

Parkinson's UK - Swindon & District Branch

Committee Vacancies

As our Branch membership grows so does the work load for your Branch committee volunteers. Some of the long term committee members have obviously slowed down as their Parkinson's progresses, so we are now looking for some new committee members to share the load and improve the effectiveness of the committee.

The Branch aim is to support all those affected by Parkinson's in our area. There are three key areas the committee aspires to provide to help those affected, which includes carers and family. These are to help stay:

1. Socially active
2. Mentally active
3. Physically active

Socially Active. This we try to achieve through our monthly coffee mornings; carer's group chats during Wednesday's exercise classes; tea, coffee & a chat built into walking football and Dance class sessions; pub lunches; the Christmas lunch; chatting to people at our organised events; to give carers 'Me Time' we provide a free respite service.

Mentally Active. Organised quiz nights, table quizzes at our pub lunches, quizzes for those in respite, talks of interest such as the recent one on the 'life of a bee'.

Physically Active. This is probably the most important one, due to the fact that exercise is currently the only thing that helps delays the progression of Parkinson's.

All this takes a lot of work, particularly organising events and finding venues. As they say 'many hands makelight work'. We need some more hands so we can take the pressure off existing members and also improve the service we provide.

Committee Requirements

So what is required and what do you need?

- To join the committee you need to become a registered Parkinson's UK volunteer so there is a little paper work to be completed.
- You need to be on line as most committee communication is by e-mail.
- Have some computer skills but not necessarily be an expert.
- Have some organisational skills.
- Be available for the monthly Tuesday evening committee meetings (7 – 9 pm).
- A genuine interest to help and support.

If you are interested in joining the committee, please reply by email to Dave Logan (Branch Chair) - davelogan_parkinsons.swindon.org .uk. If you want to have a chat about it, Dave's mobile is 07887 354641 and land line is 01793 486407.