

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

---

**WELCOME TO THE JANUARY 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.**

He stands beside me every day, doing his best to find the way.  
His body will ache whilst his mind is strong, searching for ways to carry on.  
In sickness and health our love was born, 56 years later we are riding the storm.  
His body will ache, I can see his pain, but for him I would do it all over again.  
[Barbara, Dorset.](#)

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](#)

**NAME THE CATHEDRAL-** Well, did you manage to recognise Canterbury Cathedral the spiritual home of the Church of England and the worldwide Anglican community.  
I am going to do something different this year. Each month I will show a picture of a famous person when they were young..See if you can guess who it is. No prize, just pride in getting it right! Answer in the February newsletter.  
Please email me with your answer if you wish, as this will help me to ascertain int



**EVENTS PROGRAMME FOR JANUARY AND FEBRUARY.**

January 15<sup>th</sup> Seated exercise.  
January 22<sup>nd</sup> Seated exercise.  
January 29<sup>th</sup> Seated exercise.

February 5<sup>th</sup> Singing with Helen  
February 19<sup>th</sup> Seated exercise.  
February 26<sup>th</sup> Seated exercise.

### **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 has been agreed to continue them this year.

Weekly one-hour physical activity sessions on Fridays, 10am at Edgeley Park, SK3 9DD. These are suitable for all levels of disability. First session in 2025 Friday 10<sup>th</sup> Jan.

On- hour walking football sessions every Tuesday commencing at 3pm at Pro Football Arena, Stanley Green, Handforth, SK8 6PT. First session in 2025 Tuesday 7<sup>th</sup> Jan.

Pictured below are members from various groups looking forward to a walking football session.



For further information, please get in touch with Eddie at: - [e.owen@stockportcounty.com](mailto:e.owen@stockportcounty.com)

### **STOCKPORT COUNTY COMMUNITY TRUST CHRISTMAS MEAL.**

Members of our Parkinson's group joined other local community groups at Edgeley Park and enjoyed a sumptuous roast turkey dinner.

We were entertained in the 1883 suite by Russell Shaun who covered some classic festive hits and a choir from St George's Primary School who treated us to a medley of Christmas carols.

A quartet of Stockport County players handed out gifts and posed for photographs.

Many thanks to the Club President Steve Bellis for hosting the event and all involved with the Community Trust.

### **PARKINSON'S UK NEWLY DIAGNOSED ONLINE EVENTS FOR 2025**

Bookings for 2025 Newly Diagnosed Welcome Sessions and [First Steps programme](#) are now being taken.

Please visit their [Newly Diagnosed online events page for dates and booking links](#)

### **'WHAT TO KNOW THIS WINTER' BOOKLET NOW AVAILABLE**

The Healthwatch Stockport team have pulled together a useful booklet sharing tip, tricks, advice and important information to help you and your loved ones through the Winter months.

This handy booklet is available digitally to download and share, or in a printed version. Many hard copies have also already been distributed to libraries, pharmacies, and local community venues and businesses across Stockport, with more to be delivered in various locations. So feel free to pick one up! To ask for a copy, contact their team:

Telephone: - 0161 974 0753

[info@healthwatchstockport.co.uk](mailto:info@healthwatchstockport.co.uk)

[View our Winter booklet](#)

[MAKE A LASTING POWER OF ATTORNEY](#) (from the Government website)

A lasting power of attorney (LPA) is a legal document that lets you (the 'donor') appoint one or more people (known as 'attorneys') to help you make decisions or to make decisions on your behalf.

This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you 'lack mental capacity').

You must be 18 or over and have mental capacity (the ability to make your own decisions) when you make your LPA.

**There are 2 types of LPA:**

- health and welfare
- property and financial affairs

You can choose to make one type or both.

For more information on this important decision that you might wish to make please follow the link: - <https://www.gov.uk/power-of-attorney>

[MESSAGES FROM OUR MEMBERS.](#)

I have been asked to pass on these messages from members who we have not seen for a good while.

George has made a good recovery following his accident and he and Pamela hope to join us soon.

Due to deteriorating health Mabel has moved into Cheadle Manor Nursing Home, Room 222, 177 Stockport Road, Cheadle, SK8 2DP. She is settling in well but would welcome visitors. She sends her love and best wishes to all members of the group.

**[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.

**[POSTAGE STAMPS.](#)** Don't forget to collect your stamps. 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.

**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/>

**PLEASE NOTE:** - All pictures and articles in the Newsletter are printed with kind permission of those portrayed or linked.

**You're receiving this email because you have subscribed to the newsletter. If you do not wish to receive further communication like this, please contact Steve Scott at email: [stephen.scott687@yahoo.co.uk](mailto:stephen.scott687@yahoo.co.uk)**

**AND FINALLY** On behalf of the committee of the Parkinson's Stockport Branch I would like to wish you all a Happy New Year.

