrators who will provide advice and support on:

- Managing appointments
- Supporting you with accessing neurological support from specialist nurses
- If needed, signposting you to other available services such as therapists or your consultant.

The staff are all trained and experienced in supporting and caring for people living with a neurological condition.

Tell us what you think

The Patient and Family Experience Team would like to hear your thoughts on the service. Call 0151 556 3090/3091 or email patientexperience@thewaltoncentre.nhs.uk to speak to them.

What can you expect when you call?

An administrator will take the details of what you need support or advice about.

If necessary, they will agree a suitable date and time for the right person to call you back. The majority of call backs are within three working days although this may be longer at times of increased demand.

The NAL is for any concerns, questions, or if you require advice, guidance and support about your condition.

You can also call if you care for someone with a neurological condition or you are a health care professional.

This is not an emergency service. Please call 999 in an emergency

Llinell cyngor nyrsys niwrolegol



Cyngor, cyfarwyddyd a chefnogaeth niwrolegol

Mae'r llinell gymorth nyrsys niwrolegol ar gael i rywun sy'n derbyn triniaeth a gofal yng Nghanolfan Walton am gyflwr niwrolegol. Mae ar gael rhwng 9am a 4pm, ddydd Llun i ddydd Gwener ar 0151 556 4008.

Am beth ddylech chi ddefnyddio'r gwasanaeth yma?

Mae'r llinell yn cael ei staffio gan dîm penodedig o weinyddwyr a fydd yn darparu cyngor a chymorth ar:

- Reoli apwyntiadau
- Eich cefnogi gyda chael mynediad at gymorth niwrolegol gan nyrsys arbenigol
- Pe bai angen, eich cyfeirio at wasanaethau eraill sydd ar gael fel therapyddion neu eich meddyg ymgynghorol

Mae'r holl staff wedi eu hyfforddi a chyda phrofiad o gefnogi a gofalu am bobl sy'n byw â chyflwr niwrolegol.

Dywedwch wrthym ni beth rydych chi'n feddwl

Byddai Tîm Profiad y Claf a'r Teulu yn hoffi clywed eich barn ar y gwasanaeth. Ffoniwch 0151 556 3090/3091 neu e-bostiwch patientexperience@thewaltoncentre.nhs.uk er mwyn siarad â nhw.

Beth allwch chi ei ddisgwyl pan fyddwch chi'n galw?

Bydd gweinyddwr yn cymryd y manylion o'r hyn rydych chi ei angen cymorth neu gyngor yn ei gylch.

Os oes angen, byddan nhw'n cytuno ar ddyddiad ac amser addas i'r person iawn eich ffonio chi yn ôl. Mae'r rhan fwyaf o'r galwadau yn ôl o fewn i dri diwrnod gwaith er gall hyn fod yn hirach ar adegau o fwy o alw.

Mae'r Llinell Gymorth ar gyfer unrhyw bryderon, cwestiynau neu os ydych chi angen cyngor, cyfarwyddyd a chefnogaeth am eich cyflwr.

Gallwch chi hefyd alw os ydych chi'n gofalu am berson sydd â chyflwr niwrolegol neu rydych chi'n weithiwr gofal iechyd proffesiynol.

Nid yw hwn yn wasanaeth brys. Mewn argyfwng, ffoniwch 999.



New Committee Members

The Branch Committee, with an eye to the future, are looking to recruit new members to our ranks. It has been previously mentioned that Chris Knight stood down in April, and you may also remember that in the not too distant past, Tim Hollins moved away and understandably eventually retired from the Committee. It is important that we ensure the strength of the Committee is maintained going forward. Hence the decision to actively look for new members to join and bring new ideas and skills to the Committee.

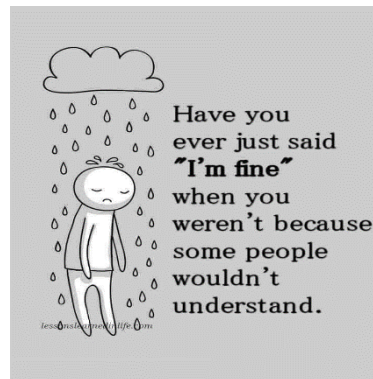
We are asking for your help please. If anyone would like to find out more about being a member of the Committee, or knows of a family member, relative or friend who might be interested we would really love to hear from you. We are particularly looking to attract new members who can bolster our secretarial, minute taking and social media skills, but that said all volunteers are always welcome.

Membership of the Committee should be an enjoyable experience and nobody is put under any pressure to do more than they feel comfortable undertaking. We hold meetings once a month and since the pandemic began we have conducted the meeting on Zoom. Using Zoom has proved so beneficial that we have taken the decision to continue in this way going forward.

If you are interested in helping the Branch and wish to find out more information please contact Nick Dent on 01244 301378 or Alistair Tranter on 01244 311402.

Many Thanks. The Committee

LIVING WITH PARKINSON'S



When people you meet say "you look well"
In your head do you think "I'm in some kind of hell"
Or do you, like me, say "I'm fine, thanks, today"
But they can't see inside me as they go on their way.

People are kind but do they really see
The world through our eyes what our days can be,
When we struggle with opening a door with the key
When our body shakes and we spill cups of tea.
Do they know what it's like to be awake in the night
And long for normality and the welcome light.
Do they feel the frustration at times in our day
When we can't write our name in a reasonable way,
When our grip on the kettle is beyond our strength
And the aches in our body seem to go the whole length.
What I would give to be nimble and quick as I used to be
In times gone by, and days when "me" felt like "me".

When getting dressed took no time at all
And buttons and zips were done without a call
To my willing partner who bears all the tears,
And frustrations and says "You're okay, I'm here".

Does the world see me as I used to be,
Before Parkinson's came and I was free?
Yes to the world I'm fine and I'll continue to be,
Fine, with a smile, but still longing to be "me".

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**



Okells – Coffee morning.



Arley Hall gardens guided tour by our President Viscount Ashbrook.



Afternoon tea at Arley Hall.



Coffee and scones at Portal Hotel near Tarporley



Lunch at Bellis'.

Exercise opportunities for people with neurological conditions

Northwich Memorial Court

Chair based class - Tuesdays 12.30-1.15pm
Northgate Arena

Chair Based Exercise - Tuesdays 2-3pm
Pilates - Thursday 12.15-1pm

Winsford Lifestyle Centre

Aquatherapy - Tuesdays 10.30 - 11.30am

Ellesmere Port Sports Village

Aquatherapy - Fridays 11.15am – 12.15pm

Neuro Therapy Centre

Each week: Online and face-to-face exercise and physiotherapy sessions

Find out more at:

neurotherapycentre.org

brioleisure.org

Prices of sessions vary



Access to Exercise for People Living with a Neurological Condition



We are trying to sign-post members and people...

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)





FREE
Starting 10/10/22

Virtual Parkinson's Exercise Group

Join us for gentle Parkinson's specific exercise sessions in a relaxed & friendly environment from the comfort of your own home.

Every Monday 10:30am - 11:15am via zoom

Contact jack@healthboxcic.com to for more information

HEALTHBOX
COMMUNITY WELLBEING SERVICES

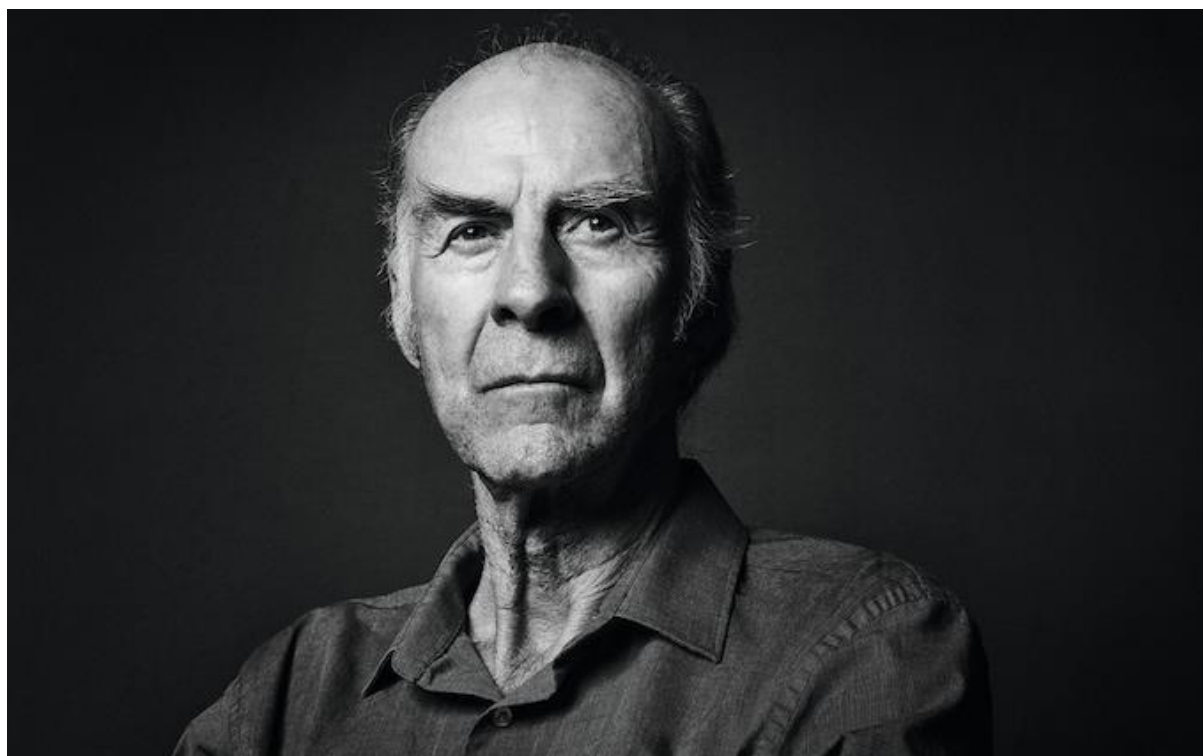


Thank you to our supporters
 For everything you do
 You raise awareness of Parkinson's
 And show that you care too
 For all your fundraising efforts
 And donations that were made
 For many unique challenges
 You faced them unafraid
 From skydiving to marathons
 Cycling and swimming too
 Walking, baking, shaving heads
 To name but a few
 You are fundraising heroes
 We're grateful for all you do
 Best Wishes from Parkinson's UK
 And a Happy Christmas to you!



Sir Ranulph Fiennes on the diagnosis that changed his life: 'I used to be frightened of death'

At 78, after traversing the globe and scaling Everest, the legendary explorer faces his greatest challenge yet: Parkinson's and old age



'Ran' was diagnosed with Parkinson's three years ago, the culmination of a long period when he felt that something wasn't right. He forgot words, lost his balance, began to shake. 'The mind wants to do things but then suddenly finds that the body is falling to bits.'

'The three things that the doctor summarised were, firstly your shaking, secondly your balance and thirdly your memory. I can look at my hands and say "Stop shaking", as you would to a Jack Russell terrier and the shaking stops. The balance I find I can deal with if I run, or if not run then jiggle, without sticks up and down some small hills. The memory on the other hand, it's a problem. You don't know when it's going to go.'

Extracts from The Telegraph July 2022.

'Explorer' the film of his life was released in cinemas on 14 July 2022.

Also at Chester Storyhouse, Wednesday 8 March 2023
Sir Ranulph Fiennes: Living Dangerously.

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

Events and Information.

Monday Choir. Monday 3 – 4 on Zoom. Contact Alison Richards 07899 726859 or thecommunitysingingcompany@gmail.com
More information in the link below.

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

Pam's People – Zoom chat every Thursday at 5pm, contact Pam for joining details. Also see the link below
<https://localsupport.parkinsons.org.uk/activity/chester-branch-zoom>

Therapeutic singing group – Every Friday 1.00 – 2.30 at St Columba's, contact Liz for details.

Branch Text Message Service – contact Nick to join the system.

Contact information; if you would like to receive the Parkinson Post and other information by email and haven't already give us authority please contact any of the committee.

Free IT Support at Home see link below.

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

Parkinson's UK Helpline – 0800 800 0303

<https://www.parkinsons.org.uk/>

Parkinson's and Coronavirus – See the link below for the latest guidance.

<https://www.parkinsons.org.uk/news/understanding-coronavirus-and-parkinsons>

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.

What are Integrated Care Systems?

Here is an overview of some of the latest changes in how the NHS is organised and how they impact our local area.... Strap in for some acronyms!

Integrated Care Systems (ICS) are geographically based partnerships that bring together providers and commissioners of NHS services along with Local Authorities and the voluntary and community sector to plan and deliver health and care. Cheshire is part of the Cheshire and Merseyside Integrated Care System. The ICS has existed for a little while but became statutory on 1 July 2022.

There are 42 ICS's across England. Each ICS includes an Integrated Care Board (ICB) and an Integrated Care Partnership (ICP).

The ICB is a statutory NHS organisation and is responsible for developing plans to meet the health needs of the local population. They manage budgets and are responsible for the day to day running of the NHS. The former Clinical Commissioning Groups (CCGs) have been absorbed into ICBs. In our area the ICB is called NHS Cheshire and Merseyside.

The ICP is a statutory committee jointly formed between the NHS and Local Authorities. ICP membership is determined locally but should include a broad alliance of partners including the voluntary and community sector. The ICP is responsible for producing an integrated care strategy, setting out how the wider health needs of the local population will be met. The ICP in our area is called Cheshire and Merseyside Health and Care Partnership.

The Cheshire and Merseyside ICS is one of the largest in England and includes nine boroughs. Therefore, within the ICS nine place-based partnerships will lead the detailed design and delivery across the local area. For our area this is called the Cheshire West Place. It is led by Delyth Curtis who is employed by Cheshire West and Chester Council.

The new system expects ICPs to work with partners across each area, this means that as a Charity we should have more opportunities to influence ICPs and share what is important to the Parkinson's community. We are already seeing better engagement on this front and hope to see this continue.

If you are interested in contacting the ICS and sharing what is important to you, look out for our [Can't Wait Campaign](#) pack that will support you to contact your local representatives.

Further reading:

The Kings Fund: <https://www.kingsfund.org.uk/audio-video/integrated-care-systems-health-and-care-act>

NHS England
<https://www.england.nhs.uk/integratedcare/what-is-integrated-care/>

Cheshire and Merseyside Partnership
<https://www.cheshireandmerseysidepartnership.co.uk/>

NHS Cheshire and Merseyside
<https://www.cheshireandmerseyside.nhs.uk/>

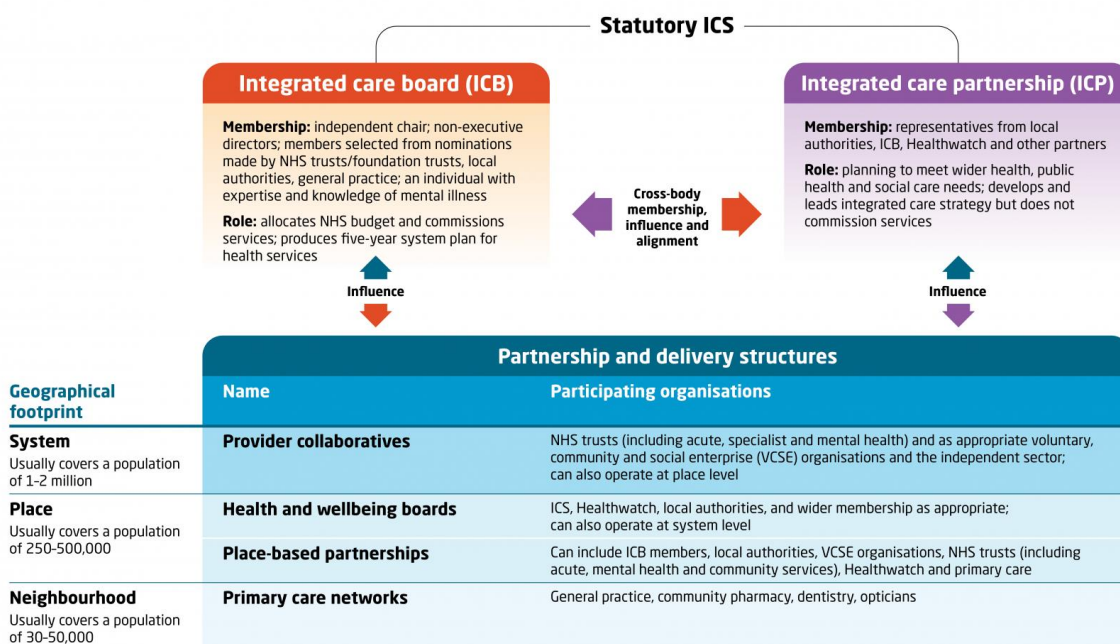
Cheshire West Place
<https://www.cheshirewestandchester.gov.uk/your-council/policies-and-performance/council-plans-policies-and-strategies/cheshire-west-place-plan>

Integrated care systems (ICSs)

Key planning and partnership bodies from July 2022

NHS England
Performance manages and supports the NHS bodies working with and through the ICS

Care Quality Commission
Independently reviews and rates the ICS



TheKingsFund

Other Contacts

For information and resources from Parkinson's UK visit 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

The Walton Centre Nurse Advice Line is 0151 556 4008

Picasso-inspired North Wales artist won't let Parkinson's stop him creating breathtaking art.



A pensioner has shared how he is able to create incredible artwork despite living with Parkinson's Disease. Picasso-inspired 74-year-old, Morton Roberts, has opened up about the challenges of living with Parkinson's, which impacts his most precious tool as an artist - his hands.

There are more than 40 symptoms of Parkinson's disease which include a tremor, joint stiffness, and problems with sleep. Morton, who is a father of six, and grandfather of eight, was diagnosed with Parkinson's in 2016.

A passionate artist, he has developed ways of controlling his symptoms while he creates intricate works of art. He explained: "One little aspect is, you wonder how your hand can get into a certain shape when you don't even know that you're doing it. It's weird. I do have a tremor, but I can concentrate and stop it. Then it will come back. When I have it I really do shake. I can't walk very far or do much.

Born in [Denbigh](#) in 1947, Morton attended Wrexham Technical College before getting a degree from Newport College of Art and Sculpture. On his love of art, he said: "I was always into art, ever since I was a child.

Morton, who lives in Ruthin, draws much of his inspiration from his surroundings in North Wales. "I got back into art when I was living in Betws y Coed," he said. "It's very beautiful there, and I did some quick drawings of local scenes and sold them to the tourists, who seemed to love them.

With dozens of drawings and paintings lying around, Morton decided to host his own exhibition, raising money for charity Parkinson's UK Cymru at Ruthin Library between Monday, October 3 and Friday, December 23.

The full article can be found here:

https://www.dailypost.co.uk/news/north-wales-news/picasso-inspired-north-wales-artist-25245881?fbclid=IwAR3jR_nGsAOCxIkLFP2HOqDK3fKSm3nVCgQm_GGOGYY12HQSek5Wol8pv4



"Congratulations to our former Vice Chairman and producer of the PP, Chris Knight, his lovely new wife Clare and Arthur". 🐶

Contacts.

Chairman

Nick Dent
01244 301378

Vice Chair

Pat Riddell
07941839161
patriddell31@aol.com

Secretary

Alistair Tranter
01244 311402

Membership

David Stoddart
01244 316534
Margaret Whaley
mkwhaley@gmail.com

Social Secretary

Pam Adams
01244 376546

Choir

Liz McClure
01244 409414

Treasurer

Ron Welsh
07771633621

Parkinson's Post

Chris Knight
chrisknight1@hotmail.co.uk

Mel Stevens:

melshcc@sky.com

Chester & District Branch Parkinson's UK
c/o The Bluecoat Charity,
The Bluecoat,
Upper Northgate Street,
Chester
CH1 4EE