



January 2026

“One kind word can warm three winter months.” – Japanese Proverb
“Winter is on my head, but eternal spring is in my heart.” – Victor Hugo

A MESSAGE FROM EMMA

MIXED CARDIO, STRENGTH, CORE AND FLEXIBILITY

Comprising a 60 minute mix of targeted cardio-vascular exercises, strength and conditioning, core stability and postural correction, balance, coordination and flexibility.

The class includes:

Warm-up and stretch

‘Circuit’ based cardio-vascular exercises

Upper body weights/strength training

Core stability focused exercises

Cool down stretches

Starting at 10.00 am until 11.00 am – (signing in on Zoom from 9.50 am to ensure a prompt start)

This class is suitable for all abilities and levels of fitness and can be adapted to standing and sitting (please let me know if there are any specific requirements prior to attending the class).

Emma x

(Class joining details on page 4)

To set up a standing order, or donate on-line please use the following details:

A/C name : Parkinson's UK Macclesfield Branch

Sort Code : 20 00 00

A/C No. : 43431150

Please remember to refer to “Parkinson's UK The ALEX Group” when you are raising funds through Just Giving.

A Committee Meeting was held on Monday 12th January.

It was reported that Erica has resigned from the committee because of her ill health and that Helen wishes to step down for personal reasons. The committee expressed its sadness to lose the benefits of their services.

As a consequence a vacancy has arisen for a membership officer and volunteers are requested. As our records are kept electronically, the new person must be familiar with MS Excel and also take a very short course on the GDPR.

The committee heard that the recent Christmas Lunch, attended by 90 persons, had been very successful and that plans were underway to organise this year's event.

The treasurer reported that the bank balance stood at £72,397.00 and that the £22K+ that came to us from the will of Nora Glenn is to be given to PDUK for research purposes.

Other items discussed included the re-establishment of monthly meetings, possibly at Bollington Community Hall, and hopefully appointing a chiropodist to attend ALEX.

It was also reported that Christine with the co-operation of PDUK is to update our web-page and Facebook presence.

The next meeting will be on 16th February.

The article below was taken from the Congleton Chronicle in mid December

2025

Parkinson's disease treatment currently 'unacceptable': MP

Tribute has been paid in Parliament to the North Staffs Parkinson's UK branch for its work supporting patients and families.

Newcastle-under-Lyme MP Adam Jogee praised the committee for "wonderful things week in and week out."

Mr Jogee told MPs that in Newcastle-under-Lyme hundreds of local people lived with Parkinson's, "a life-altering disease that destroys personal autonomy, affecting speech, movement, swallowing and writing".

He said the lack of care provision and inaccessible treatment was "unacceptable for those suffering now".

Mr Jogee said funding and availability of care for Parkinson's patients did not match the severity of the disease or the "desperate need for proper treatment".

He added that getting "the right care at the right time" was critical to quality of life and efficiency of provision, and that as more people are diagnosed, patients and their families deserve to know treatment will not be in doubt.

Mr Jogee made his comments in a Parliamentary debate on the condition.

Paul Davies, MP for Colne Valley, opened the debate and said that Parkinson's was one of the fastest growing neurological conditions in the world.

It affected more than 116,000 people in the UK, and that number was expected to rise to 173,000 by 2030.

He said: "These are not just statistics; they are our neighbours, friends and family members. Behind each number is a story of resilience, daily struggle and hope."

He cited the Parky Charter, a five-point plan created by the Movers and Shakers' podcast group.

It was backed by Parkinson's UK, and aims to improve the lives of those living with Parkinson's.

It calls for faster access to specialists, clear and immediate information, a Parkinson's passport to ensure joined-up support, comprehensive support across health and social services and renewed investment in research for a cure.

Coun Jogee spoke of his Alderman Lizzie Shenton, a former leader of Newcastle-under-Lyme Borough Council, who had been diagnosed with early-onset Parkinson's in her 50s.

He said she had to wait 10 months for a consultant appointment and five months for a scan, without which no medication or treatment could be prescribed.



Adam Jogee

MP for Newcastle-under-Lyme



Powered by



Strength, balance and weight training sessions
launch for Glossop Parkinson's communities

When: launching on Friday 9 January 2026 from
12pm to 1pm

Where: Every Bodies Gym, 1 Smithy Fold, Glossop, SK13 8DD

People living with Parkinson's in Glossop can try new strength, balance and weight training sessions which are helping more people to live well.

Delivered by experienced instructors from Mean, Clean & Lean (MCL) Personal Training and with funding support from Parkinson's UK, the new project aims to help more people to live well with Parkinson's in a fun and friendly way.

How the strength, balance and weight training can help people with Parkinson's

- Better balance and coordination
- Reduced risk of freezing and falls
- Better cardiovascular health
- Better energy levels and improved sleep patterns
- Improved strength

For more information about the new sessions, contact:

info@meancleanandlean.co.uk

call Adam on 07761 052 589

visit www.meancleanandlean.co.uk



Please, Please, Please Note... .

Carers – We have been advised by Parkinson's UK, that as volunteers we should not assume any responsibility for the actions or needs of any individual. It is therefore strongly requested that anyone who needs any kind of support should have a carer with them at all times.



Help Needed

In order to ease the congestion on Wednesday mornings we would welcome anyone who can help us on the desk — if only for a short time. If you can help, please, please contact Marilyn, Graham or Grenville. No prior experience or training necessary!

Date	Time	Event	Contact/Notes/Comments
Wed 14th Jan	09:30	ALEX	
Tue 20th Jan	14:00	Singing with Helen	Cock & Pheasant
Wed 21st Jan	09:30	ALEX	
Wed 28th Jan	09:30	ALEX	
Tue 3rd Feb	14:00	Singing with Helen	T.B.A.
Wed 4th Feb	09:30	ALEX	
Wed 11th Feb	09:30	ALEX	
Mon 16th Feb	10:30	Committee Meeting	
Tue 17th Feb	14:00	Singing with Helen	T.B.A.

PICTURE GALLERY



Chris and Rosemary enjoying the recent singing session at the Cock and Pheasant.



Some of the revellers at the Christmas Lunch

Please note the login details for all exercise classes

Monday 11.15, Lewis: dance class and stretching

<https://us02web.zoom.us/j/82845537950?pwd=cmpia2ttMW5JTUJoYTY0SzNyanJDdz09>

ID 828 4553 7950 Passcode 243991

Tuesday 10am, Laura: moderately aerobic, amplitude and strength training

<https://us02web.zoom.us/j/82845537950?pwd=cmpia2ttMW5JTUJoYTY0SzNyanJDdz09>

ID 828 4553 7950 Passcode 243991

Friday 10am, Emma: Stretching and Pilates/core work.

<https://us02web.zoom.us/j/82845537950?pwd=cmpia2ttMW5JTUJoYTY0SzNyanJDdz09I>

D 828 4553 7950 Passcode 243991

Email. Please email maccpds@gmail.com if you wish to contact us.