



MONTHLY NEWSLETTER

April 2026

Vol 5
No 5

"Oh, to be in England now that April's there." – Robert Browning
April, dressed in all his trim, hath put a spirit of youth in everything. – W. Shakespeare



Just before Easter, we were visited at ALEX by Robert, Carole's brother and his partner Pauline.

They came to see what we do and also to present Damien with the proceeds of the donations at the celebration of Carole's life.

After being shown round they said that they were impressed by what they saw.

The amount they presented us with together with direct donations in Carole's name, now totals just about £1000 for which we are very grateful.

We have recently lost the services of several helpers who took some of the load off committee members. Please come forward if you can help with:

- Organizing or running tea and biscuits
- Putting chairs out at functions like our new Monday social meetings.
- Welcoming new members to Alex .



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.

Scientists may have found an unexpected solution to the scourge of plastic pollution: transforming waste packaging into one of the most effective drugs for Parkinson's disease.

Researchers at the University of Edinburgh used a specially engineered bacteria to convert a common plastic found in food and drink packaging into L-DOPA, a treatment regarded as the gold standard for managing the motor symptoms of Parkinson's disease, including tremors, stiffness and slow movement.

They said it was the first time a biological process had been harnessed to transform plastic waste into a medicine for a neurological disorder.

Professor Stephen Wallace, of the university's School of Biological Sciences, who led the research, said: "This feels like just the beginning. If we can create medicines for neurological disease from a waste plastic bottle, it is exciting to imagine what else this technology could achieve. Plastic waste is often seen purely as an environmental problem, but it is also a vast and largely untapped source of carbon. By engineering biology to convert plastic into an essential medicine, we show how waste materials can be reimagined as valuable resources that support human health."

Sadly, we have to report the recent passing of David, the father of our masseur Suzanne.

Our thoughts and condolences go out to Suzanne and her mother, Karen and their family and friends.

On Monday 20th April we are holding the first of our newly re-instated Monthly Meetings. (Monthly Meetings were held for years until the covid lockdown stopped them) The meetings will be of a varied nature, mostly social, and with refreshments and will be held at Bollington Community Centre starting at 1:30 pm. At the first meeting there will be an illustrated talk and display, given by Grenville, entitled *The Story of a Family—Heroes and Villains*. Peter is organising a quiz for the next meeting in May. All are welcome to attend.

Cheshire East Carers Hub

Commissioned by Cheshire East Council, Delivered by Making Space

We will ensure adult and parent carers receive information and support which is tailored to their individual needs. We offer personalised and holistic support and consider ALL areas of your life and what is important to and for you.

- This includes: Carers assessments
- One-to-one support
- Peer support and groups
- Extra activities
- Training opportunities relevant to your caring role
- Volunteering opportunities
- Referrals and signposting to our partners
- We're here to support you, every step of the way!

If you would like to know more information, please contact us using the details below or visit our website.

enquiries@cheshireeastcarershubs.co.uk 0300 303 0208

www.cheshireeastcarershubs.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**.



On Friday 10th April a small group attended **FATFACE** in Macclesfield. The purpose of the visit was to receive cheque for £1000 from the **FATFACE FOUNDATION**.

The gift was negotiated by Helen Shindler, seen on the right in yellow. We were also pleased to be accompanied by Emma Hughes from Parkinson's UK.



The cheque was presented by Sara and Archy from Fatface.



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 15th Apr	09:30	ALEX	Cream Teas and Raffle in commemoration of Carole
Mon 20th Apr	13:30	Monthly Meeting <i>The Story of a Family</i>	Bollington Community Centre
Wed 22nd Apr	09:30	ALEX	
Tue 28th Apr		No Singing with Helen	
Wed 29th Apr	09:30	ALEX	
Wed 6th May	09:30	ALEX	
Tue 12th May	14:00	Singing with Helen	Cock & Pheasant
Wed 13th May	09:30	ALEX	
Mon 18th May	13:30	Monthly Meeting Quiz	Bollington Community Centre
Thu 17th Dec		Christmas Lunch	The Plough at Eaton

On Saturday 21st March, as reported in the last newsletter, Tytherington Family Worship held an Open Doors Coffee Morning the profits of which were given to us. We are pleased to say that just over £800 was raised for which we are very, very grateful. Many thanks to Anita and her colleagues at TFW and all who helped in any way.

“It takes positivity, courage, resilience, a large degree of vulnerability, heartache and tears of joy, a support network that always has your back, a desire to bounce back from adversity and a relentless desire to live your best life to survive.” – Matt Eagles, formally of Macclesfield and diagnosed at age 7, fifty years ago.



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.