



September 2026

"The way I see it, if you want the rainbow, you gotta put up with the rain." – Dolly Parton

"As long as autumn lasts, I shall not have hands, canvas, and colours enough to paint the beautiful things I see." – Vincent van Gogh

Membership news

Parkinson's UK (PDUK) would like as many local Parkinson's group members as possible to also be signed up members of PDUK. There are many benefits to being a PDUK member, including newsletters and online information covering many issues affecting people with Parkinson's. Membership is free.



The benefit to PDUK is that their membership total better reflects the number of people in the UK with Parkinson's, which will hold more weight when campaigning for better support and research.

In the next month or two PDUK will be contacting anyone who is an ALEX group member but is not signed up to PDUK. There will be a one month time slot in which you can opt out, otherwise you will be automatically joined.

Rose Hoban and her "Hubby", Paul, have recently completed the GREAT NORTH RUN in aid of PDUK and ALEX, raising over £1500 so far. Please use the link below if you would like to sponsor them. (Copy it into your browser)

<https://events.parkinsons.org.uk/st/1916/w>

(or search for "Parkinson's uk Team Hoban")

Our congratulations and thanks go to them both. **Very well done!!!!**



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.

At Our Next Monthly Meeting there will be a talk by *Local Historian* **Bob Langstaff** entitled...

Cruel Shelter

The Workhouses of Macclesfield

1:30—Monday 21st of September
at
Bollington Community Centre



***COME AND FIND OUT
HOW OUR FOREBEARS
SURVIVED.***

Continuing care, or NHS Continuing Healthcare (CHC), is a fully funded package of care arranged and paid for by the NHS for adults whose primary care needs are health-related.

Continuing care is designed for adults aged 18 and over who have **complex, ongoing health needs** that cannot be met by standard social care services alone. It is a **legal entitlement**, not a discretionary benefit, meaning the NHS is required to provide it when an individual's main care needs are health-related rather than social. This care can include personal care, nursing care, therapies, equipment, and accommodation costs, whether delivered at home, in a care home, or a nursing home.

Eligibility

Eligibility is based on having a **primary health need**, rather than a specific diagnosis or condition. The assessment considers the **nature, complexity, intensity, and unpredictability** of an individual's care needs. Children and young people may receive a similar "continuing care package" if their needs arise from disability, accident, or illness.

Assessment Process

To determine eligibility, a **multidisciplinary team** assesses the individual's needs using the **National Framework for NHS Continuing Healthcare**, which ensures fair and consistent access across England. The process typically involves:

- An initial screening to identify potential eligibility
- A full assessment using the **Decision Support Tool**
- Consultation with the individual, family, and carers

A decision by the local **Integrated Care Board (ICB)** on the appropriate package of care. Decisions are usually made within 28 days of the initial assessment request, and eligibility can change if care needs change.

Funding and Delivery

If eligible, the NHS covers **all costs** of care, including accommodation, personal care, nursing, therapies, and equipment. This contrasts with local authority-funded care, which is means-tested and may require contributions based on income and savings. Care can be delivered in various settings outside hospital, such as the individual's home or a care home.

What Happens If Not Eligible

If someone is not eligible for NHS continuing healthcare, they may still receive support from their **local council**, which may involve a **joint package of care** where the NHS funds part of the care and the local authority funds the rest.

Key Points

- CHC is **fully NHS-funded** and legally mandated for those with primary health needs
- Eligibility is **needs-based**, not diagnosis-based
- Assessment is **multidisciplinary** and guided by the National Framework
- Care can be provided **at home or in a care home**, depending on individual needs

If ineligible, alternative support may be available through **local authorities**. Continuing care ensures that individuals with significant health needs receive the **appropriate level of support** without financial burden, reflecting the NHS principle of free healthcare at the point of use.



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 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!

Our sincere thanks go to Chris and Mary Loughran for organising the recent coach trip to RHS Garden Bridgewater. All went to plan and a most enjoyable time was had by all. Some of us had a very interesting and informative guided tour and there was also time and opportunity for food and drink.

Date	Time	Event	Contact/Notes/Comments
Tue 15th Sept	14:00	Singing with Helen	St Oswald's Bollington
Wed 16th Sept	09:30	ALEX	Bollington Health & Leisure
Mon 21st Sept	13:30	Monthly Meeting	Cruel Shelter - The Workhouses of Macclesfield
Wed 23rd Sept	09:30	ALEX	Bollington Health & Leisure
Tue 29th Sept	14:00	Singing with Helen	St Oswald's Bollington
Wed 30th Sept	09:30	ALEX	
Sat 17th Oct	10:00	Stall - Poynton Fair	Poynton - Civic Centre
Sat 14th Nov		Stall - Charities Bazaar	St Michael's Macclesfield
Thu 17th Dec		Christmas Lunch	The Plough at Eaton

Last Month's Brainteasers. Answers (More Brainteasers next month)

- | | | |
|----|--|-----------------------|
| 1) | Which famous footballer was known as "The Wizard of Dribble"? | Stanley Matthews |
| 2) | In Cuba, which non-native Cuban is referred to as "El Comandante"? | Ernesto "Che" Guevara |
| 3) | How many eyes do Honey Bees have? | 5 (Believe it or not) |

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.