



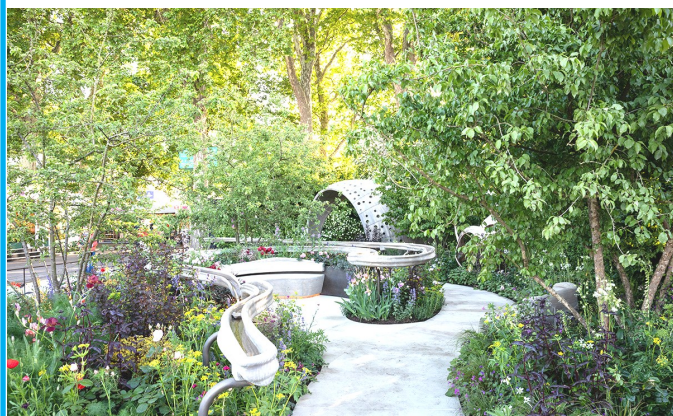
June 2026

"May June bring you joy, happiness, love, and lots of sunshine." – Unknown

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken."

Parkinson's UK –

A Garden for Every Parkinson's Journey



This is the garden that won a Silver Medal and Peoples Choice Best Show Garden at RHS Chelsea Flower show and has been transposed.

A garden for people with Parkinson's and their loved ones to enjoy while waiting for outpatient care at John Radcliffe Hospital in Oxford, a Parkinson's Centre of Excellence

The garden

Inspired by a workshop for gardeners living with Parkinson's and their loved ones, this joyful garden is designed as a sanctuary that both supports and appreciates those navigating this complex neurological condition. A wide, accessible path weaves through contrasting planting borders, unified by a sculptural "hand-rill" that functions as both a flowing water feature and tactile handrail. The movement and sound of water provide sensory cues designed to assist with 'freezing', a common Parkinson's symptom.

A vibrant, sunny border of joyful, jewel-toned perennials and annuals uplift and energise. The route is also flanked by verdant woodland inspired planting to reflect calmness. Beneath a wooden, organic shaped arch visitors can rest. After dark it is gently lit, highlighting night-time plants, extending the hours being in the garden for those with the symptom of insomnia. A place of harmony and comfort for people and pollinators alike.

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.

More advice from :-



Escape route – Have a plan!

Being prepared should the worst happen will greatly improve your chances of escaping a fire and could minimise damage to your property.

You should plan your easiest escape route and make sure everyone who lives in the house knows what it is.

The best way out is normally the one you always use but, in case that is blocked, have a back up route planned and written down. It is really important for everyone to walk through and familiarise themselves with the escape route. Fire drills are not just for school – they work at home too!

Once you have planned the best routes, make sure you keep the exits clear. If you are alerted to a fire get out, call us out! Don't investigate or grab belongings.

If you can't use the pre-planned routes, move everyone into one room and close the door. Try and make sure it's a room with a window and a phone. Use bedding, tea towels, cushions or other fabrics to block the smoke from coming under the door.

You need to leave straight away, get to a safe place and call 999

On the right you can see Peter asking some of the questions during the quiz at our May monthly meeting. You can also see two of the winning team. With a total of 22 points they just scraped a win by 1 point and won a special prize donated by Peter— A Donald Trump toilet brush!



A few brainteasers (Answers next month)

1. Which famous novel begins "Once upon a time and a very good time it was there was a moocow coming down along the road and this moocow that was coming down along the road met a nicens little boy named baby tuckoo...."?
2. What letter can you add to this to make the equation correct? $IX=II + IV$
3. Who said, "If Mr Gladstone fell into the Thames, that would be misfortune; and if anybody pulled him out, that, I suppose, would be a calamity" ?



The Next Monthly Meeting will be at 1:30 on
Monday 15th June at
Bollington Community Centre
Will Boyce will be speaking about
AGEING WELL
Refreshments will be available



David and Pat White's son Roger, together with Myles and Harry Mason and Sam Condron completed the Yorkshire 3 Peaks Challenge in May and raised money for The ALEX Project.

The Yorkshire Three Peaks Challenge is a 24-mile (38.6km) circular hiking route in the Yorkshire Dales National Park, tackling Pen-y-ghent (694m), Whernside (736m), and Ingleborough (723m). It involves over 5,000 ft (1,585m) of ascent, with a goal of completion within 12 hours. WOW!!!

At the time of writing, through their Justgiving page, they have raised £2,224.50.

Our congratulations go to them for achieving their goal, and also our sincere thanks for the funds raised. Well Done!

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 administrative burden we would welcome anyone who can help us in any way – if only for a short time. If you can help, please, please contact anyone on the committee. No prior experience or training necessary!

Date	Time	Event	Contact/Notes/Comments
Tue 9th Jun	14:00	Singing with Helen	Cock & Pheasant
Wed 10th Jun	09:30	ALEX	
Mon 15th Jun	13:30	Monthly Meeting	AGEING WELL
Wed 17th Jun	09:30	ALEX	
Tue 23rd Jun	14:00	Singing with Helen	Cock & Pheasant
Wed 24th Jun	09:30	ALEX	
Wed 1st Jul	09:30	ALEX	
4th or 5th Jul		Garden Party	Details to be announced
Thu 17th Dec		Christmas Lunch	The Plough at Eaton

Just to let you know:-

- ♦ On either 4th or 5th July, our chairman, Chris Loughran, and his wife Mary are inviting you to a Garden Party at their home in Prestbury. This will be the third time that they have hosted the event and we are very grateful for their generosity.
- ♦ Every year we have to suspend our activities at Bollington Health and Leisure during the month of August, and several people have been asking about this year's arrangements. We are hoping as previously to move to St Alban's Church Hall, but at the time of writing, negotiations were still under way regarding this.
- ♦ Macclesfield and District Lions are holding a June Raffle in aid of local charities, including the ALEX Project. There are 30 prizes and tickets are available from Damien.

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>

ID 828 4553 7950 Passcode 243991

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