

WELCOME TO THE JULY 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.

Step over here Mr Parkinson, let me tell you what I really think
Of a condition with so many symptoms, it's enough to drive me to drink.
But at least that would explain my imbalance and the way that I weave when I walk
And perhaps folk wouldn't be so intolerant when I dribble every time that I talk
I'm not drunk!
Liz, Bedfordshire

I'm positive that Positivity works
That Positivity brings its own perks
Manage your life and do what you can
Enjoy daily activities whether woman or man.
Geoff, Cumbria

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

Well, were you able to name the book as Charlotte Bronte's Jane Eyre which was published under her pen name "Currer Bell" on 19 October 1847.

I have two opening lines for you this month both submitted by one of our group members Phillip Gledhill.

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

1. "I met my Aunt Augusta for the first time in half a century at my mother's funeral"
2. "Hale knew. before he had been in Brighton three hours, that they meant to murder him."

EVENTS PROGRAMME FOR JULY AND AUGUST.

July 2nd Singing with Helen
July 16th Seated exercise.
July 23rd Seated exercise.
July 30th Seated exercise.
August 6th Singing with Helen
August 20th Seated exercise
August 27th Seated exercise.

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

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.

Or 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

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

THE PARKINSON'S NURSE APPEAL

I am aware that I shared this appeal recently but felt it important enough to share again.
It is hard to believe that some areas do not have access to a Parkinson's Nurse Specialist.

Thousands of people with Parkinson's don't have access to the health specialists they desperately need to live well with the condition. The Nurse Appeal is raising money to create more specialist roles.

Living with Parkinson's, and supporting someone with the condition, is tough. And as Parkinson's progresses, your need for specialist healthcare grows. With the right support, people can live well with the condition. But there are huge pressures on the health service right now. Thousands of people with Parkinson's don't have access to the care they need.

If you feel you would like to support the appeal, please follow the link below.

<https://www.parkinsons.org.uk/get-involved/parkinsons-uk-nurse-appeal>

HELP VIDEOS FOR THOSE NEWLY DIAGNOSED WITH PARKINSON'S

The Newly Diagnosed team at Parkinson's UK has recently launched a new playlist of videos, featuring members of the Parkinson's community and those with a connection to the condition.

The playlist hears from real people with Parkinson's about their journey through diagnosis and what they learned, in unscripted and candid interviews that deliver personal lived experiences.

The new videos focus on a range of topics, including how to navigate through your treatment options, how to prepare for appointments or how you can better connect with other people with Parkinson's, among many more. The videos are also designed to offer advice and support as you navigate through your Parkinson's diagnosis and the playlist is available for anyone with a connection to the condition.

You can find the full playlist on the Parkinson's UK YouTube channel:

https://www.youtube.com/playlist?list=PL1ixQpbHed3YOqqyJ5TWjG_yRWXNaVuXhlist=PL1ixQp

And for more information about their Newly Diagnosed programme, contact:-

newlydiagnosed@parkinsons.org.uk

PARKINSON'S UK LAUNCH THEIR GET ACTIVE STAY ACTIVE PODCASTS

These podcasts have been produced to help more people get active with Parkinson's.

Featuring people with lived experience, physical activity and healthcare professionals - the new 12-episode podcast focuses on a range of topics from finding the right activity and intensity, to managing fatigue and finding the right nutrition to stay active.

The first 6 episodes of the podcast are now available to listen to on Spotify and PodBean. Or watch every episode of the new podcast on YouTube.

<https://open.spotify.com/show/15uQG4EtwfVYlvluhkKkcu>

<https://getactivestayactiveparkinsons.podbean.com/>

<https://www.youtube.com/watch?v=yMXNVuRjK0M&list=PL1ixQpbHed3aLZVrFiragdCgGBuz1viLS&index=1>

THE 90 MINUTE CLUB

Details from Stockport County Community Trust

The 90 Minute Club', created in partnership with Stockport County Players Association and Age UK Stockport, is their weekly Sporting Memories programme, delivered at Edgeley Park.

They discuss all things Stockport County, Football more broadly and the history of Stockport, with monthly guest speakers including ex-players, club captains and local historians.

The programme is developed for participants aged 60 and over. The sessions are designed to be social, with a chance to meet like-minded people. They also support those living with Dementia, their family members and carers.

Every Wednesday at 2pm -3.30pm (Cheadle End).

To attend ring: - 07816129313 or e-mail: - e.owen@stockportcounty.com.

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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