

WELCOME TO THE MARCH 2026 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.

POEM OF THE MONTH

Gladiator is my role.
The daily battle rages.
My heads not down.
True courage found.
To fight each of Parkinson's stages.
Anne warrior McArthur, Inverness, Living with Parkinson's

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to identify the book as *Of Mice and Men* a 1937 novella written by American author John Steinbeck. It describes the experiences of George Milton and Lennie Small, two displaced migrant workers, as they move from place-to-place in California, searching for jobs during the Great Depression.

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

"When a day that you happen to know is Wednesday starts off by sounding like Sunday, there is something seriously wrong somewhere."

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

EVENTS PROGRAMME FOR FEBRUARY AND MARCH 2026.

March 4th Singing with Helen
March 18th Seated exercise.
March 25th Seated exercise.
April 1st Singing with Helen.
April 8th Meal at the Legh Arms Adlington. (see below for more information)
April 15th Seated exercise.
April 22nd Seated exercise.
April 29th 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.

DRUMMING SESSION FOR EXERCISE AND FUN. 26 of us turned out for the drumming session which everyone agreed was fun and a novel way to get exercise. The group committee are going to look at the feasibility of making it a regular monthly event but need to look at the cost to members and availability of venues.

MEAL AT THE LEGH ARMS 8th APRIL 2026

We will soon be on our way to the Legh Arms, London Road, Adlington, SK10 4NA. Joyce has booked a carvery dinner followed by a pudding of either: Dairy or vegan ice cream or Seasonal sponge with either ice cream, custard or fluffy cream, or Toby's Toffee Apple Crumble with ice cream, custard or fluffy cream or Home baked chocolate brownie with salted caramel sauce, strawberry and cream.
The cost is a club subsidised. £12
Arrival at 1pm for meal at 1.30pm.

Joyce is now taking bookings and will require to know your choice of pudding. You can contact her on 07736 346072 or 0161 917 4384. Please note the last booking date is 25th March.

A DATE FOR YOUR DIARY - AFTERNOON TEA 5th JULY 2026

Plans are underway once again to have this popular event.
Venue: Dean Row Chapel, Unitarian Meeting House, Chapel Road, Wilmslow, SK9 2BX
I will provide more information in newsletters nearer the time

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

MINDFULNESS AND PARKINSON'S Most Mondays; my wife Carole and I attend a Mindfulness group organized by the Parkinson's Foundation the American equivalent of Parkinson's UK.

Initially, I was quite sceptical, but now in my third year, I recognise the benefits, especially on days when my Parkinson's symptoms are difficult to manage.

Just like anything else, what works for one person might not suit another. If you're interested in learning more, there is plenty of information about Mindfulness at Parkinson's UK.

Mindfulness and Parkinson's

To join the Parkinson's Foundation Monday session, use the link below to sign up for free. You may receive appeals for money, but participation is optional. [Mindfulness Mondays](#)

GET ACTIVE STAY. Winter can feel like a challenging time to be active, but when the nights draw in and the weather gets colder, regular movement becomes even more important for people living with Parkinson's.

Whether you've already set your movement goals for 2026, or you're just getting started, this guide provides you with the best ways to get active in winter. For more information follow the link: [Get active and stay active](#)

BRASS BAND CONCERT AT WOODLEY METHODIST CHURCH

Last year Phil arranged a brass band concert at Woodley Methodist Church with the funds going to our Parkinson's group.

This year the band playing will be the famous Tintwistle Band.

Proceeds this time will go to Royal Manchester Children's Hospital and Woodley Methodist Church.

Venue: Woodley Methodist Church, Chapel Street, off Hyde Road, Woodley, SK6 1NF.

Date 17th April 2026 commencing at 8.00pm.

Tickets £10

Contact Phil on 0161 989 9993

GREATER MANCHESTER YOUNG PARKINSON'S GROUP

The Greater Manchester young Parkinson's group was set up by Zoe about 8 years ago, because there was nothing out there in the whole of Greater Manchester area for those diagnosed with Parkinson's at a young age.

Zoe was diagnosed 13 years ago at 36, and she felt like she was surrounded by older people who didn't have the same symptoms, concerns or issues as herself, so she decided to start the group.

They meet up on the last Sunday of each month in Manchester city centre. Depending on what they have organised. Sometimes they just catch up for drinks and food. But sometimes they throw an activity in the mix like table tennis, crazy golf, pitch and putt or bowling.

Zoe tries to organise an extra activity that gets the group out and exercising. Last year they took part in 'A walk for Parkinsons' at Chatsworth house, organised by Parkinson's UK, raising money while they exercised and socialised, this year they have yet to set their challenge!

There are a good mix people aged between 29 to late 50s diagnosed less than a year ago to 15+ years.

They have a WhatsApp group. Which is a good platform for them to chat and offer support to each other.

If you would like to know more, you can contact Zoe on her email: zoeleardodd@gmail.com

UNDERSTANDING HOW PEOPLE WITH PARKINSON'S FEEL ABOUT DEEP BRAIN STIMULATION.

Researchers at the University of Sheffield want to know what people with Parkinson's in the UK think about deep brain stimulation (DBS). They want to understand what makes it easier or harder for people to consider it as a treatment option.

Your responses will be used to improve the information and support provided for people thinking about DBS

Who do the researchers need?

- 300 people with Parkinson's who live in the UK.
- The researchers are looking to speak to people who have already had DBS, people who are considering it, and people who haven't thought about DBS before or have been told they're not eligible.

What is involved?

- Completing a 10-minute online survey about your experiences and views of DBS
- You can also take part by post or over the phone by contacting the researchers
- Large print or audio read throughs of the survey, and an easy read summary are also available on request.
- By completing the survey, you'll be entered into a draw with the chance to win a £50 voucher
- For more information, please read the [participant information sheet](#).

PARKINSON'S LOCAL ADVISOR- Karen Walsh is our Local Advisor and can be contacted on 0344-225-3738. Advisors can also liaise with health, social care and other local professionals to access the support you need.

PARKINSON'S HELPLINE. Parkinson's UK offer a free confidential Helpline for anyone affected by Parkinson's. Advisers can support with symptoms, medication, benefits and emotional wellbeing. Keep the number handy, and please share it if someone you might know needs extra help.

- Call 0808 800 0303 for free, confidential support.
- Open Mon–Fri 9am–7pm, Sat 10am–2pm.
- Trained advisers can help with symptoms, medication or benefits.

In 2025, their Helpline supported more than 45,000 people with information and advice.

From medical alert cards and wristbands to checklists and in-depth guidance, you can create a kit that works for you. Some of the tools can be downloaded and printed from home, while others can be ordered from their online shop.

For more, [visit parkinsons.org.uk/away-from-home-kit](http://parkinsons.org.uk/away-from-home-kit)

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: - 0808-800-0303

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-

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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