

We offer exercise and social events

Weekly and Monthly therapies include:

Social

Coffee mornings
Evening meetings with speakers ·
Lunches

Therapies

Sessions using machines at West Berkshire Therapy Centre
Yoga
Balance and Flexibility exercises
Singing
Dancing for Parkinsons
Speech exercises
Voice therapy
Nordic Walking
Table Tennis

For more information:

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

We're Parkinson's UK,
the charity that's
here to support every
Parkinson's journey.
Every step of the way.

Explore our other events
parkinsons.org.uk/events

For general information and support:
Free confidential helpline **0808 800 0303**
hello@parkinsons.org.uk
parkinsons.org.uk

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



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK 01/25 (10034)



Newbury and District Branch

Provide therapies that make a real difference to lives

Exercises and social contact help manage symptoms



Why we offer this support

Parkinson's is a degenerative neurological condition which affects the signals from the brain to the muscles.

It affects each person differently and there is no known cause or cure.

It has been shown, however, that exercise is very good at helping to maintain strength, flexibility and balance for everyday living. ·

Reduced speech volume and swallowing difficulties can also become a problem so singing and speech therapy are especially important.

People with Parkinson's can also feel isolated and therefore social activities are also part of helping them feel part of the community.

For more information : Branch Tel No:
07413 605937
www.newburyparkinsons.org.uk

What do we spend our funds on?

The branch organises all these activities utilising professional therapists and, where necessary, hire venues. These are our major expenses. Our members make a contribution (currently £3 per session of any therapy) but the majority of the costs are funded through our fundraising efforts.

These are the key people in the Branch who can help

Chair: Bruce Blaine
chairman@newburyparkinsons.org.uk

Secretary: Sue Fitcher
secretary@newburyparkinsons.org.uk

Treasurer: Rosie Bass
rosie3006@hotmail.com

Membership Secretary: Michelle Llewellyn
membership@newburyparkinsons.org.uk

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