



WELCOME TO THE FEBRUARY 2026 NEWSLETTER OF THE STOCKPORT GROUP.

This is your Newsletter, and it is important that it contains information that you want to read and not just what I choose. If there is anything you would like to include that might benefit others, please send me an email and with any links that I can share.

Carers – as we are a voluntary group of Parkinson's UK, we are unable to assume any responsibility for the action or needs of any individual and therefore it is strongly recommended that anyone who needs support should always have a carer with them.

POEM OF THE MONTH

As I sing with my Parkinson's Choir
I truly could not get much higher
'Tis so uplifting ~ I feel I can fly
As my heart and my soul watch the Moon go by
a sprinkling of moon dust ~ I'm free ~ I can fly
Ann Gilmour, Eastbourne, Living with Parkinson's since 2015

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to identify the book as Frankenstein the gothic novel written by the English author Mary Shelley. Amazingly she started writing the story when she was 18 the first edition being. published anonymously in London on 1 January 1818.

See if you can identify this month's book from the first line.

"A few miles south of Soledad, the Salinas River drops in close to the hillside bank and runs deep and green"

No prizes just pride in getting it right. Answer in the March newsletter. You can email me with your answer if you like and it will also give me an idea of interest.

EVENTS PROGRAMME FOR FEBRUARY AND MARCH 2026.

February 4th Singing with Helen.

February 11th Drumming session for exercise and fun. (see below for more details)

February 18th Seated exercise.

February 25th Seated exercise.

March 4th Singing with Helen

March 11th Meal at the Legh Arms, Adlington. (see below for details)

March 18th Seated exercise.

March 25th Seated exercise.

Please note Our regular Wednesday meeting is at Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX. 2pm to 4pm. We do not have a regular meeting on the 2nd Wednesday of each month, but we may have a trip out and timings might be different.

DRUMMING SESSION FOR EXERCISE AND FUN. Just a reminder the drumming session for members of the group is on Wednesday 11th February 2026, from 2pm to 4pm. Venue: St. Peter's Church, 16 Green Lane, Hazel Grove, Stockport SK7 4EA. Note: Please use the front entrance.

MEAL AT THE LEGH ARMS 8th APRIL 2026

We are going again to the Legh Arms, London Road, Adlington, SK10 4NA. Joyce has booked a carvery dinner followed by a pudding of either: Dairy or vegan ice cream or Seasonal sponge with either ice cream, custard or fluffy cream, or Toby's Toffee Apple Crumble with ice cream, custard or fluffy cream or Home baked chocolate brownie with salted caramel sauce or Strawberries and cream. The cost is a club subsidised. £12 Arrival at 1pm for meal at 1.30pm.

You can contact Joyce 07736 346072 or 0161 917 4384 to confirm booking and choice of pudding from 25th February, and the last booking date is 25th March.

A DATE FOR YOUR DIARY - AFTERNOON TEA 5th JULY 2026

Plans are underway once again to have this popular event. Venue: Dean Row Chapel, Unitarian Meeting House, Chapel Road, Wilmslow, SK9 2BX I will provide more information in newsletters nearer the time

STOCKPORT COUNTY COMMUNITY TRUST WALKING FOOTBALL AND PHYSICAL ACTIVITY SESSIONS.

These sessions which are aimed at those diagnosed with Parkinson's and their carers continue to prove popular and new members join us every week.

Walking Football every Tuesday 3pm to 4pm at the Pro football Arena, Earl Road, Cheadle Hulme, SK8 6PT.

Physical activity sessions every Friday 10am to 11pm at Edgeley Park, SK3 9DD. The popular weekly one-hour physical activity sessions are on Fridays at 10am at Edgeley Park, SK3 9DD.

For further information, please get in touch with Eddie at: - e.owen@stocportcounty.com

DEEP BRAIN STIMULATION SURGERY (DBS)

I was fortunate to undergo DBS surgery in August 2024 and for me it has been a success. It is not suitable for everyone and in some cases not recommended.

I get lots of questions about the procedure which I try to answer honestly but with limited knowledge.

For more information I recommend following the link below to the Parkinson's UK website which covers the subject in detail. [Deep Brain Stimulation \(DBS\)](#)

TAKE ACTION THIS WORLD PARKINSON'S DAY SATURDAY 11TH APRIL 2026.

In 1817, James Parkinson published his 'Essay on the Shaking Palsy', recognising Parkinson's as a medical condition for the first time. We mark his birthday every 11th April with World Parkinson's Day.

It is a time to come together, raise awareness and build connections.

World Parkinson's Day is a day for you, the Parkinson's community.

As a club we are not doing anything specific but there are things you might wish to do separately. Follow the link for more information [Parkinson's Day 11th April 2026](#)

NUTRITION AND PARKINSON'S Are you newly diagnosed with Parkinson's? Want to know how food impacts Parkinson's, medication and physical activity? Join the Parkinson's UK webinar to explore what good nutrition looks like for someone living with Parkinson's. Find out how you could enhance daily living with good food choices. Bring along your questions for their panel or send them in advance on the booking form.

Thursday 12 February at 7pm [Nutrition and Parkinson's](#)

PHYSICAL ACTIVITY END-OF-YEAR WRAP-UP

The Physical Activity team at Parkinson's UK has seen many fantastic achievements in 2025 and in their end of year roundup, they look back on another successful 12 months of delivering the Get Active Stay Active programme. Follow the link to [Read their End of Year Roundup](#)

PARKINSON'S LOCAL ADVISOR- Karen Walsh is our Local Advisor and can be contacted on 0344-225-3738. Advisors can also liaise with health, social care and other local professionals to access the support you need.

PARKINSON'S HELPLINE. Parkinson's UK offer a free confidential Helpline for anyone affected by Parkinson's. Advisers can support with symptoms, medication, benefits and emotional wellbeing. Keep the number handy, and please share it if someone you might know needs extra help.

- Call 0808 800 0303 for free, confidential support.
- Open Mon–Fri 9am–7pm, Sat 10am–2pm.
- Trained advisers can help with symptoms, medication or benefits.

In 2025, their Helpline supported more than 45,000 people with information and advice.

PARKINSON'S AWAY-FROM-HOME KITS If you have Parkinson's, it's important to take your Parkinson's medication within 30 minutes of the prescribed time. Even short delays can worsen your symptoms and put you at risk. Yet over half of people with Parkinson's don't get their medications on time, every time, in hospital.

In partnership with people with Parkinson's and carers, Parkinson's UK have created the Parkinson's Away-From-Home Kit.

It's a range of tools to help people with Parkinson's, and those who love and care for them, advocate for their Parkinson's medications on time, every time. You never know when you might need to go into hospital, so it's a good idea to prepare in case of an emergency stay.

From medical alert cards and wristbands to checklists and in-depth guidance, you can create a kit that works for you. Some of the tools can be downloaded and printed from home, while others can be ordered from their online shop.

For more, [visit parkinsons.org.uk/away-from-home-kit](https://www.parkinsons.org.uk/away-from-home-kit)

HEALTHWATCH STOCKPORT WINTER BOOKLET

'What to Know This Winter' Booklet Available

Winter brings colder weather and comes with a higher risk of health issues, particularly for older people or those with long-term conditions and compromised immune systems.

Don't forget to pick up or download your copy of their 'What to Know this Winter' Booklet, which shares tips, tricks, advice and important information to help you and your loved ones through the Winter months.

To ask for a copy, contact: Healthwatch Stockport directly on 0161 974 075 or email info@healthwatchstockport.co.uk

CLOSURE OF HEALTHWATCH STOCKPORT

It was with sadness that I received the message that Healthwatch Stockport was closing at the end of March.2026.

I have linked many items in the newsletter from their monthly circular as they were relevant to our own members and provided a link below so that you could see the full articles.

On behalf of our group I would like to wish all the staff and volunteers the best for the future and many thanks for 13 years of support for the residents of Stockport.

OUR RECORDS It is imperative that our list of contact numbers for next of kin etc is kept up to date. Please let Helen have any changes. Many thanks.

DATA PROTECTION. We take the protection of the data we hold about you as a local group member/attendee seriously. We will do everything possible to ensure that data is collected, stored, processed, maintained, and retained in accordance with current and future UK data protection legislation.

The only information we have on record for each member is: Name, address, home/mobile telephone numbers, email, and emergency contact details so that the local group volunteers can contact someone on your behalf in the case of an emergency.

If you wish to withdraw or change your consent preferences in the future, please contact our branch membership secretary Helen.

You can read the full privacy notice on the Parkinson's UK website at parkinsons.org.uk/privacy to see how we will treat the personal information that you provide us.

MEMBERSHIP OF TEAM PARKINSON'S UK - Parkinson's UK depends on your membership and donations to fund research. If you are not a member yet, please ring the Help Line number below or go onto the Parkinson's UK website. This applies to carers too! Membership is free but, if you decide to donate on joining, membership subs do come to the branch eventually. Telephone: - 0808-800-0303

POSTAGE STAMPS

Please continue to bring in used postage stamps and give them to David.

LINKS - To open any links in this newsletter – right click and select Open Hyperlink or in some cases you might need to copy and paste to a browser.

LINKS TO LOCAL GROUPS-

HEALTHWATCH STOCKPORT- <https://www.healthwatchstockport.co.uk/>

AGE UK STOCKPORT- <https://www.ageuk.org.uk/stockport/>

SIGNPOST STOCKPORT FOR CARERS- <https://signpostforcarers.org.uk/>

ALZHEIMER'S SOCIETY- <https://www.alzheimers.org.uk/>

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