

WELCOME TO THE NOVEMBER 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.

TWO POEMS SUBMITTED TO CELEBRATE WORLD PARKINSON'S DAY.

There once was boy called Parkinson
Whose teacher told him "Stop larkin' son."
If you want to be great
Then you must concentrate. He didn't.
Now forgotten: this Parkinson.
[Terence, East Dunbartonshire](#)

Diagnosed with Parkinson's 5 years ago
My brain is sharp my body slow
Paul, art and yoga keep me talking.
A bright blue mop aids my walking
Horse riding is my Get up and go.
[Chris, Lancashire](#)

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to identify the book as Anna Karenina.
It is a novel first published in 1878, by the Russian author Leo Tolstoy. The novel deals with themes of betrayal, faith, family, marriage, Imperial Russia society, desire, and the differences between rural and urban life.

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

'I was born in the year 1632, in the City of York.'

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

EVENTS PROGRAMME FOR NOVEMBER AND DECEMBER.

November 5th Singing with Helen.

November 19th Seated exercise.

November 26th Seated exercise.

December 3rd Singing with Helen. (This is the last meeting of the year).

December 17th Christmas meal. (see details below)

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.

Please see below the details for the Christmas meal on the 17th December 2025.

Venue: Manchester Rugby Club, Grove Lane, Cheadle Hulme, SK8 7NB (directions below)

Arrive at 12.30pm to dine at 1pm

If not already booked you need to make your choice from the mains and desserts below and then contact Joyce on telephone 07736346072. Last bookings 26th November.

A glass of either red or white wine will be served with the meal.

Mains

Roast crown of turkey, Yorkshire pudding, pigs in blankets, roast and new potatoes, and seasonal vegetables (can be made gluten free).

Salmon with potatoes, seasonal vegetables and hollandaise sauce on the side.

Gluten Free Vegan Cajun Spice Sweet potato roulade.

Dessert

Christmas pudding and Brandy sauce or custard

Salted caramel and chocolate profiteroles with cream

Fresh fruit Salad

Ice cream

Tea or coffee with mince pies

The cost is a group subsidised £20

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

LIFE LEISURE, PARKINSON'S BOXING SESSIONS. Unfortunately, due to poor attendance there will be no more sessions.

WE ARE UNDEFEATABLE LAUNCH A NEW APP.

In 2019 Parkinson's UK partnered with 14 other leading health charities and Sport England to launch the We Are Undefeatable campaign - encouraging people with long-term health conditions to be active. The campaign was launched to support the one in four (15 million) people in England who live with one or more long-term health conditions, such as diabetes, cancer, arthritis and Parkinson's. Following on from the success of the campaign it was a natural step to produce an app.

Research commissioned as part of the campaign revealed that most people with a long-term health condition want to be active, and are aware of the health benefits, but don't know where to start.

The We Are Undefeatable app gives you free tailored exercise programmes that can be completed anywhere, anytime, and are suitable for a range of health conditions, no matter where you are in your journey.

To learn more please follow the link to the app: [We are undefeatable link](#)

EDMOND J SAFRA ACCELERATING CLINICAL TRIALS IN PARKINSON'S.

Parkinson's UK are supporting and part funding the largest ever Parkinson's research trial, which has now started recruiting participants in London and Newcastle, with more than 40 research trial sites due to open over the next year.

The trial aims to find treatments that can slow or stop Parkinson's progression. Using an innovative design, it will test multiple treatments at once. Promising treatments will move forward, while ineffective ones are replaced. Current treatments being tested include telmisartan and terazosin. Both treatments are in the final stage of testing, phase 3

Who do the researchers need?

1,600 people with Parkinson's:

- were diagnosed with Parkinson's at age 30 or over
- have been taking dopamine medication to treat Parkinson's for at least the past 2 months before starting the trial
- can commit to taking the trial treatment once a day for up to 3 year

You won't be able to take part if you have:

- certain Parkinson's gene mutations (PRKN, PINK1 DJ1)
- significantly low blood pressure (checked by the research team)
- had advanced Parkinson's treatments (e.g. DBS)
- a diagnosis of dementia
- or you are breastfeeding, pregnant, or plan to become pregnant while part of the trial

If you want to know more and are interested in taking part?

[Complete the registration of interest form](#)

PARKINSON'S MOVE – YOUR TIPS WANTED!

Development of a new app is underway to help people with Parkinson's live well, stay active, and access trusted information, all in one place.

One of the app's features will be a "Life Hacks" section – a space to share simple tips and practical strategies that make everyday life easier. This could be anything from a clever way of putting on a coat, to managing daily tasks, or staying motivated with exercise.

The team would love to hear from you! Your ideas and experiences could make a real difference. You can share your tips via Parkinson's Move's online survey available at [Your tips and hacks](#) or email Julie on j.c.jones@rgu.ac.uk.

THE COURAGE TO SPEAK PODCAST FEATURES PAUL SINHA

Paul Sinha joins actress Leonie Mellinger to discuss his decision to publicly reveal his Parkinson's diagnosis and to chat about his life since diagnosis in 2019

I have listened to the podcast and can highly recommend it.

The podcast is available on all main podcast sites including Apple and Spotify.

[Paul Sinha on the Apple podcast site](#)

[Paul Sinha on the Spotify podcast site](#)

PARKINSON'S UK CHRISTMAS CARDS AND GIFTS 2025 CATALOGUE.

Yes, it's nearly that time again and the 2025 Christmas catalogue is ready for you to peruse. 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 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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