

WELCOME TO THE MARCH 2025 NEWSLETTER OF THE STOCKPORT BRANCH.

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 father diagnosed, and what determination we saw.
Behind his glasses, where he brought light and humour to those in care.
A mother who nursed, and the burdens she bore behind her twinkling eyes.
[Ben, Kent](#)

Keeping physically active is essential
Whilst not neglecting matters mental.
Exercising the body and mind
Helps my general health I find.
[Geoff, Cumbria](#)

CAN YOU NAME THE BOOK FROM JUST THE FIRST LINE

I missed not having a challenge in the newsletter, so I have come up with another idea. Can you name the book from just the opening lines only. I have set an easy one to start. No prizes just pride in getting it right. Answer in the April Newsletter. You can email me with your answer if you like and it will also give me an idea of interest.

1. It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a good woman.

EVENTS PROGRAMME FOR MARCH AND APRIL.

March 5th Singing with Helen.
March 12th Meal at The Legh Arms, Adlington (see below for details)
March 19th Seated exercise.
March 26th Seated exercise.
April 2nd Singing with Helen.
April 16th Seated exercise.
April 23rd Seated exercise.
April 30th Seated exercise.

MEAL AT THE LEGH ARMS 12TH MARCH 2025

You only have a few days left to get your booking in if you are planning to go to the carvery lunch at The Legh Arms, London Road, Adlington, SK10 4NA.

The carvery lunch is 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.**

NEW PARKINSON'S UK LOGO AND STRAPLINE

Some of you may have noticed the new logo and strapline at the top of this newsletter. This is because Parkinson's UK have recently rebranded themselves.

The new logo incorporates a tulip symbol which represents a tulip variety developed by the Dutch horticulturist J.W.S. Van der Wereld. He named the variety after Dr James Parkinson who had presented an essay on the Shaking Palsy in 1817

The new strapline, 'For every Parkinson's journey', tells everyone that we are here for them, no matter who they are or where they are in their Parkinson's journey. Together with that community, we're a united movement of people living with Parkinson's across the UK. We share one mission: to make life with Parkinson's better, today."

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 weekly.

We are still at our 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.

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

NEW PARKINSON'S BOXING SESSIONS

I made it to the first of the non-contact boxing sessions and can truly say I thoroughly enjoyed it.

As you are probably aware regular exercise is recognised as important in reducing the symptoms and slowing the progress of Parkinson's disease and it's fair to say we were put through our paces.

Day: Mondays

Time 3.15pm – 4pm

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

RESEARCH OPPORTUNITY

We have been contacted by Charlotte Growcott a PhD student at The University of Manchester. She has created a resource on Motor Imagery which she would like help in evaluating with a short online questionnaire.

Motor Imagery (if you haven't come across it before) is imagining movement without physically moving your body. It is the hope that this resource will help to fill the gap for a standardised clear way to explain Motor Imagery and can be used by: 1) people with Parkinson's, 2) clinicians/health professionals involved in the management/treatment of Parkinson's, 3) researchers interested in motor imagery and 4) people who run exercise classes for those with Parkinson's. she is looking for people from the above 4 groups to complete the short questionnaire so that she can evaluate and improve the resource before releasing it.

If you would be interested, the online questionnaire takes around 20-30 minutes. Here is the link: https://www.qualtrics.manchester.ac.uk/jfe/form/SV_5sSiGu2EMptyMZw

For more information you can contact Charlotte by telephone: 0161 200 8715 or email: charlottegrowcott@manchester.ac.uk.

Please note this is not a Parkinson's UK research project.

PARKINSON'S EDUCATIONAL RESOURCES

Mia Boelin a physical therapist who has specialized in treating people with Parkinson's and similar movement disorders for 29 years has now retired but wants to continue to help those individuals who have inspired her. This has led her to organize and produce educational videos for the PD community. Her hope is that people will share this information to make life a little better. Many videos are applicable to both the person with PD as well as their care partner.

You can find these videos on her website (<https://www.parkinsonspt.com>)_or her YouTube channel <https://www.youtube.com/@parkinsonsPT>

I have a had a look at both sites and I am impressed with the amount of information available. I would recommend you have a look yourself, but I must point out that this is not a Parkinson's UK resource.

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

Local Advisors 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

POSTAGE STAMPS AND OTHER RECYCLABLES

Thank you for bringing in used postage stamps. Parkinson's UK also collects old bank notes, including foreign, which are no longer in circulation. Have you got old or broken jewellery knocking around that's destined for the bin? It could be worth more than you think. Recycling for Good Causes recycle all kinds of jewellery, from gold and silver to costume jewellery and watches. They are even able to recycle broken and damaged items, so hold onto those odd earrings and snapped chains. <https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk>

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.

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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