

Swindon & District Branch

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

Exercise	Venue	Day	Times
Walking Football 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
Special Seated Exercise Class	Grange Leisure Centre	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	Tuesday	3.15 – 4.15pm with Jean Harvest
<i>Tai Chi can be done seated, standing or a mixture of both.</i>			
Balance & Exercise Class (B&E)	Grange Leisure Centre	Wednesday	<u>Two Classes</u> 2 – 3pm & 3 – 4pm with Steve Rouse
<i>You need to be independently mobile including with use of a walking aid. There are facilities for carers & family to meet & share problems and concerns while the classes take place. These self support groups have proved very popular and beneficial.</i>			
Special Tai Chi	Swindon Therapy Centre for Multiple Sclerosis Bradbury House Westmead Drive Swindon SN5 7ER	Thursday	2 – 3pm with Andy Wright
<i>Tai Chi can be done seated, standing or a mixture of both.</i>			
Dance for Parkinson's (During School Terms)	Swindon Therapy Centre for Multiple Sclerosis Bradbury House Westmead Drive, Swindon SN5 7ER	Friday	1.30 – 2.30pm (Followed by tea/coffee & a chat till 3pm) with Sarah Fletcher from Swindon Dance
<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>			
<p>If you want more information on these classes you can contact: Dave Logan (Chair) on T: 01793 486407 M: 07887 354641 E: davelogan_parkinson's.swindon@outlook.com Visit our Website at www.swindonparkinsons.org.uk</p>			