

**Swindon & District Branch**

**Exercise Programmes For People With Parkinson's wef: 1 July 2018**

Exercise	Venue	Day	Times
<b>Walking Football</b> Sponsored by Attorney Wills	Play Football Unit 29 Bramble Rd, Techno Trading Estate, Swindon, SN2 8HB	Monday	12.00 – 1.30pm Followed by free tea or coffee
<b>Special Seated Exercise Class</b>	Grange Leisure Centre  <i>For people unable to stand or who with help can possibly move onto the other classes.</i>	Tuesday	2 – 3pm with Jean Harvest
<b>Special Tai Chi</b>	Grange Leisure Centre  <i>Tai Chi can be done seated, standing or a mixture of both.</i>	Tuesday	3.15 – 4.15pm with Jean Harvest
<b>Balance &amp; Exercise Class (B&amp;E)</b>	Grange Leisure Centre  <i>You need to be independently mobile including with use of a walking aid. 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>	Wednesday	<b>Two Classes</b> 2 – 3pm & 3 – 4pm with Steve Rouse
<b>Special Tai Chi</b>	Swindon Therapy Centre for Multiple Sclerosis Bradbury House Westmead Drive, Swindon SN5 7ER  <i>Tai Chi can be done seated, standing or a mixture of both.</i>	Thursday	2 – 3pm with Andy Wright
<b>Dance for Parkinson's (During School Terms)</b>	Swindon Therapy Centre for Multiple Sclerosis Bradbury House Westmead Drive, Swindon SN5 7ER  <i>The aims of the class are to address the issues often associated with Parkinson's such as posture, gait by participants striding out the length of their walking space and balance.</i>	Friday	1.30 – 2.30pm (Followed by tea/coffee & a chat till 3pm) with Sarah Fletcher from Swindon Dance
<p><b>If you want more information on these classes you can contact:</b>  <b>Chris Hooker (on T: 01793 763769 E: Christopher.hooker2@btinternet.com</b>  <b>Dave Logan (Chair) on T: 01793 486407 M: 07887 354641</b>  <b>E: davelogan_parkinson's.swindon@outlook.com</b>  <b>Web: www.swindonparkinsons.org.uk</b></p>			