

Swindon & District Branch



Exercise Programmes for People With Parkinson's - Effective 6 Jan 2020

	Venue	Day	Times
Walking Football	Supermarine Sports Club Supermarine Road South Marston, Swindon SN3 4BZ	Monday	11.00 – 12.30pm
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 and created by our Parkinson' physiotherapists.</i>			
Special Tai Chi Class	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	Two Classes 2 – 3pm & 3 – 4pm with Linda Barrett
<i>Created by our Parkinson's physiotherapists. 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 Class	Swindon Therapy Centre for MS & Other Neurological Conditions, 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 MS & Other Neurological Conditions; 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>			

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

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