

WELCOME TO THE AUGUST 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.

It's taken so much of my life away
It weighs on me every minute
I hate it with too much energy
But I am loved and cherished, and I live.

[Kathryn, Cumbria](#)

The neurologist was clear and bold,
"You've got Parkinson's disease,
And I wish not to displease"
It could be worse, I have been told,
You could have a migraine or a cold.

[Angus, Surrey.](#)

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to name the two books as Travels with my Aunt (1969) and Brighton Rock (1938) both by Grahame Green.
Thanks, Phil, for the suggestions.

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

"Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show"

.

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

EVENTS PROGRAMME FOR AUGUST AND SEPTEMBER.

August 6th Singing with Helen.
August 20th Seated exercise.
August 27th Seated exercise.
September 3rd Singing with Helen.
September 10th Meal at The Three Bears (see below)
September 17th Seated exercise.
September 24th 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.

MEAL AT THE THREE BEARS 10TH SEPTEMBER

Joyce has arranged for group members to go for a meal at The Three Bears, Jacksons Lane, Hazel Grove, SK7 5JH.

Date: - 10th September. Meet at 1pm to dine at 1.30pm.

Cost: - £15

Main Course

Either pan fried chicken breast, served on sauteed potatoes, seasonable vegetables and tarragon cream sauce.

Or Steak, ale and mushroom pie with mashed potatoes seasonal veg and gravy.

Or Seabass on new potatoes with Chardonnay cream.

Or Mediterranean vegetable tart served with salad and sweet potatoes.

Desserts

Either Lemon Tart with cream.

Chocolate brownie with vanilla ice cream.

Or Chefs crumble with custard.

Or 2 scoops of ice cream.

To book a place phone Joyce on 07736 346072 or 0161 917 4384

Last date for booking 27th August 2025.

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

NATIONAL NURSES CAMPAIGN.

Kim Snape, Senior Local Campaigns Officer, has been in touch and has asked for the following message to be shared in the Stockport Newsletter?

You may have heard our national nurses campaign has recently launched and we want to thank people from your area who have provided feedback on what their nurse means to them, how often they see their nurse and comments regarding how they feel they can get to see their Parkinson's nurse. We would love to hear your thoughts. Please get in touch with your Local Campaign Officer Kim Snape on ksnape@parkinsons.org.uk or tel 07778582876

PHASE 3 TRIAL OF AMBROXYL UNDERWAY

Whilst talking to members at our group meetings I realised many had not heard about this important trial.

The information below is courtesy of Parkinson's UK and was released on the 1st April 2025.

The first participant has received either ambroxol or the placebo in the ASPro-PD trial.

This marks the start of 330 people with Parkinson's taking a component of an already approved drug over 2 years to see if it is beneficial.

In 2023 we announced we would be joining forces with Cure Parkinson's, alongside its strategic partners Van Andel Institute (VAI) and the John Black Charitable Foundation (JBCF) to co-fund a clinical trial called ASPro-PD looking at the potential of a cough medicine called ambroxol to treat Parkinson's.

After initial delays, we're now pleased to share that the first participant has started on the ASPro-PD study, which will involve them taking either ambroxol or a placebo (dummy) drug. This marks an exciting start for the study, which will assess whether ambroxol could slow or even stop the progression of Parkinson's.

What is ambroxol?

In 2009 researchers discovered that a medicine commonly used to treat coughs and sore throats, ambroxol, could also be used to treat Parkinson's.

Ambroxol boosts levels of an enzyme called GCase, which is known to help clear away waste products which have gathered in brain cells. In Parkinson's, a build-up of a troublesome protein called alpha-synuclein is often seen in the brain tissue. It's thought that ambroxol may help improve the body's ability to clear away these clumps of alpha-synuclein and prevent damage to brain cells.

The ASPro-PD trial is a world-first phase 3 trial of ambroxol. Driven by Cure Parkinson's, following 8 years of work with the Parkinson's community, this £5.5m trial offers hope that a drug to slow the progression of Parkinson's may be on the horizon.

For more information, please follow the link:- <https://www.parkinsons.org.uk/news/phase-3-trial-ambroxol-underway>

PAR-CON 2025

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 24th October 9.30pm to 6pm

Saturday 25th 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>

KEEPING COOL THIS SUMMER

High temperatures can cause significant health risks particularly for the very young, elderly and those with long term health conditions such as Parkinson's.

If you are concerned about your symptoms getting worse in the heat, Parkinson's UK have Provided some helpful advice to help.

Please follow the link to: <https://www.parkinsons.org.uk/information-and-support/keeping-cool-summer>

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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