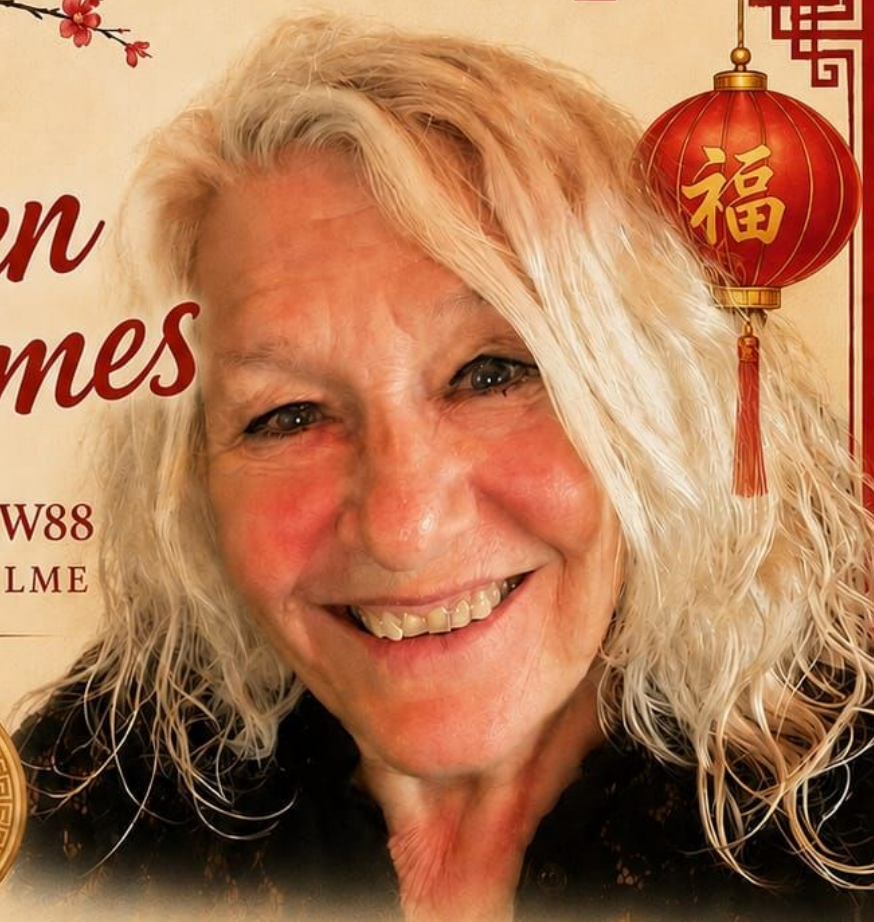




*Karen
James*

@ RAINBOW88
CHEADLE HULME



**CHRISTMAS
CHARITY EVENT**
for PARKINSONS UK

SOUL, MOTOWN & MORE

FRIDAY 27TH NOVEMBER
7PM



£30

WITH **3 COURSE MEAL**

DIETARY REQUIREMENTS
CAN BE CATERED FOR



Reservations:-
0161 485 2288

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Even more advice from :-



Staying on your feet – Avoiding slips, trips and falls

Whatever our age, keeping our body and mind as fit and healthy as we can is good for our balance, movement and for preventing injury. Bones tend to become thinner and weaker as we grow older. So it's important to avoid trips and falls that can result in a fracture, and to keep your body strong to try and reduce the risk of falling.

The following provides top tips to prevent a fall in your home:

- 1) Remove trip-hazards like clutter, trailing wires and frayed carpet;
- 2) Use non-slip mats and rugs, or arrange for a carpet grip to be fitted underneath;
- 3) Use a grip mat in the bath and shower and arrange for grab rails to be fitted for getting in and out;
- 4) Use high-wattage light bulbs;
- 5) Get help with tasks you can't do safely on your own

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**.



Cheshire East Carers' HUB

Do you look after someone?

If so, you could be entitled to emotional, practical and financial support

0300 303 0208

enquiries@cheshireeastcarershubs.co.uk

www.cheshireeastcarershubs.co.uk

ALEX's recent temporary move to Tytherington Family Worship has gone very well. Rachel has been providing her usual two exercise classes and both of our masseurs have been kept busy. Plentiful and welcome refreshments have been provided by our ladies.

This Month's Brainteasers. (answers next month)

- 1) Which footballer was known as "The Wizard of Dribble"?
- 2) In Cuba, which non-native Cuban is referred to as "El Comandante"?
- 3) How many eyes do Honey Bees have?

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 12th Aug	09:30	ALEX	Tytherington Family Worship
Mon 17th Aug	13:30	Monthly Meeting	General Knowledge Quiz
Tue 18th Aug	14:00	Singing with Helen	St Oswald's Bollington
Wed 19th Aug	09:30	ALEX	Tytherington Family Worship
Wed 26th Aug	09:30	ALEX	Last at Tytherington Family Worship
Tue 1st Sept	14:00	Singing with Helen	St Oswald's Bollington
Wed 2nd Sept	09:30	ALEX	Bollington Health & Leisure
Wed 9th Sept	09:30	ALEX	Bollington Health & Leisure
Thu 10th Sept		Trip to Bridgewater Gardens	Free - Details to be announced
Thu 17th Dec		Christmas Lunch	The Plough at Eaton

A few brainteasers (answers from last month)

1. In a famous "Scandalous" trial of the 1960s who famously said, "Well he would, wouldn't he?" (Ans. It was Mandy Rice-Davies (described as a "Showgirl") in the trial following the notorious Profumo Affair of the 1960's when she was told that Lord Astor denied having an affair with her.)
2. What common garden plant has the Latin name "Hedera Helix"? (Ans. Common IVY)
3. What do all these names have in common? - Franklin, Dwight, Fitzgerald, & Baines. (Ans. They are all names used by US Presidents.—Franklin Delano Roosevelt, Dwight David Eisenhower, John Fitzgerald Kennedy, and Lyndon Baines Johnson.)

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.