

October 2026

Achievements, events, initiatives, research projects, progress

Michael J. Fox was honoured with The Bob Hope Humanitarian Award at the Emmys 2026 ceremony on 15 September. He said 'I understood that accepting Parkinson's didn't mean I had to surrender to it. It meant I had to do everything I could for everyone living with this condition. I set out to advocate for Parkinson's and raise money. I found brilliant people to lead the effort for me and vowed to fund the best science in the world. I'm proud of the progress we've made to benefit Parkinson's patients and families. We move closer to eradicating Parkinson's forever.'

Over £8m has been raised for Parkinson's Nurses

Two months remain to reach the £9 million target from donations which will enable Parkinson's UK to train and fund more Parkinson's nurses, who provide essential support. Around £1,000,000 has come from walks for Parkinson's around the country in 2025-26. This year, a London walk took place in Battersea on a sunny day in September. Congratulations to **Kevin Hopgood**, one of our members, who took part with his wife.

In July, **Karl McKillop**, another member, walked the 187 mile 'Roof of England', raising £5,414- what an achievement! You can still donate to them via their **Just Giving** pages.

The Parkinson's Walking Football programme at Bromley FC was a winner at the Kent Mental Wellbeing Awards 2026.

Walking Football was set up thanks to a collaboration between the EFL, Parkinson's UK and the FA. It is a free activity which creates a space where people can stay active, meet others and enjoy the game. Congratulations!

Quiz Night at The Bull's Head, Chislehurst

We held a very enjoyable and successful quiz night on 8 October, where a fantastic £1,200 was raised. We are most grateful to all who took part, to the **staff at The Bull**, who gave us free use of the lovely function room, were most helpful on the night and donated a raffle prize, as did **High-Steaks (Butcher)**, **Cook Petts Wood** and **The Salon Park Langley**. Thank you all. Special thanks and gratitude go to Mick and Denise Brown, who devised and ran the quiz brilliantly.

September and October Branch Meetings, Two films about Parkinson's, Parky Marky's Comedy Compilation

At the September branch meeting, Natalie Murphy from Home Instead Bromley, and **Samantha Rashid**, Scientific Research Volunteer Parkinson's UK, met members to outline the support they can offer to people living with Parkinson's and their families.

In October, we showed extracts of 'Progress through Research', an event hosted by Parkinson's UK in London where scientists and specialists highlighted the latest major developments and funding initiatives aimed at mitigating, slowing and curing the condition. From discovering the causes of Parkinson's to fast-tracking clinical trials, Parkinson's UK funding supports every stage of the research journey. View video via link: <https://m.youtube.com/watch?v=zKE8wXiFwxg&pp=0gcJCbgCo7>



Where the Sweet Birds Sang- documentary film

In 2021, award winning documentary film maker Sarah Teale's husband was diagnosed with Parkinson's. Sarah uncovered a striking pattern: in a single valley near their farm in upstate New York, 14 neighbours also had Parkinson's. She discovered that pesticides like Paraquat, commonly used in gardening and farming, which seep into the air, soil and water, are proven to play a significant role in triggering Parkinson's. The film details the ongoing impact and campaigns to ban its use in the USA. The use of Paraquat was banned in Britain in 2007, but is still produced in Huddersfield for export. Watch via link: <https://sweetbirdsdoc.com>

Onwards and Sideways- screenwriter Paul Mayhew-Archer

Tony, a teacher and Emma, a musician meet at a hospital after both are diagnosed with Parkinson's. An unexpected friendship unfolds, triumphing over the odds to find joy, release and love. **The film will be opening on 6 November at local Odeon cinemas and will be available on streaming platforms.**

'Parky Marky' has created a collection of comedy scripts inspired by his experiences of living with Parkinson's. He says 'Finding a little laughter can help to lighten the load and remind us that there are moments of joy, even on the hardest days.' Download via link: https://drive.google.com/file/d/1et_EWJslWISuNfZcTQKt6Wzz4dKg0dG/view?pli=1

New Online Vocal Workout Class, The Parky Voice Campaign, Parkinson's UK Brain Bank, New Parkinson's Drug approved in USA

At the July branch meeting, **Speech and Language specialist Katie Harp** talked about the importance of targeted vocal exercises for people with Parkinson's.

Those of you who attended expressed interest in finding out more. We followed this up and **Katie has agreed to offer a monthly online session for Bromley Branch members** on the first Thursday of each month at 4pm, starting on 5 November 2026. Each 45-minute class will cost £7.

The sessions will be ideal for those of you motivated to using specific strengthening exercises to maintain and optimise vocal quality and swallowing. **If you would like to attend or find out more, please contact us by phone or email. You will need to have the online link to join the class.**



The Movers & Shakers have launched a campaign to address the voice challenges faced by people with Parkinson's and the shortage of specialist therapists. Host Mark Mardell spoke to Speech and Language Therapy experts about how to adopt healthy habits and stick with them. Watch via the link: <https://www.youtube.com/watch?v=AleCV>

The Parkinson's UK Brain Bank, based at Imperial College London, is the world's only brain bank dedicated to vital Parkinson's research. It is open to donors with or without Parkinson's. To find out more, visit: <https://www.parkinsons.org.uk/research/discover/brain-bank>

Tavapadon, a new once-daily medication to ease Parkinson's movement symptoms and improve time "on," has recently been approved in the USA. Tavapadon offers another option for treating Parkinson's motor symptoms to those who suffer adverse side effects from currently available drugs. Before it can become available in the UK, it will need to go through the UK's medicines approval process. Find out more via link: <https://www.michaeljfox.org/.../fda-approves-tavapadon...>

Your Bromley Guide to Independent Living & Care Services '26/27 is now available: <https://www.carechoices.co.uk/publication>

Diary dates & contact details

Dates for your Diary

5 November: New Vocal Workout Class (online)

14 November: Branch Meeting, First Aid talk

17 November: Carers' Relaxation Session (Community House)

12 December: Annual Christmas Lunch (Bromley Court Hotel)

HOW TO CONTACT BROMLEY BRANCH

Email:

bromleyparkinsonsbranch@gmail.com

Branch mobile phone: **07553 082148**. Please leave a message if we are unable to take your call, giving us your name, phone number and a brief indication of your reason for contact, so that the most appropriate person can get back to you.

PAYMENTS TO BRANCH BANK ACCOUNT

All payments should be made (preferably online) to Barclays Bank:

Sort Code: 20-00-00

Account Number: 43261441

Account Name: Parkinsons Disease Society of the United Kingdom

Ref: your name + initials of activity/ reason for payment

For medical and practical advice related to Parkinson's, please contact the Parkinson's UK helpline on 0808 800 0303.

Invite your MP to the House of Commons-Blue Badge update

Parkinson's UK is holding an event in Parliament on 28 October 2026 for MPs to hear about the inequity across England in accessing Blue Badges and to understand the importance of blue badges, and the injustice of the current system.

<https://campaign.parkinsons.org.uk/page/191450/action/1>

News from Parkinson's UK

Parkinson's UK has launched a Carer's WhatsApp Community. Anyone who supports someone with Parkinson's can receive information and updates, and chat to other carers. If you would like to join, use link: **<https://forms.gle/YHQN5hb4ATig9S298>**

New Online Taster Session: Parkinsolo Do you live alone with Parkinson's?

Parkinson's UK is trialing a new online group.

Date: Wednesday 25 November 2026

Time: 7:00 PM – 8:30 PM (via Google Meet)

Topic: Occupational Therapist Sheri will explain how to make your home more accessible. You can also share stories, tips and chat.

If you would like more information, email: **localnetworks@parkinsons.org.uk**

Parkinson's UK, 50 Broadway, London SW1H 0DB

**Free confidential helpline
0808 800 0303**

Monday to Friday 9am–7pm,
Saturday 10am–2pm
(interpreting available)

NGT Relay **18001 0808 800 0303**
(for textphone users only)

**hello@parkinsons.org.uk
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