



WELCOME TO THE DECEMBER 2024 NEWSLETTER.

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.

1. His Parkinson's is a kerfuffle.
His body shakes, his feet do shuffle.
I am so glad I am his Wife.
To give him hope and make him chuckle.
[Deborah, Surrey.](#)

2. That lady looks a lot like my Mum, yet she's very different.
My Mum smiles all the time, laughs, sparkles.
She's independent, active, walks everywhere.
She loves to bake, is a keen gardener, meets me in town to go shopping.
No, that lady can't be MY Mum.
[Maxine, South Yorkshire.](#)

NAME THE CATHEDRAL- Well, did you manage to recognise Cardiff Cathedral which is also known as St David's. It is a Catholic cathedral in the city centre of Cardiff, Wales. See if you can recognise this month's. Remember it can be anywhere in the United Kingdom. No prize, just pride in getting it right! Answer in the January newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR DECEMBER AND JANUARY.

December 4th Singing with Helen.
December 18th Christmas Lunch at the Alma Lodge 12.30pm for 1pm.
January 15th Seated exercise. Followed by the club AGM (see below)
January 22nd Seated exercise.
January 29th Seated exercise.

[AGM OF THE STOCKPORT BRANCH OF PARKINSON'S UK.](#)

Please accept this as notice of the AGM which will be held at Offerton Community Centre on Wednesday, 15th January 2025 following our seated exercise class which commences at 2pm. All the Committee will be resigning at this meeting, and we welcome new volunteers to take this opportunity to put their name in the frame to take an active part in how the group progresses. Most of the Committee have served for a very long time and it would be great to see some new blood coming into our Group Committee to help us develop and grow. If you feel you have something to offer and would like to join the Committee, please let us know and if you just want more information speak to our Chairperson Elaine or any other member of the Committee.

[STOCKPORT COUNTY WALKING FOOTBALL AND PHYSICAL ACTIVITY SESSIONS.](#)

These sessions are for those diagnosed with Parkinson's and their carers.

Weekly physical activity sessions on Fridays, 10am at Edgeley Park SK3 9DD.

Due to the success of the first session of the walking football there will now be a session every Tuesday up until Christmas, commencing at 3pm at Pro Football Arena, Handforth SK8 6PT.

For further information, please get in touch with Eddie at: - e.owen@stocportcounty.com

PAR-CON. On 11th and 12th October, the Parkinson's community gathered for Par-Con, the 2-day hybrid event which was held in Leeds, at the Royal Armouries Museum. The event was planned in collaboration with a team of 8 people living with Parkinson's, who helped shape everything from the venue to the topics and speakers on the agenda, to the activities provided.

Attendees heard directly from experts, learnt more about living well with Parkinson's and connected with others navigating similar journeys. They had sessions on the latest research, cutting-edge technology and more. Highlights included a live recording of the podcast '2 Parkies in a Pod' with special guest Professor Bas Bloem, and their 2024 Community Awards

For those who couldn't attend or wish to revisit their sessions recordings are now available on the You Tube channel. Search for Highlights of Par Con 2024.



[PARKINSON'S UK 2024 CHRISTMAS CARD AND GIFT CATALOGUE.](#)

There is still time to get those last-minute gifts and cards. Their Christmas catalogue is packed full of festive essentials including Christmas cards, books, crackers and gifts. Sustainability and British manufacturing are at the heart of their range. Great design, top quality and value of money are key to their unique range of cards and gifts. With every product you buy, you're helping someone living with Parkinson's. 100% of profits help fund their work. Providing information and support, campaigning for fair treatment and continuing pioneering research to chase down a cure.

<https://shop.parkinsons.org.uk/collections/eco-friendly-1>

BRANCH RAFFLES: Occasionally at our Wednesday meeting we like to hold a raffle. Funds raised go straight back to support the activities of the Stockport Branch. Often, we subsidise the cost of meals when we go out on trips, and we also have other costs such as printing and postage. If able, please support our raffles. We are also seeking for prizes for our Christmas raffle so if you have anything to donate Helen will be pleased to accept it. (Please no cosmetics skin lotions etc).

POSTAGE STAMPS. Don't forget to collect all the stamps from your Christmas cards. Perhaps ask your family/ friends to also collect them. Please bring them to the club and give them to David.

PARKINSON'S LOCAL ADVISOR- Karen Walsh is our Local Advisor and can be contacted on 0344-225-3738.

They support anyone affected by the condition including family, friends, carers and colleagues.

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.

DATA PROTECTION - We take the protection of the data we hold about you as a local group member/attendee seriously. We will do everything possible to ensure that data is collected, stored, processed, maintained, and retained in accordance with current and future UK data protection legislation. The only information we have on record for each member is: Name, address, home/mobile telephone numbers, email, and emergency contact details so that the local group volunteers can contact someone on your behalf in the case of an emergency. If you wish to withdraw or change your consent preferences in the future, please contact our branch membership secretary Helen. You can read the full privacy notice on the Parkinson's UK website at parkinsons.org.uk/privacy to see how we will treat the personal information that you provide us.

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 OTHER GROUPS AN INTRODUCTION.

For a few months I have been providing links to other organisations in Stockport who I feel might be of benefit to our members (see below).

The following organisation is one close to my heart as I was a founder committee member and second Chairperson.

[SIGNPOST STOCKPORT FOR CARERS](#)

The following information from their website explains how they might be able to help you.

Signpost Stockport for Carers is an independent local charity who have been supporting carers for more than 30 years. If you're a Stockport carer or caring for somebody living in Stockport, they are here for you.

A carer is anyone providing help to a friend, neighbour or relative who could not manage without them because of frailty, illness, addiction or disability. Carers often don't recognise themselves as 'carers'; they just think of themselves as helping somebody they care about.

Their aim is to improve the quality of life for carers in Stockport from 6 years old to 96 years old and everyone in-between! For adult carers, they provide free, confidential information and a range of services including counselling, benefits help, emotional support, practical advice, 'signposting' to other organisations, social opportunities and access to their Connecting Carers Card. For young carers, they provide respite via age-appropriate social activities, family support, school liaison and opportunities to simply enjoy being a child or young person away from their caring responsibilities.

For more information follow the link below: -

[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 Branch I would like to wish you all the very best for Christmas and hope that the New Year brings you all that you hope for.

**A VERY MERRY
CHRISTMAS
and Happy New Year!**
