

WELCOME TO THE OCTOBER 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.

Parkinson's changed my life
Working with shaky hands
Walking with dragged legs
But determined to be positive
Life is beautiful, enjoy it!!!
Tincy, Cambridgeshire

My right side, sense of smell and balance are not great.
Handwriting has changed, get pain in legs, muscle knots and cramp.
I do now wonder what my fate is.
However, I still smile and laugh out loud.
The way I cope makes me feel proud.
Joanne, Essex

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to identify the book as Fahrenheit 451 which was first published in 1953. It is a dystopian novel by American written by Ray Bradbury. It presents a future American society where books have been outlawed and "firemen" burn any that are found.

See if you can recognise this months from the first line.

‘All happy families are alike; every unhappy family is unhappy in its own way.’

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

EVENTS PROGRAMME FOR OCTOBER AND NOVEMBER.

October 15th Seated exercise.
October 22nd Seated exercise.
October 29th Seated exercise.
November 5th Singing with Helen.
November 19th Seated exercise.
November 26th 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.

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

CHRISTMAS MEAL

The Christmas lunch will be on Wednesday 17th December at Manchester Rugby Club, Grove Lane, Cheadle Hulme, SK8 7NB.

I will send more details when I have them. Bookings not being taken until 15th October.

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

MANDATORY EYE TESTS FOR OVER 70s (Courtesy of Age UK)

The Government announced it is considering introducing compulsory eye tests for motorists aged over 70 as part of a major new road safety strategy, expected to be published this autumn. The proposed measures form part of what ministers describe as the most significant shake-up of UK driving laws in almost two decades.

Under current rules, all drivers over the age of 70 must renew their driving licence and update their photograph every three years. At the time of renewal, any relevant eyesight problems must be reported to the DVLA – although conditions such as short-sightedness, long-sightedness, or colour blindness are excluded from these requirements.

Additionally, everyone over the age of 60 is entitled to a free NHS eye examination every two years.

The new proposals could see drivers over 70 required to pass a compulsory eye test to keep their licence, with those failing potentially being banned from driving. Other expected measures in the forthcoming road safety strategy include:

Remember it is already a legal requirement to inform the DVLA when you are diagnosed with Parkinson's.

WINTER FUEL PAYMENTS – INFO AND SCAM AWARENESS

Details from Greater Manchester Aging Hub

On 9 June 2025, the Government announced they're reinstating the Winter Fuel Payment for everyone over the State Pension age in England and Wales.

However, there are reports of people being contacted directly regarding the upcoming Winter Fuel Payment. **Please note this is a scam.** Scammers are offering to help setup the Winter Fuel Payment and asking for bank details. Never give out any personal information by phone, email or in writing.

Winter Fuel Payments will be made automatically. No one will contact you directly.

You can report suspicious texts at stopthinkfraud.campaign.gov.uk.

[Visit the UK Government website](#) to learn more about your eligibility and view the timetable of payments this winter.

[AGE UK STOCKPORT 'GIFT OF FRIENDSHIP' PROGRAMME](#)

I read this in the September newsletter from Stockport Age UK and felt it might be of interest to our readers. If you feel that you might benefit from this please contact them directly.

Email: Volunteering@ageukstockport.org.uk or Telephone: 0161 480 1211

Our 'Gift of Friendship' programme has now started and will support older Stockport residents who are feeling lonely or socially isolated to become more connected and improve wellbeing.

What is the Gift of Friendship Programme? The Gift of Friendship is a programme that offers companionship, confidence-building and support to older people who may be feeling alone or cut off from their community.

When people join the program, they will be matched with a friendly, trained volunteer. Together they will get to know each other and understand needs and wishes and personal goals - whether that's getting out and about, connecting with interests old and new or simply having someone to talk to.

How it works The Gift of Friendship co-ordinators will work with each person from the beginning to find the right support and the right volunteer match. We understand that everyone's situation is different so two types of support are offered, tailored to each person's needs wishes and preferences:

Face-to-face: Regular visits from a volunteer to help build confidence and work toward personal goals.

National telephone befriending: A supported connection to Age UK's national telephone befriending service, offering consistent companionship over the phone.

Why choose the Gift of Friendship Programme? Loneliness can affect health, wellbeing and overall quality of life. This programme will support people to:

- Feel more confident and connected
- Build new friendships
- Re-engage with local community
- Improve wellbeing

Who can join? The programme is open to anyone aged 50 and over living in Stockport.

This programme has been made possible thanks to funding from the Julia Rausing Trust, provided via Age UK National.

[HAVE YOUR SAY: PROTECT YOUR RIGHT TO BE HEARD](#)

Healthwatch Stockport are asking for your support in signing a petition to review the decision to abolish independent local Healthwatch and protect for people to have an independent voice.

So far, the number of people who have signed is nowhere near enough, so **they really need your help to sign and share this petition far and wide** to have this petition considered by the Government.

Please sign and share this petition via your socials, organisation newsletters, and by encouraging others to get involved.

<https://petition.parliament.uk/petitions/732993>

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.

COLLECTING POSTAGE STAMPS. We would appreciate it if you could continue to collect these for us and hand them over to David at one of our meetings.

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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