

**WELCOME TO THE SEPTEMBER 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.**

Don't mind my slowness of movement ... I will get there...  
Being careful enough not to fall...or losing sight of my path.  
I am not shaking because I am frightened...but because I am aware...  
Of the contributions I still need to make.  
This journey of life happens...and we must continue...  
Whatever life hands us!

[Karin, Essex](#)

There was a young man from Belize  
Lost his grip whilst on the trapeze  
He went into shock  
When told by his Doc  
I'm sorry sir, it's Parkinson's disease.

[Martin, Cornwall.](#)

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

Well, were you able to identify the book as Charles Dicken's David Copperfield which was first published as a serial in 1849 and a book in 1850.  
See if you can recognise this months from the first line.

**“It was a pleasure to burn”**

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

**EVENTS PROGRAMME FOR SEPTEMBER AND OCTOBER.**

September 3<sup>rd</sup> Singing with Helen.  
September 10<sup>th</sup> Meal at The Three Bears.  
September 17<sup>th</sup> Seated exercise.  
September 24<sup>th</sup> Seated exercise.  
October 1<sup>st</sup> Singing with Helen  
October 15<sup>th</sup> Seated exercise.  
October 22<sup>nd</sup> Seated exercise.  
October 29<sup>th</sup> 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 2<sup>nd</sup> Wednesday of each month, but we may have a trip out and timings might be different.

### MEAL AT THE THREE BEARS 10<sup>TH</sup> SEPTEMBER

Just a reminder for those who have already booked.

We will be dining at The Three Bears, Jacksons Lane, Hazel Grove, SK7 5JH.

Date: - 10<sup>th</sup> September. Meet at 1pm to dine at 1.30pm.

### 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](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)

### "GETTING THE RIGHT HEALTHCARE" BOOKLET FEEDBACK.

In February, Parkinson's UK launched the 'Getting the right healthcare' booklet, which introduces who the important health professionals are for people with Parkinson's, how to access them and what to do if you have questions or are struggling with receiving the right healthcare.

The booklet can be viewed online as a PDF on their website

<https://www.parkinsons.org.uk/sites/dehealthcare>

They are looking for feedback on the booklet so that they can improve the content and make it as helpful as can be.

If you've read the booklet, they would be very grateful if you could take

some time to complete their feedback form here:- <https://docs.google.com/viewform>

### NEW VERSION OF THE TECH GUIDE AVAILABLE

The Summer issue of the printed Tech Guide is now in stock. This new issue has 110 pages of content - 20 more than the second issue! We've got half a dozen new reviews and a range of new products.

- The most popular product on the Tech Guide this month was the BeechBand. We expect to publish our review of this exciting new device in October, based on a full month of experience from 6 different reviewers.
- If you'd like to help us review tech products for Parkinson's, please get in touch
  - by email: [techguide@parkinsons.org.uk](mailto:techguide@parkinsons.org.uk)

- by post: **Freepost TECHGUIDE**
- Don't forget to look at the Tech Guide online at <https://techguide.parkinsons.org.uk/> if you want to keep up to date with the most recent product reviews as they happen.

### **THE PARKY CHARTER HITS 100,000 SIGNATURES!**

This means the Parky Charter will now be debated in Parliament, Parkinson's UK will share more information about this as it becomes available.

Don't stop asking people to sign the Parky Charter petition! They can do so by following the link: - <https://petition.parliament.uk/petitions>

The petition is open until 10 September, and you can see how your local area is performing by clicking on the petition and selecting <https://petitionmap>. this will display the number of signatures per constituency.

### **PARKINSON'S PATIENT'S AFTERNOON AT BUCCLEUCH LODGE DAY HOSPITAL**

Members are invited to join the staff at the above venue for their next Parkinson's patient's afternoon. These are excellent and well attended afternoons so are not to be missed. Date and time: Monday 6th October 2-4pm. Refreshments will be provided.

**Subject: - Brain Health. Strategies to help with Cognitive Function.**

For more information, please contact Ailish Fountain on: - Answerphone: 0161 217 4249  
Fax:0161 2174252 Pager:07623618235  
Address: Buccleugh Lodge, Elizabeth Slinger Road, Manchester M20 2XA.

### **PAR-CON 2025. STILL TIME TO BOOK FOR THIS IMPORTANT CONVENTION**

Par-Con is the Parkinson's UK free 2-day convention for the Parkinson's community. You can join in person or online for talks, activities and to connect with others.

Date: Friday 24<sup>th</sup> October 9.30pm to 6pm and Saturday 25<sup>th</sup> October 9.30 to 3pm.

Location: Online or The Vox Conference Centre, Resort World, Birmingham, B40 1PU.

To find out more and to sign up please follow the link below.

<https://www.parkinsons.org.uk/get-involved/par-con>

### **PARKINSON'S UK BRAIN BANK.**

I know this is not an easy subject but one I like to share at least once a year.

#### **What is the Brain Bank?**

The Brain Bank, based at Imperial College London, collects precious tissue from people with and without Parkinson's who have decided to leave their brains to Parkinson's research.

The donation of brain tissue has already led to major advances in our understanding of Parkinson's and resulted in new treatments being developed and tested.

People with and without Parkinson's can sign up and pledge to donate their brain for research. Donation is not an easy decision, and we are extremely grateful to the donors and their families who have chosen to do this.

For more information, please follow the link below: -  
<https://www.parkinsons.org.uk/site>.

**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.

**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](https://www.parkinsons.org.uk/privacy) to see how we will treat the personal information that you provide us.

**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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