

WELCOME TO THE JANUARY 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.

JUST ONE POEM THIS MONTH

Once I knew what it was it was kind of a relief,
but nevertheless, it had come to give me grief,
these things are sent to try us
as my Great Gran used to say,
so, I'll just keep taking the tablets and enjoy life every day!
Penny Walker, Worcestershire, Living with Parkinson's since 2021

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to identify the book as 1984 a dystopian novel written by the English writer George Orwell. It was published on 8 June 1949.

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

"Behind every man now alive stand thirty ghosts, for that is the ratio by which the dead outnumber the living".

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

EVENTS PROGRAMME FOR JANUARY AND FEBRUARY 2026.

January 7th Singing with Helen.

January 21st Seated exercise. Followed by Annual Group Review

January 28th Seated exercise.

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.

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.

On Wednesday 11 February 2026, from 2p m to 4pm. We are having a one-off drumming session for members of the group. Venue: St. Peter's Church, 16 Green Lane, Hazel Grove, Stockport SK7 4EA.

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

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.

LET'S DANCE DAY IS BACK FOR 2026

It's nearly time for everyone to get their dancing shoes on and enjoy a boogie for Let's Dance Day on Sunday March 8, 2026.

Following the success of the very first Let's Dance Day in 2025, Parkinson's UK are supporting the event once again in 2026 and they need your help to make it even bigger and better next year.

If you are part of the Parkinson's community and have a passion for dance or movement, then they want to hear from you. Better yet why not invite any groups and dance instructors to register their event on the Let's Dance website?

Find out how you can get started - <https://lets-dance.org.uk/members-of-the-public/>

Know a Parkinson's dance storyteller? - They want to hear from them

For more information about Let's Dance Day and how Parkinson's UK is supporting the awareness campaign, contact Philip Lindley on plindley@parkinsons.org.uk.

PARKINSON'S UK LAUNCHES THEIR 12 DAYS OF WINTER ACTIVITIES CAMPAIGN.

Parkinson's UK have created a new resource to help more people get active for winter. Called the 12 days of winter activities, the new guide features a range of activities that anyone with Parkinson's can try, all from the comfort of their own home.

They are asking everyone to share the new resource with anyone who wants to be more active with Parkinson's: [12 Days of Winter Activities](#) We are excited to announce that

PARKINSON'S UK AT THE CHELSEA FLOWER SHOW

Parkinson's UK has been awarded a garden at the world-famous RHS Chelsea Flower Show, May 2026!

It's a unique chance to deepen understanding of Parkinson's and inspire the whole Parkinson's community to feel the benefits of gardening.

Their garden is designed by award winning gardener and BBC presenter Arit Anderson. It symbolises the journey of living with Parkinson's: the moments of adaptation, challenge, hope and connection.

After the show, the garden will live on at Oxford's John Radcliffe Hospital, cared for by volunteers including the Parkinson's community.

The aim of the project is to engage the Parkinson's community with the benefits of gardening and staying active as well as maximising the opportunity to raise awareness around the condition and Parkinson's UK.

Their project team is busy organising activities relating to Chelsea and they look forward to sharing more updates on how you can get involved via network news and on their webpage in the lead up to the show. If you have a question in the meantime, please contact twoillard@parkinsons.org.uk who is managing the project.

MILITARY SUPPORT GROUP

Parkinson's UK are working with a new volunteer who is a serving member of the RAF and would like to set up an online Military Support group.

The aim of the group is to provide a place of support to discuss the unique challenges of being a service person, family member of a service person or a veteran with Parkinson's.

They want to create a safe environment where people can discuss their concerns and challenges, also signposting them to military support services where available.

If you know anyone who would be interested, please share their flyer [here](#) – which includes a link to this google form. [Military Support Group registration form](#)

HELP RESEARCHERS FIND A BETTER TREATMENT FOR HALLUCINATIONS

Current medications for Parkinson's hallucinations are not ideal, often causing unwanted side effects, and are not equally available to everyone across the UK.

Parkinson's UK is funding research teams across the UK to study whether **ondansetron** can effectively treat hallucinations in Parkinson's and Lewy Body dementia. If successful, this affordable, already-licensed drug could become available to patients within just a few years.

More people are urgently needed to progress this vital research. If you are interested in taking part in the trial please follow the link: [Hallucinations drug trial](#) or email o.zubko@ucl.ac.uk.

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

TRAINLINE BADGES

Trainline in partnership with Parkinson's UK hope to make rail travel more inclusive.

Together they have designed a badge with wording that hopes to improve the understanding of conditions including Parkinson's and to encourage greater patience among passengers.

The wording is 'Patience Please, travel is challenging for me' which it is hoped will encourage understanding from fellow travellers by reminding people that kindness and patience can make a big difference.

The badges are now available for free in the Parkinson's UK shop while stocks last.

Alongside the free badges, Trainline is offering £10 off train travel to 500 people living with Parkinson's, helping them to stay connected with support groups, attend appointments, or visit specialist nurses.

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.

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: - 0808-800-030

PARKINSON'S UK HELPLINE - 0808-800-0303

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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AND FINALLY On behalf of the committee of the Parkinson's UK Stockport Group I would like to wish you all the very best for the New Year.

