



WELCOME TO THE DECEMBER 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 always have a carer with them.

JUST ONE POEM THIS MONTH

Confusion, confusion all around
Why me? Became my refrain: I needed to gather my wits again and to the internet I came
Some things were scary, other things were clear:
“Exercise, eat well and move much more” I needed to take action that much was clear,
Now exercise, eat well and move much more are what I try and strive for.
Sarah, South Yorkshire

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to identify the book as Robinson Crusoe.
It is an English adventure novel by Daniel Defoe first published on 25 April 1719

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

“It was a bright cold day in April, and the clocks were striking 13”.

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

EVENTS PROGRAMME FOR DECEMBER AND JANUARY.

December 3rd Singing with Helen. (Please wear your Christmas jumpers)).

December 17th Christmas meal.

January 7th Singing with Helen.

January 21st Seated exercise.

January 28th 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.

CHRISTMAS MEAL 17th DECEMBER 2025.

Just a reminder that the Christmas meal will be at Manchester Rugby Club, Grove Lane, Cheadle Hulme, SK8 7NB (directions below)
Arrive at 12.30pm to dine at 1pm.

Directions to Manchester Rugby Club

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

A DATE FOR YOUR DIARY

On Wednesday 11 February 2026, from 1.30pm to 4pm. We are hoping to have a one-off drumming session for members of the group. Venue: St. Peter's Church, 16 Green Lane, Hazel Grove, Stockport SK7 4EA. I will provide more information when I have it.

HELP IMPROVE PARKINSON'S CARE IN GREATER MANCHESTER

The Greater Manchester Neurorehabilitation and Stroke Delivery Network project group wants your input. This is aimed at those with Parkinson's and/or their carers. What's the project about?

- Understanding how people access Parkinson's services.
- Making care better for patients and carers.
- Using real experiences to guide change.

If you would like to know more please click [HERE](#) or email: Cillian.obriain@nca.nhs.uk or phone: 07933172813

MSA/LEWY BODY DEMENTIA A recent Movers and Shakers podcast highlighted Parkinsonism. This is the term used to refer to a group of conditions – like multiple system atrophy (MSA), progressive supranuclear palsy (PSP), corticobasal degeneration (CBD) and Lewy Body Dementia – which resemble Parkinson's in some of their symptoms. activities.

Follow the link to the podcast: [Movers and shakers on Parkinsonism](#)

For more information about these types of Parkinson's please follow the link:

[Types of Parkinson's](#)

PARKY CHARTER PETITION Parkinson's UK announce that after the hard work of our community and the Movers and Shakers getting more that 113,000 people to sign a petition, MPs will be debating Parkinson's in Parliament on 17 November. We want as many MPs in the room as possible, so it'd be a huge help if you wrote to your MP to ask them to be there and raise what's important to you. Here is a link to help you do so, please [Here is a link to help you do so.](#) share far and wide!

You'll be able to watch online on the UK Parliament YouTube channel. [UK Parliament YouTube channel.](#)

NURSE APPEAL – BIG GIVE CAMPAIGN Parkinson's UK are delighted to be participating once again in The Big Give Christmas Challenge, which is the UK's biggest collaborative fundraising campaign. Through matched funding we have the opportunity to double any donations made by individuals on The Big Give's website from 2nd to 9th December, up to an amazing £43,750 - meaning your gift has twice the impact. The donation will only be matched if made through the Big Give website. [Parkinson's Nurse Appeal](#)

PHYSICAL ACTIVITY PHOTOSHOOTS

The Physical Activity team is looking for people with Parkinson's and anyone with a connection to the condition who enjoys taking part in specific physical activities for a new series of photoshoots. We are looking for participants with Parkinson's who enjoy participating in the following activities:

- Dance
- Seated Exercise
- Being active at home
- Pilates
- Pickleball
- Padel
- Golf
- Walking Tennis
- Tai Chi
- Yoga
- Walking Cricket
- Swimming

For more information about the Physical Activity photoshoots, contact Philip Lindley, Physical Activity Communications Officer on plindley@parkinsons.org.uk or call 07801 183 349

CELEBRATE YOUR WILL'S POWERFUL GIFT

Have you left a Gift in Your Will to Parkinson's UK? Share Your Story and Help Inspire Others.

You may already dedicate your time and passion to support Parkinson's UK and for that, we are incredibly grateful. Some of you may have taken this commitment a step further by including a gift in your Will. This kind of generosity ensures that your impact will continue to be felt for generations to come.

If you have decided to leave a gift in your Will to us, we would be honoured to hear your story. Sharing your reasons for doing so can inspire others to consider their own legacy. It's an opportunity to celebrate your commitment and show the profound difference that such a gift can make. Your story, shared in your own words, can become a beacon of hope, encouraging others to think about the future of our charity.

Please contact Sophie Jarvis our Stories officer on 020 7963 9351 or email sjarvis@parkinsons.org.uk

PARKINSON'S UK CHRISTMAS CARDS AND GIFTS 2025 CATALOGUE.

You still have time to get Christmas items from Parkinson's UK 2025 Christmas catalogue. Great design and British manufacturing are at the heart of their range. Look out for the UK flag throughout the catalogue, which indicates a British-made product. Their Christmas cards are all printed sustainably in the UK and are fully recyclable, including those with foil. They are committed to supporting British manufacturing and being kinder to the environment and 100% of profits go to improving the lives of everyone living with Parkinson's.

Knowing that writing can be a struggle sometimes, they have brought back their Smart stickers on page 12. Your loved ones simply scan the QR code to receive your special addition.

[Parkinson's UK Christmas catalogue 2025](#)

PARKINSON'S UK CHRISTMAS HELPLINE WILL BE OPEN:

Christmas Eve: 9am to 12pm
Christmas Day and Boxing Day: Closed
Saturday 27 December: 10am to 1pm
Sunday 28 December: Closed
Monday 29, Tuesday 30 and Wednesday 31 December: 10am to 1pm
Thursday New Years Day: Closed
Friday 02 January: Normal opening hours

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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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 Christmas and hope that the New Year brings you all that you wish for.

*Merry
Christmas*