

Newbury & District Branch Meetings

The Branch offers friendship, support and information.

Monthly Daytime Meeting

A chance to meet up for a coffee and a chat.

Where: The Bowlers Arms, Newbury

When: The second **Thursday** of the month at 11.00am

Contact: Email

secretary@newburyparkinsons.org.uk

Monthly Evening Meeting

A relaxed gathering with brief updates and occasional talk or entertainment.

Where: The Bowlers Arms, Newbury

When: The fourth **Wednesday** of the month at 7pm.

Contact: Email efutcher@gmail.com

Please join any or all of these events.

Other activities and physical therapy sessions

Details of all activities are advertised on the branch website (www.newburyparkinsons.org.uk) and in the quarterly newsletter. Our Facebook page also has a private support group.

Newbury & District Branch Contacts

These are the officers of the Branch,
and other key people who can help

Branch Tel No: 07413 605937
www.newburyparkinsons.org.uk

Chairman: Bruce Blaine
chairman@newburyparkinsons.org.uk

Secretary: Sue Fitcher
secretary@newburyparkinsons.org.uk

Treasurer: Christopher Ball
treasurer@newburyparkinsons.org.uk

Membership Secretary: Eric Rein
eric@rein.me.uk

**Parkinson's UK free confidential
Helpline: 0808 800 0303
(09:00-19:00 on-weekdays;
Sat 10:00-14:00)
www.parkinsons.org.uk
Parkinson's Disease Nurse Specialist
07827 897294
Parkinson's Local Adviser
Tina Kislingbury**

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London, SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554).

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What is Parkinson's

About one person in 500 has Parkinson's. That's about 120,000 people in the UK.

Although often perceived as an older person's condition (most people diagnosed with Parkinson's are aged 50 or over), younger people can get it too and many are affected during their working life.

Of the 10,000 people diagnosed in the UK each year, one in 20 is aged under 40.

People with Parkinson's don't have enough of the chemical dopamine because some nerve cells in their brain have died. Without it, people can find their movements become slower so it takes longer to do things. A lack of co-ordination can also be a problem.

Parkinson's can cause some people's hands and bodies to shake. This can make everyday activities such as eating, getting dressed, or using a phone or computer, difficult or frustrating.

Nevertheless, although at times life can be difficult, many people with Parkinson's continue to lead active, fulfilled lives.

Parkinson's UK

Because we're here, no one has to face Parkinson's alone.

We're Parkinson's UK – the UK's biggest Parkinson's support and research charity for people who have Parkinson's

We provide information and support through our UK-wide team of Parkinson's Advisors, our website, free confidential helpline, publications and other resources.

We bring people with Parkinson's, their carers and families, together via our network of local groups - the Newbury and District Branch is active in your area.

Visit us online at parkinsons.org.uk
Email hello@parkinsons.org.uk
Call our free, confidential helpline:
0808 800 0303

Please make sure that you and your family become members of Parkinson's UK.

To join contact Eric Rein
Phone: 01635 600330
Email: eric@rein.me.uk

Newbury & District Branch Activities

The Branch provides these opportunities for physical therapy.

West Berkshire Therapy Centre.

Check their website for opening times www.westberkshiretherapycentre.org.uk
Appointments to be made by individuals directly with the Centre on 01635 864561.
Located at Frank Hutchins Hall, Thatcham.

Chair Exercises

Tuesdays, 2-3pm; Thursdays, 2-3pm
Email: Sarahpapworth@btinternet.com

Chair Yoga

Mondays, 5-6pm; Wednesdays 1-2pm
Email: isobelcollyer@hotmail.co.uk

Tai Chi

Wednesdays, 3-4pm
Email: taichiwithkate@gmail.com

Speech Therapy

First Monday of month at 10am for new starters. Email: celia@vox-humana.net

Singing 4 Parkinson's

Alternate Fridays, 11.30 – 12.30pm

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