



March 2026

“Daffodils, that come before the swallow dares, and take the winds of March with beauty.” – William Shakespeare

“March winds and April showers bring forth May flowers.” – English Proverb

恭喜發財 Kung Hei Fat Choi— Chinese New Year Greeting

On the 27th February, we were invited to the fabulous Chinese New Year of the Fire Horse party at Rainbow 88 in Cheadle. The food was great and we were entertained by Dragon dancers, music, fan dancers, a conjurer and much more. Linda Lam who runs Rainbow 88 and the Deputy Lieutenant of Lancashire presented us with a symbolic cheque, representing the £5,300 she has raised for us to date. Many thanks to Linda and her staff for a wonderful evening.



On Saturday 21st March, Tytherington Family Worship are holding an Open Doors Coffee Morning. As in previous years, the profits will be coming to us.

The event will be open from 10am to 12am and Tytherington Family Worship Church, can be found at Sandwich Dr, Macclesfield, SK10 2UD. All are welcome.

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

A/C name : Parkinson's disease society UK 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 poem Carole really liked — adapted from Jenny Joseph

Purple

When I am an old woman, I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on coffee and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick flowers in other people's gardens.
You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and coasters and things in boxes.
But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.
But maybe I ought to practise a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple.

The poem above was read at the recent celebration of Carole's life by Pauline ; Carole's brother Robert's partner. Those of you who knew Carole, will also know why she liked it!

To remember Carole, in one of her favourite ways, we shall be serving Cream Teas and holding a raffle on 15th April.

Molly Andrew, our new podiatrist, has written this for the Newsletter:-

I graduated from Salford University with BSc Honours in Podiatry in 2023. I currently work with Stockport NHS Foundation Trust as a Podiatrist and have a small Podiatry Clinic based in High Lane. My favourite part of being a Podiatrist is wound care. Podiatrists are essential in managing lower limb wounds, particularly chronic ulcers related to diabetes, poor circulation and vascular issues. Outside of work I am kept busy by my two children, I enjoy reading and walking my two sausage dogs. I am really looking forward to working with the ALEX project and will be working from Bollington leisure centre every Wednesday 10-12.

Molly also needs you to know that you MUST complete and sign her consent form before she treats you. (Apparently this is a legal requirement)



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**.



Hello Friends

I am the current chairman of the Knutsford and District Talking Newspaper. Every Thursday our volunteers read and record articles from the Knutsford Guardian and distribute them to our listeners. The newspaper is most commonly known for it's work supporting the visually impaired who cannot see to read the newspaper for themselves. A memory stick is sent out each week and our listeners are provided with a very easy-to-use player so they can enjoy all the local news with no hassle. We also have listeners who cannot physically manage holding and manipulating the printed paper so cannot therefore enjoy their local paper, even though they have no visual disability.

It is with the latter reason in mind that I am contacting you. I wondered if any of your members/contacts in our area would find our service useful? I would be happy to come along and give a talk if you have a group meeting. (We often get asked to give presentations to groups at WI, Lions, etc.) Or, if you have any individuals who would be interested in finding out how they could sign up for our service the person they should contact is our secretary, Frances McGhee on 07814 564858.

Do please contact me if you have any queries or to see how else we might be able to support your members.

Margaret Hacking — Chairman of Knutsford and District Talking Newspaper.

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

Date	Time	Event	Contact/Notes/Comments
Wed 18th Mar	09:30	ALEX	
Sat 21st Mar	10:00	Coffee Morning	Tytherington Family worship
Wed 25th Mar	09:30	ALEX	
Tue 31st Mar	10:30	Annual Meeting	Bollington Community Centre
Tue 31st Mar	14:00	Singing with Helen	Cock & Pheasant
Wed 1st Apr	09:30	ALEX	
Wed 8th Apr	09:30	NO ALEX	Easter Break
Tue 14th Apr	14:00	Singing with Helen	Cock & Pheasant
Wed 15th Apr	09:30	ALEX	Cream Teas and Raffle to remember Carole
Mon 20th Apr	13:30	Monthly Meeting	Bollington Community Centre
Thu 17th Dec		Christmas Lunch	The Plough at Eaton

Please Note, we have some limited funds available to cover expenses for travelling to and from ALEX, maybe by taxi. Please contact Damien, our treasurer for details.

Please note the login details for all exercise classes

Monday 11.15, Lewis: dance class and stretching

[https://us02web.zoom.us/j/82845537950?](https://us02web.zoom.us/j/82845537950?pwd=cmpia2ttMW5JTUJoYTY0SzNyanJDdz09)

[pwd=cmpia2ttMW5JTUJoYTY0SzNyanJDdz09](https://us02web.zoom.us/j/82845537950?pwd=cmpia2ttMW5JTUJoYTY0SzNyanJDdz09)

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

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

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ID 828 4553 7950 Passcode 243991

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