



## Contact



Lynne Culling, Branch Secretary

T: 01793 702827

E: [lynneculling\\_parkinsons.swindon@outlook.com](mailto:lynneculling_parkinsons.swindon@outlook.com)

Dave Logan, Branch Chair

M: 07887 354641

E: [davelogan\\_parkinsons.swindon@outlook.com](mailto:davelogan_parkinsons.swindon@outlook.com)

Tony Falkingham, Vice Chair

T: 01793 827795

E: [tonyfalkingham\\_parkinsons.swindon@outlook.com](mailto:tonyfalkingham_parkinsons.swindon@outlook.com)

Ian Davey, Membership

M: 07976 413875

E: [iandavey\\_parkinsons.swindon@outlook.com](mailto:iandavey_parkinsons.swindon@outlook.com)

See more at:

[www.swindonparkinsons.org.uk](http://www.swindonparkinsons.org.uk)

Because of the activities and support from the Swindon and District Support Branch and the hard work of the committee, no one has to face Parkinson's alone in our local area.

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES. FIND A CURE. JOIN US.**

## Swindon and District Support Branch

We offer information, friendship and support to local people affected by Parkinson's including their Family, Friends and Carers.



We organise regular events and social activities.

Join us and meet other people affected by Parkinson's in the Swindon Area.

It is very important to stay physically, mentally and socially active if you have Parkinson's.

**Charity Number: 258197**  
**Edition 9/11 November**  
**20172016**

## We run exercise classes for people with Parkinson's



Exercise Classes For People With Parkinson's			
Class	Venue	Day of Week	Times
Walking Football	Play Football Unit 19 Bramble Road Techno Trading Estate Swindon SN2 8HB	Monday	12.00 – 1.30pm Followed by free Tea/Coffee
Balance & Exercise Class (B&E)	Grange Leisure Centre	Wednesday	2 – 3pm & 3 – 4pm with Steve Rouse
	<i>You need to be independently mobile including with use of a walking aid for B&amp;E. There are facilities for carers &amp; family to meet &amp; share problems and concerns while the classes take place. These self-support groups have proved very popular and beneficial.</i>		
Special Seated Exercise Class (From 19 May 2015)	Grange Leisure Centre Grange Drive Swindon	Tuesday	2 – 3pm with Jean Harvest
	<i>For people unable to stand or who with help can possibly move onto the other classes.</i>		
Special Tai Chi	Grange Leisure Centre Grange Drive Swindon	Tuesday	3.15 – 4.15pm with Jean Harvest
	MSCentre, Bradbury House Westmead Drive, Swindon SN5 7ER (or SN5 7YS if you are using a Sat Nav)	Thursday	2 – 3pm with Andy Wright
<i>Tai Chi can be done seated, standing or a mixture of both as needed.</i>			
Dance for Parkinsons		<b>Friday</b>	1.30– 2.30pm with Sarah Fletcher Followed by refreshments & chat till 3pm

If you want more information on these classes you can contact:

**Chris Hooker (Treasurer) on**

T: 01793 763769

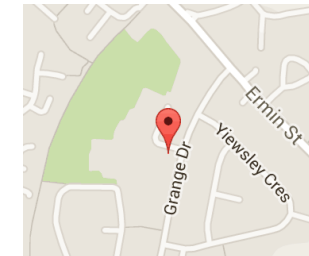
E: Christopher.hooker2@btinternet.com

**Dave Logan (Chair) on**

T: 01793 486407

## Meeting Venue

**Grange Leisure Centre, Grange Drive  
Stratton St Margaret  
Swindon SN3 4JY**



Monthly meetings often take place on Friday evenings at 7.00pm. These have included talks by the Lead Parkinson Nurse Rachel Gardner; representatives from the Alzheimer's & Dementia Society and from the Swindon Carers, as well as other topics of interest such as Swindon History.

-----00000-----

Activities have included a canal barge trip, steam train trip, quiz nights, skittles and pub lunches.

**Members are notified in advance by post or e-mail.**



Coffee mornings take place on the first Tuesday each month from 10am to 12pm in Justin Tomlinson's (MP) office at the Orbital Shopping Park, Haydon Wick.