

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**

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PARKINSON'S^{UK}



2020

Crewe & District Group

Crewe & District Group

Our group 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 pm. New members are always welcome.

Fund Raising Events

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

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

Group Calendar 2020

THERAPEUTIC DANCE MOVES FOR PARKINSON'S

Monday: 11.30 - 12.30 - Willowmere, East Road, Middlewich, CW10 9HW

Monday: 14.00 - 15.00 Chrysalis Studio, Beam Heath Way, Nantwich, CW5 6PQ

Thursday: 12.00 - 13.00 - Winsford Library, High Street, Winsford, CW7 2AS

For information or to enquire about availability, contact Shirley Brocklehurst - 07760 428554 - shirley@transformotion.org.uk.

Group lunches will be held on the 2nd Tuesday of the month, 12.30 for 1pm,

Minshull's Nursery, Eardswick Lane, Crewe, Cheshire. CW1 4RQ

Lunch is subsidised for members. Everyone welcome.

Winsford Meetings

These take place on the last Wednesday of the month between 2-4pm:

The Dingle Centre, High Street, Winsford, Cheshire. CW7 2AS

Young At Heart Group

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

Drop in Cafes

Northwich Lifestyle Centre first Monday of the month 10.30am to 12.00 noon, held with the MS Society.

AGM - Wednesday 26 February - Nantwich Cricket Club - 7 pm

Coffee Afternoon and Craft/Card Stalls - Thursday 19 March - 2 - 4 pm

Quiz - Friday 27 March - Nantwich Cricket Club - 7 for 7.30 pm

Trip to Trentham Gardens - details to follow

Garden Party - June - to be confirmed

Afternoon Tea - Tuesday 14 July - 3 for 3.30 - 5.30 pm

Carers Lunch - August 2020 tbc

Quiz - 2nd October - Nantwich Cricket Club - 7 for 7.30 pm

Christmas Lunch - Saturday 5 December - 1-1.30/4 pm - arrival from 12.30 pm

Supermarket collections will be listed on our website.

Full details will be circulated to members in a newsletter and on our website.

Useful Contacts

Information: Sue Hughes
0344 225 3756

Group Mobile: 07749 596425

E-mail: creweanddistrictparkinsons@live.co.uk

Group Secretary: 07772 068319

www.crewe-parkinsons.org

www.parkinsons.org.uk

www.carers.org