

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

WELCOME TO THE FEBRUARY 2025 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.

My Pal had Parkinson's disease,
But was given a few guarantees! Not to be judged,
But immensely loved
And enough care to help feel at ease!
Rachel, Warwickshire

I wish there was a cure
I don't want to see him suffer anymore,
I've learnt a lot from my hero ... my dad,
To remain positive and not let it make you sad.
Zeena, London

NO GUESS THE PICTURE THIS MONTH

Unfortunately, I have struggled to acquire pictures that haven't copyright restrictions.
The site I previously used which allowed sharing has closed.

EVENTS PROGRAMME FOR FEBRUARY AND MARCH.

February 5th Singing with Helen
February 19th Seated exercise.
February 26th Seated exercise.
March 5th Singing with Helen.
March 12th Meal at the Legh Arms, Adlington. (see details below)
March 19th Seated exercise.
March 26th Seated exercise.

MEAL AT THE LEGH ARMS 12TH MARCH 2025

We are off again 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 cream, or Toby's Crumble with ice cream, custard or cream or Home baked chocolate brownie with salted caramel sauce or Strawberries and cream.

The cost is a club subsidised. £10

Please ring Joyce on 07736 346072 or 0161 917 4384 to confirm booking and choice of sweet no later than 5th March.

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

These sessions which are aimed at those diagnosed with Parkinson's and their carers have proved so popular that it had been agreed to continue them this year. Unfortunately, the Pro Football Arena in Cheadle was seriously affected by the recent floods which ruined the astroturf and it will take approximately 6 weeks for the repairs.

We have a new temporary venue for the walking football sessions: Stockport Powerleague, Craig Road, Stockport, SK4 2AP. Sessions run as before every Tuesday 3pm to 4pm.

The popular weekly one-hour physical activity sessions on Fridays at 10am at Edgeley Park, SK3 9DD. have not been affected.

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

[STAY ON YOUR FEET THIS WINTER \(Article in Stockport Healthwatch 9th January\)](#)

The weather has been a tad unpredictable of late, what with snow, ice, sunny spells and heavy rain - all the more reason to remind you of the [#PreventingFallsThisWinter campaign](#).

Although not every fall results in serious injury, it can still impact a person's wellbeing, quality of life and sense of independence. There are many reasons why someone may fall, including weak muscles or poor balance, health conditions like Dementia, the side effects of medication or even trip hazards in the home. Check out the NHS socials [#PreventingFallsThisWinter](#)

[Visit NHS falls prevention](#)

This poster is also a reminder of the simple things you can do to stay steady on your feet.



[NEW PARKINSON'S BOXING SESSIONS](#)

I am pleased to inform you of yet another exercise session. As you are probably aware regular exercise is recognised as important in reducing the symptoms and slowing the progress of Parkinson's disease.

We have been informed that Life Leisure Stockport have been allocated funding to provide non-contact boxing sessions.

I certainly will be signing up for these as sessions having read so much about the benefits.

Start date:

Time: 3.15pm – 4pm

Day: Mondays 24/02/2025

Cost: £3.50

Duration: 45 mins

Venue: Grand Central studio

End date of funded sessions will be 18/08/25 but however hopefully it will become a sustainable activity and will continue to run:

For more information contact Lisa Arrandale, Active Communities Officer.

Telephone: 07800 764 879 or Email: Lisa.Arrandale@lifeleisure.net

PARKINSON'S UK NEWLY DIAGNOSED ONLINE EVENTS BOOKINGS BEING TAKEN FOR 2025

Bookings for their 2025 Newly Diagnosed Welcome Sessions and [First Steps programme](#) are now open. Please follow the link:- [Newly Diagnosed online events page for dates and booking links.](#)

PARKINSON'S UK CAMPAIGN NETWORK

Do you like to have your voice heard especially when discussing Parkinson's issues, then why not join the Parkinson's UK Campaign Network.

They will contact you (normally monthly) with a campaign action for you to take. This could include:

- contacting the Government, your local decision maker or service planner to support a campaign or to resolve a problem
- sharing your experiences
- completing a survey
- joining forces with others to bring about change.

If you are interested you can find out more by emailing supporterservices@parkinsons.org.uk or calling them on 0800 138 6593 or by writing to Parkinson's UK, 50 Broadway, London, SW1H 0DB.

GET INVOLVED IN RESEARCH

Everyone can play a part in the search for a cure for Parkinson's. The more people who get involved, the faster we'll get there.

Parkinson's UKs Research Support Network (RSN) brings together people driven to help find a cure and better treatments for Parkinson's.

Whether you have Parkinson's or not, there are many ways to get involved. Join the network today to:

- get connected to research and the scientist carrying it out
- take part in clinical trials and studies
- have your say on what research is needed and how it's done.

If you have any questions, get in touch at rsn@parkinsons.org.uk or call 020 7963 9398.

MEMBERSHIP OF PARKINSON'S UK

The membership team of Parkinson's UK is looking to speak to people who attend local activities but are not national members to better understand why they are not members and to find out how the membership offer can be improved to help them join.

I have often given information on the benefits of being a member of Parkinson's UK but I am aware that a number of members who attend the Wednesday club are not national members.

If you are happy to share your thoughts about Parkinson's UK membership and why you have chosen not to be a member please complete [this form](#) alternatively if you, would like more information please get in touch with [Sam Ward](#), Head of Involvement and Movement Building.

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.

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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