



JULY 2026

"Cut thistles in May and they'll be back the next day. Cut thistles in June and they'll be back soon. Cut thistles in July and they'll surely die." - Old country proverb.

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."—
Roald Dahl

In spite of the sun hardly shining, our 4th July Garden Party, hosted by Chris and Mary Laughran, was an outstanding success. About thirty people attended and there was food and drink a-plenty. Our sincere thanks go to Chris and Mary for their generosity in opening their house to our motley crew!



Recent Visitors to ALEX...

On the right you can see Giovanni and Peter talking with Paola Moreira Rubino, a service improvement advisor from PDuk. She came to find out what we do and to chat with members. Interestingly she is of Cuban origin.



Here you can see Chris with Pat and David White with their son Roger and his friend Myles. Roger and Myles recently did a sponsored ascent of the Derbyshire 3 Peaks raising £2,161 for us.



Lastly we have Damien being presented with a cheque for £450 by the chairman of Macclesfield Lions being the product of a raffle we recently took part in.

A few brainteasers (answers next month)

1. In a famous "Scandalous" trial of the 1960s who famously said , "Well he would, wouldn't he?"
2. What common garden plant has the Latin name "Hedera Helix"?
3. What do all these names have in common? - Franklin, Dwight, Fitzgerald, & Baines.

We are sad to report the recent passing of Michael Parkin. Our thoughts and condolences are with his widow, Rae, their family and friends at this time.

Just so you know...

It has come to our notice that Carole's ashes were finally interred in Macclesfield cemetery on Friday 3rd July attended by her brother and sister and her brother's partner.

We were also informed that the Coroner has recorded her death as "accidental"



At Our Next Monthly Meeting

Denise Woods

will be talking about

A Day in the Life of a Magistrate

Bollington Community Centre Monday 20th July at 1:30

Very Important

Because Bollington Health & Leisure throw their doors open to school-children during the summer, we shall be moving to Tytherington Family Worship Church for the last week of July and the whole of August. Final details are being arranged, but exercise classes will continue together with massage, but not podiatry. Refreshments will be available.

TFW is on Sandwich Drive off, Dorchester Way Macclesfield, SK10 2UD.

Yet more advice from :-



Fires that break out when you are asleep can be very dangerous. Therefore, the best way to stay safe is to introduce a bedtime routine that everyone in your home is familiar with.

Close all doors:

This stops the fire spreading from room to room.

Make Sure:

All your exit routes are clear and follow your escape plan.



Turn Off:

All the electric devices that you can.

Don't leave things charging overnight.

Keep:

Your phone and keys close by so you can escape and call for help should there be an emergency.

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.**



A few brainteasers (Answers from last 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...."?

(ANS.) **A Portrait Of The Artist As A Young Man** by James Joyce



2. What letter can you add to this to make the equation correct? $IX=II + IV$

(ANS.) **S** as in $SIX=II + IV$

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"?

(ANS.) **Benjamin Disraeli**



Help Needed

In order to ease the congestion on Wednesday mornings we would welcome anyone who can help us in any way — if only for a short time. If you can help, please, please contact Chris, Damien, Di or Ann. No prior experience or training necessary!

Date	Time	Event	Contact/Notes/Comments
Wed 8th Jul	09:30	ALEX	
Wed 15th Jul	09:30	ALEX	
Mon 20th Jul	13:30	Monthly Meeting	A Day in the life of a Magistrate
Tue 21st Jul	14:00	Singing with Helen	St Oswald's
Wed 22nd Jul	09:30	ALEX	Last at Bollington till Sept
Wed 29th Jul	09:30	ALEX	Tytherington Family Worship
Tue 4th Aug	14:00	Singing with Helen	St Oswald's
Wed 5th Aug	09:30	ALEX	Tytherington Family Worship
Thu 10th Sept		Trip to Bridgewater Garden	Free—Details to be announced
Thu 17th Dec		Christmas Lunch	The Plough at Eaton

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.

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.