



February 2026

“Winter is on my head, but eternal spring is in my heart.” – Victor Hugo
“Use February to reset, recharge, and refocus on what truly matters.”



It is with very great sadness that we have to report the recent passing of Carole Ann Poole aged 60.

Carole was one of our younger, but possibly better known, members.

She died following a fire at her home. The cause of the fire is not exactly known and her death will be the subject of an inquest at Cheshire Coroner's Court (date to be announced)

Carole was a very special lady in many ways and will be very greatly missed. R.I.P.

Parkinsons Local Adviser Service 2026

Sue Hughes our Local Parkinson's Adviser is at present on sabbatical leave until the beginning of July 2026.

She says, “if your members need any non-clinical support or have any questions whilst I am away, please refer them with consent or signpost them to our North West Team email address: adviser.northwest@parkinsons.org.uk.

If you have any questions, please contact my team manager, Jan Whitehouse, via her email jwhitehouse@parkinsons.org.uk or call her on her direct line 0344 225 3747. You can also signpost clients to the Parkinsons UK helpline.”

We are very pleased to announce that we have recently appointed a Podiatrist to set up a clinic at ALEX. Her name is Molly Andrew and her business is High Lane Foot Care. She is registered with the Health & Care Professions Council and is a registered Podiatrist. She is insured with the Royal College of Podiatry. Molly will begin her clinics at the beginning of March and will attend every week. She will see people on a first come first served basis and you will need to check in on arrival. The charge will be £20 per head.

Those of you who are old enough, will remember that, before the Covid lockdown, we used to have a monthly social meeting. We used to have various events: quizzes, music, speakers etc and also refreshments.

We are proposing to start these meetings again at Bollington Community Centre, (Just across the carpark from the Leisure Centre.) on the third Monday of every month. The first of these meetings will be held on Monday 20th April, starting at 1:30pm until 4:00pm.

At this first meeting there will be an illustrated talk, by one of our members, entitled "The Story of A Family", followed by refreshments and an informal get-together.

Mrs Kath Robinson, seen here on the right, has been making cards for 20 years and giving donations to Charities for 10 years.

Last year she decided to donate any sales through Refresh Hairdressers to the Parkinson's Group at Bollington Leisure Centre.

On 28th January she visited ALEX and gave Ann a cheque for £100. Many, many thanks Kath.



On Saturday 21st March **Tytherington Family Worship Church**, Sandwich Drive, Tytherington are holding a Coffee morning from 10am till 12. All are welcome.

There will be Tea, Coffee and cake. and Many stalls : Cards, craft, books, jigsaws, Gifts and cakes to take home.

The proceeds are in aid of Macclesfield Parkinson's Group. Donations of cakes would be greatly appreciated.

From Parkinson's UK

Our team of over 80 local advisers provides in-depth, personal support wherever you live. They advise on everything from Blue Badges to benefits and accessing local services. Whatever your journey with Parkinson's, you're not alone. Please keep this information ready for any members who may need more 1-to-1 assistance. Our Helpline team can refer anyone who needs this free, confidential support. Get free, confidential and in-depth support from one of our 80+ local advisers across the UK.

We can help with practical tasks such as applying for Blue Badges or accessing local support. To contact an adviser, call our helpline on 0808 800 0303 or email hello@parkinsons.org.uk

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.

It is the Chinese New Year. This new year is the year of the Fire Horse. In order to celebrate we have been invited to a New Year Party at Rainbow 88 in Cheadle on 27th February. At the event we will be presented with a cheque from funds raised for us in previous events. They have already raised £2,200 for us. To book call 0161 485 2288 or 07436 263388



KUNG HEI FAT CHOY!!!

**RAINBOW88 CHINESE NEW YEAR OF THE FIRE HORSE
BANQUET EXTRAVANGANZA**

FRIDAY 27TH FEBRUARY 6.30-7PM ARRIVAL

ADULT £39 15 & UNDER £29

*PROCEEDS AND DONATIONS TO THE CHRISTIE HOSPITAL
& STOCKPORT AUTISK—SUPPORT FOR CHILDREN WITH AUTISM*

WEAR RED, GOLD, WHITE, EMERALD GREEN, DARK BLUE, BROWN & BLACK

ENTERTAINMENT

CHINESE TRADITIONAL FOLK DANCERS

LUCKY LION DANCE

CHINESE ANIMAL HOROSCOPE

FORTUNE ROLLS

LUCKY RED ENVELOPES

DELICIOUS BANQUET

KARAOKE & RAFF

VOCALIST HANNAH LOUISE



LUCKY DRAGON BANQUET

APPETISERS

LUXURY PRAWN CRACKERS (GF), PICKLED VEGETABLES (GF),
CRISPY RAINBOW DELIGHT (SHREDDED POTATO WITH SEASONING) (GF)

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STARTERS

CRISPY COMBO INCLUDING:- VEG SPRING ROLLS, SALT N PEPPER FISH (GF)
BBQ SPARE RIBS (GF), SESAME CHICKEN TOAST, BEEF SAMOSAS

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MIDDLE COURSE

AROMATIC CRISPY DUCK WITH HOI SIN, CUCUMBER, SPRING ONION & PANCAKES
FOR GLUTEN FREE WITH LETTUCE & PLUM SAUCE (GF)

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CHOICE OF MAIN COURSES

SWEET & SOUR CHICKEN (GF), CHICKEN CURRY, CHILLI GARLIC KING PRAWNS (GF)
SHREDDED CRISPY BEEF, BBQ CHAR SIU PORK WITH MUSHROOMS & BEANSPROUTS
SOFT NOODLES & BEANSPROUTS, EGG FRIED RICE (GF)

PLEASE ASK FOR VEGGIE OPTIONS

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FRESH FRUIT
COFFEE

Cracker Joke. Why do birds sing in the morning?

Because they don't have to go to work!!!

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 Ann, Marilyn, Graham or Grenville. No prior experience or training necessary!

Date	Time	Event	Contact/Notes/Comments
Wed 18th Feb	09:30	ALEX	
Wed 25th Feb	09:30	ALEX	
Tue 3rd Mar	14:00	Singing with Helen	Cock & Pheasant
Wed 4th Mar	09:30	ALEX	
Wed 11th Mar	09:30	ALEX	
Tue 17th Mar	14:00	Singing with Helen	Cock & Pheasant
Sat 21st Mar	10:00	Coffee Morning	Tytherington Family worship
Fri 27th Mar	7pm	Chinese New Year Celeb	Rainbow 88, Cheadle
Tue 31st Mar	10:30	Annual Meeting	Bollington Community Centre
Mon 20th Apr	13:30	Monthly Meeting	Bollington Community Centre
Thu 17th Dec		Christmas Lunch	The Plough at Eaton

Saturday 11th April will be **World Parkinson's Day** — It commemorates the birthday of **James Parkinson** in 1755. He was an English surgeon, apothecary, geologist, palaeontologist, and political activist. He is best known for his 1817 work *An Essay on the Shaking Palsy*, in which he was the first to describe "paralysis agitans", a condition that was later renamed Parkinson's disease by Jean-Martin Charcot. (extracted from Wikipedia)

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=cmpia2ttMW5JTUJoYTY0SzNyanJDdz09>
ID 828 4553 7950 Passcode 243991

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