

### **WELCOME TO THE MAY 2025 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 have a carer with them at all times.

### **TWO MORE POEMS SUBMITTED TO CELEBRATE WORLD PARKINSON'S DAY.**

I serve in the RAF, I work in the NHS  
My friends call me Parky, I'd expect nothing less  
It's the humour I love, that will get me through  
The difficult times shaking when aiming at the loo  
Stay strong, we will beat it much love from #TheParkyParamedic.  
[Craig, Lincolnshire](#)

There once was a man who had Parky  
His words turned into malarkey.  
But he didn't concede to this dreadful disease  
Now he's back to talking quite sparkly.  
[Ulli, Cornwall](#)

### **CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE**

Well, were you able to identify the book as Herman Melville's Moby Dick which he wrote in 1851. Ishmael is the first-person narrator of much of the book and only plays a minor role in the plot.

See if you can identify this month's from the opening line below. No prizes just pride in getting it right. Answer in the June Newsletter. You can email me with your answer if you like and it will also give me an idea of interest.

1. Mr. Jones, of the Manor Farm, had locked the hen-houses for the night, but was too drunk to remember to shut the pop-holes.

### **EVENTS PROGRAMME FOR MAY AND JUNE.**

May 7<sup>th</sup> Singing with Helen.  
May 21<sup>st</sup> Seated exercise.  
May 28<sup>th</sup> Seated exercise.  
June 4<sup>th</sup> Singing with Helen.  
June 18<sup>th</sup> Seated exercise.  
June 25<sup>th</sup> Seated exercise.

**Please note:** we do not have a meeting on the 2<sup>nd</sup> Wednesday of each month.

### AFTERNOON TEA 13<sup>th</sup> JULY 2025 DEAN ROW CHAPEL, WILMSLOW.

We are now taking bookings for this event. There will be individual food boxes consisting of sandwiches, scones, cream and jam, and cakes all carefully prepared by Richard from Little Hideout Cafe in Bramhall.

Cost is a subsidised £10.00

Arrival from 1.30pm with tea served at 2.00pm.

Venue: Dean Row Chapel, Unitarian Meeting House, Chapel Road, Wilmslow, SK9 2BX

Joyce is now taking names of those who wish to attend. Please ring her on 0161 9174384 or 07736 346072. Last bookings June 30<sup>th</sup>.

### STOCKPORT COUNTY 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](mailto:e.owen@stocportcounty.com)

### LIFE LEISURE, PARKINSON'S BOXING SESSIONS.

For those diagnosed with Parkinson's and requiring different levels of support.

**Non-contact boxing sessions** every Monday 3.15pm to 4pm at Grand Central, Stockport, SK1 3TA.

There is a small fee of £3

For more information contact Lisa Arrandale, Active Communities Officer.

Telephone: 07800 764 879 or Email: [Lisa.Arrandale@lifeleisure.net](mailto:Lisa.Arrandale@lifeleisure.net)

### GREATER MANCHESTER 20K RUN 18<sup>TH</sup> MAY 2025.

It's that time of year again when our intrepid club member David White will be dusting off his tutu and pounding the streets of Greater Manchester in the yearly 20K run and as before he will be raising money for Parkinson's UK. This is the 13 year he has entered which is an incredible feat in all respects.

If you would like to donate to Davids justgiving account, please follow the link below.

<https://donate.justgiving.com/page/david-white-9/donation-amount>



**CONSULTATION ON IMPROVING THE DELIVERY OF NHS LETTERS.** (from Healthwatch Stockport circular 24<sup>th</sup> April 2025)

If like me, you have had NHS appointments letters delivered after the appointment dates I recommend reading the article below.

The NHS will get its own postage class to help stop late letters leading to missed appointments, after lobbying from Healthwatch England and partner organisations. Under the new plans, specific barcodes will be introduced to automatically identify, separate and process patient letters.

This follows concerns that Healthwatch England and other patient bodies raised with Royal Mail and Ofcom last year in response to proposals to delay bulk mail of NHS appointment letters and is a great example of us effectively working with others to ensure patient safety.

For more information follow the link to Healthwatch Stockport: <https://www.healthwatchstockport.co.uk/>

**WORLD PARKINSON'S DAY 11<sup>th</sup> APRIL 2025.**

In the last newsletter I mistakenly said that the club was not doing anything to celebrate World Parkinson's Day. I was partially correct but on that day several of our members joined others from all around the Northwest in taking part in walking football sessions at the iconic Hotel Football in Manchester. The hotel boasts a rooftop 5 a side pitch with stunning views over Old Trafford.

Also, a big thank you to Stockport County FC who lit up Edgeley Park in the Parkinson's colours to promote the day.



**BLUE BADGE HOLDERS.** Please note these permits expire after three years.

Drivers are therefore advised to reapply 12 weeks prior to expiry to avoid any gap in validity and a possible £1000 fine.

According to official guidance, local councils can take up to 12 weeks to process your application and decide if you can have a Blue Badge. (make a note on your calendar)

**PARKINSON'S NURSE APPEAL GREAT CARE EVERYWHERE** (from Parkinson's UK)

It is estimated that 20% of people living with Parkinson's around the UK have little or no access to a specialist nurse.

We believe great care should be a part of every Parkinson's journey, so we're launching a major appeal on Wednesday 21st May to raise £9 million for new Parkinson's specialists such as Parkinson's nurses, physiotherapists and speech and language therapists.

Not only will the appeal raise funds to seed-fund new specialist posts around the UK, but it will also pay to train the workforce and safeguard vital services through our campaigns and policy work. From May, you'll see us sharing more about our care work with the public via the media, a postal and online appeal, Walk for

Parkinson's events, a virtual challenge event and campaigning actions.

What's next?

Later in May we look forward to sharing with you how you can get involved with this exciting new appeal.

In the meantime, if you have any questions, please contact Bec Parford, Fundraising Appeal Project Manager on [rparford@parkinsons.org.uk](mailto:rparford@parkinsons.org.uk).

**PARKINSON'S LOCAL ADVISOR-** Karen Walsh is our Local Advisor and can be contacted on 0344-225-3738.

For information about living with Parkinson's day to day, managing symptoms, emotional support, benefits, and much more, they are here to help.

They can also liaise with health, social care and other local professionals to access the support you need.

**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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