

WELCOME TO THE JUNE 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.

A diagnosis, just the start.
Two long words, they broke my heart.
But after that, I'll find my way
To try to treasure, every day.
[Frank, Co Down](#)

I'll shake for no reason, I shuffle when I walk,
Now I'm walking better, and I found a way to talk,
I'm walking backwards, I'm talking backwards too,
I say I've got S'nosnikrap, 'cos Parkinson's won't do.
[Ray, Maidstone](#)

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to name the book as George Orwell's Animal Farm first published in England on 17 August 1945 from just the opening line. It tells the story of a group of animals who rebel against their human farmer, hoping to create a society where the animals can be equal, free, and happy. Sadly, it all goes wrong.

See if you can identify this month's from the opening line below. No prizes just pride in getting it right. Answer in the July Newsletter. You can email me with your answer if you like and it will also give me an idea of interest.

1. There was no possibility of taking a walk that day.

EVENTS PROGRAMME FOR JUNE AND JULY.

June 4th Singing with Helen.
June 18th Seated exercise.
June 25th Seated exercise.
July 2nd Singing with Helen
July 16th Seated exercise.
July 23rd Seated exercise.
July 30th Seated exercise.

Please note: we do not have a meeting on the 2nd Wednesday of each month.

AFTERNOON TEA 13th JULY 2025.

We are still taking bookings for this popular event.

There will be individual food boxes consisting of sandwiches, scones, cream and jam, and cakes all carefully prepared by Richard from Little Hideout Cafe in Bramhall.

Arrival from 1.30pm with tea served at 2.00pm.

Cost is a subsidised £10

Venue: Dean Row Chapel, Unitarian Meeting House, Chapel Road, Wilmslow, SK9 2BX

If you are interested, please phone Joyce on 0161 9174384 or mobile 07736 346072.

Last bookings being taken no later than 30th June.

STOCKPORT COUNTY 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.

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

UPDATE FROM THE GREAT MANCHESTER 10K 18TH MAY 2025

David White one of our group members who took part in the race asked me to share the following: -

To everyone who sponsored me, thank you!

The sponsorship money of £246.40 which I collected personally will stay with our group and the £295 donated on the JustGiving page will go to Parkinson's UK. A total of £542 raised for a worthy cause.

This was my 12th Great Manchester 10K! It was hot! Very hot!! My wave started at 11.45am but due to the amount taking part it took a while to cross the start line! The crowds were amazing! They always are.

Unfortunately, I've not been able to train much, but I was determined to finish, I had a little moment before reaching the 1km marker, but I had a good talk to myself and loved every second of the next 9km.

I had my collection bucket with me; the crowds were so generous. I walked most of the way, there is no feeling like passing the finish line.

My time was 1.44.43! I'm happy with that!
Out of 35,000 participants I finished in 16,475th position!
Would I do it again? I've already signed up for 2026!

Once again, many thanks for sponsoring me. David.

Many thanks David for raising much needed monies for our group and Parkinson's UK.
Having done 11 races, it must be quite a sum over the years. You were also mentioned on the TV at least twice.

Below are a couple of pictures of David during the race.



CONSERVATIVE PARTY CONFERENCE MANCHESTER

Parkinson's UK are attending the Conservative party conference this autumn, between 5 and 7 October and they need you! Do you live in or around Manchester, where the party conference will be taking place?

What's the opportunity?

They are looking for volunteers from the Parkinson's community who are willing to share their experiences and make the case for better Parkinson's care and support with Conservative politicians and party members. Volunteers would also need to feel comfortable with being photographed, primarily for social media and the website.

For more information and to express your interest please contact: -

Laura Mullaney on lmullaney@parkinsons.org.uk. If you have experience of having to wait beyond 18 weeks for Parkinson's treatment by any of the specialists needed for your health care, or of applying for Personal Independence Payment, please do indicate this in your email.

GETTING THE RIGHT HEALTHCARE You are entitled to the right care from health professionals. But accessing it sometimes isn't that straightforward or happens in the way you would expect. How you access a service or get an appointment can look different everywhere and everyone's experiences will vary for all sorts of reasons.

Parkinson's UK have produced a booklet on Getting the Right Healthcare. It is very informative, and I recommend you read it. Please follow the link: -

<https://www.parkinsons.org.uk/information-and-support/getting-right-healthcare>

AGE UK STOCKPORT TANDEM SUPPORT

Having in the past worked for Age UK Stockport I like to highlight some of the wonderful services they provide which I believe may be of interest to our members. (information courtesy of their webpage)

What is Tandem?

A bespoke service tailor-made to each person's individual situation. Assisting with a range of activities including personal practical tasks at home, shopping, light household tasks, companionship, leisure activities, and supporting with hospital and other appointments,

through to supporting people with complex conditions such as dementia, Parkinson's, stroke or palliative care.

Who is the service for?

We support adults who may require varying levels of support - for example confidence building to more complex support, for a period of time or on an ongoing basis.

If you would like an informal chat, please do not hesitate to contact us;
Call us on 0161 480 1211 or Email: Tandem@ageukstockport.org.uk

You can also follow the link below to see all the other support they are able to provide: -

<https://www.ageuk.org.uk/stockport/>

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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