



The Swindon Parkin Lot

January/February 2026 Newsletter 1

Editor: Kerry Hartman Email: splnews2024@gmail.com

Dear Friends

Happy New Year to you all and welcome to the first newsletter of 2026.

We ended 2025 with a lovely celebration Christmas Lunch at The Village Hotel at Shaw Ridge and another epic Tombola fundraiser at the STEAM Christmas Fayre (reports pages 7 & 8). Looking back over the months it is fabulous to see how inclusive and active we are as a group. The growing popularity of the Parkinson's cafes is testament to how essential such regular activities are in offering support and friendship along with a cuppa and cake. The sports and activities are always open to welcome new members and the Parky's Singers invite you to add your voices to the lovely friendly group.

See page 5 for an important update on membership fees.

We all know physical exercise is very important for everyone and a definite direct in managing Parkinson's, but what about 'mental' exercise? See pages for my take on some of the brain training App's available to keep 'body and mind' healthy.

If anyone would be interested in joining the SPAG volunteers, please contact any of us and join the friendly team to keep each other and the wider Parkinson's community motivated and positive. Please, remember you are never alone with Parkinson's.

If you have something to share, then please email me at splnews2024@gmail.com.

Deadline for inclusion in the next newsletter (March/April 2026) is Monday 23rd February. As this is bi-monthly please check website for updates in between publications.

Kerry Hartman Editor

Have you Moved, changed your phone or email details?



Please let our membership Secretary know so your records can be updated and you don't miss out on any news and announcements. Contact Gail Fallon Email: Gfallon.Parkinsons.Swindon@gmail.com Mobile: 07971 180 583

Parkinson's UK - Swindon & District Activity Group. Contact: hspawls@parkinsons.org.uk. It is a local Group of Parkinson's UK (PUK), and responsible for raising all funds to support those affected by Parkinson's in the Swindon and District area. The Group carries the same charity number as PUK which is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (258197) and in Scotland (SC037554)

January 2026	Event	Page
Mon 5 th 12 th 19 th 26 th	Walking Football - Supermarine, 10.45am	3,12
Mon 5 th 19 th	Singing for Fun - Des Moffat centre, 2pm	3,4
Tue 6 th	Parkies Pals Shrivenham Park Golf Club 10am–12noon	3,10
Tue 6 th 13 th 20 th 27 th	Seated Exercise classes The Grange LC	3
Wed 7 th 14 th 21 st 28 th	Balance & Exercise classes The Grange	3
Wed 21 st	The Cricklade Cafe Cricklade House Hotel & Spa 10.30am–12noon	3,10
Wed 28 th	Coffee and Cake Social Gorse Hill 10am–12noon	3,10
Thu 15 th	Together with Parkinson's Gorse Hill 10.45am–12.30pm	6,8,10
Thu 8 th 15 th 22 nd 29 th	Tai Chi Neuro Wellbeing Centre, Westmead 2pm & 3.15pm	3,11
Thu 8 th 15 th 22 nd 29 th	Movement to Music 12.30pm-1.30pm	3,11
Fri 9 th 16 th 23 rd 30 th	Walking Tennis Gerard Buxton Sports Ground 1pm–2pm	3
February 2026		
Mon 2 nd 9 th 16 th 23 rd	Walking Football - Supermarine, 10.45am	3,12
Mon 2 nd 16 th	Singing for Fun - Des Moffat centre, 2pm	3,4
Tue 3 rd 10 th 17 th 24 th	Seated Exercise classes The Grange LC	3
Tue 3 rd	Parkies Pals Shrivenham Park Golf Club 10am–12noon	3,10
Wed 4 th 12 th 18 th 25 th	Balance & Exercise classes The Grange	3
Wed 18 th	The Cricklade Cafe Cricklade House Hotel & Spa 10.30am–12noon	3,10
Wed 25 th	Coffee and Cake Social Gorse Hill 10am–12noon	3,10
Thu 12 th	Together with Parkinson's Gorse Hill 10.45am–12.30pm	6,8,10
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Changes to Movement to Music classes

From January 2026 these will be on **Thursdays - 12.30-1.30pm** with refreshments afterwards rather than Fridays. Sadly, these changes have had to be made to facilitate resources and timetabling and we can only apologise if the new day means some of you may not be able to attend.

Regular Activities available free to members of Swindon Parkinson's Activity Group. Check website for details or email:
gfallon.parkinsons.swindon@gmail.com

Monday 10.45-12noon weekly Swindome Stadium Supermarine SN3 4BZ	Walking Football	Neil Scott Fallon 07504 851 672 Taff.hammer@yahoo.co.uk Graham Vaughan graham.vaughan1@gmail.com <u>07764 219 916</u>
Mondays 2pm 1 st & 3 rd monthly Des Moffat Western Community Centre Somerset Rd SN2 1NF	Singing For Fun	Kathy Hobson 07923 473 261 Hobsonkathy3@gmail.com
Tuesdays 2pm weekly The Grange Leisure and Community Centre, Grange Drive SN3 4JY	Seated Exercise Classes	Linda Barrett 07876 068 500 Lindaj19@hotmail.co.uk
Wednesday weekly 1pm–1.45pm, 2pm–2.45pm, 3pm–3.45pm The Grange	Balance & Exercise Classes	Linda Barrett 07876 068 500 Lindaj19@hotmail.co.uk
Thursdays weekly 2pm & 3.15pm Neuro Wellbeing Centre, Westmead Westmead Drive SN5 7ER	Tai Chi	Neil Scott Fallon 07504 851 672 Taff.hammer@yahoo.co.uk Graham Vaughan graham.vaughan1@gmail.com <u>07764 219 916</u>
Fridays 1pm weekly Neuro Wellbeing Centre Term time only	Movement to Music	Linda Barrett 07876 068 500 Lindaj19@hotmail.co.uk
Fridays 1pm-2pm Gerard Buxton Sports Ground Term time only	Walking Tennis	Dawn Mulrain Dawn.jarvis2@btinternet.com 01666 860 845



Parkinson's Regular Social Cafes – all welcome – no booking required

Parkies Pals meet 1st Tuesday of the month 10am–12noon
 Shrivenham Park Golf Club, Pennyhooks Lane SN6 8EX
 £3 to cover coffee and cake. [Kerry Hartman](mailto:Kerry.Hartman) ParkiesPals@outlook.com 07875 416 236

The Cricklade Café meet 3rd Wednesday in the month 10.30am–12noon
 Cricklade House Hotel and Spa, Common Hill, Cricklade SN6 6HA
[Vincent Mobey](mailto:Vincent.Mobey) parkinsonscafecricklade@gmail.com

Parkinson's Coffee & Cake Social meet 4th Wednesday of the month 10am–12noon
 Gorse Hill Community Centre, Chapel Hill SN2 8DA
Sharonfulcher@apl.com 07958 165 423

Together with Parkinson's meet 2nd Thursday of the month 10.45am–12.30pm
 Gorse Hill Community Centre, Chapel Hill SN2 8DA
 Dee Vaughan dearymee66@gmail.com 07793 463 409



300+ Club Monthly Draw Winners

November 2025

1st £105.70 J&M Robinson
2nd £45.30 G Vaughan
Bonus £10 voucher: G Fisher

December 2025

1st £105.70 N Fallon
2nd £45.30 D Logan
Bonus £10 voucher: 94 C Hooker

Join the 300+ club and you could be a winner

You've got to be in it to win it

Help boost our fundraising, support the group and get a chance to win every month by joining our 300+ club draw. For a stake of **£1 per number per month** your name could appear in our winner's grid above. If anybody would like to join, or buy more numbers, to further support the group please email or text Jackie Cowley j.cowley27@btinternet.com and 07554 006 501 to receive the documents that are required to set you up as a new member.

Website & Facebook



For any further information and details check out our website: swindonparkinsons.org.uk

Or join our Facebook 'Swindon Parkinsons Activity Group'
It's a quick, easy way to share group photos and friendship

You will need to answer the questions that appear, then our admin team can approve you. This is done because we are a private group, which means we do not allow advertising.

If you have any problems, please send an email to dearymee66@gmail.com and we can send you an invite.

Come and Join the Parky's Singers



Join Parky's Singers: 'Why not come and join us for a couple of hours every first and third Monday of the month, 2pm, at the Des Moffatt Western Community Centre, Somerset Road, Swindon. We have a great time singing songs we all know for about an hour and then have tea and biscuits and of course a chat. We sing just for fun with no pressure to perform or even come to every session. Singing is one of the most therapeutic things to do and can help with your breathing and voice.'

If you want to just turn up, that's ok or you can contact me –

07923 473 261 or hobsonkathy3@gmail.com for more information.'

Kathy Hobbs

In memory of Peter Mercury

Denise Mercury wanted to send this message to you all after the recent passing of her husband Peter: "Sadly Peter passed away peacefully in GWH on 19th December. I would like to say a massive thank you to SPAG for your support and kindness over the past years. The whole community has been wonderful."

Editor comment: we send sincere condolences to you Denise and your family. Please know that the support of us all is always with you.



Membership Fees News

IMPORTANT MESSAGE – MEMBERSHIP FEE INCREASE

Dear Members

We hope this message finds you well and enjoying the activities, friendships, and support that our group brings.

Our aim has always been to provide a welcoming space with varied activities, refreshments, and resources that make a real difference to everyone who attends. To continue doing this sustainably, we need to make an adjustment to our membership fee which will be effective from January 1st, 2026.

From the start of the new year, the annual membership fee will be **£12.50**.

We want to be open about why:

- **Rising costs:** Venue hire, refreshments, and materials have all increased in price over the past years and we have not increased our fees.
- **Quality of activities:** We're committed to offering engaging sessions, professional tuition, guest speakers, and events that enrich our community.
- **Sustainability:** A modest increase ensures we can cover costs without cutting back on the things that make our group special.

We've kept the increase as low as possible, and every penny goes directly into supporting the group and its members. Importantly, this change helps us secure the future of the group so we can continue to grow and welcome new faces.

We truly value your support and understanding. Together, we've built something that's more than just a group – it's a community. This small change will help us keep it strong for the months and years ahead.

Thank you for being part of Swindon Parkinson's Activity Group.

Warm regards

Gail Fallon

Lead Volunteer and Membership Secretary

What's Next?



**Together with Parkinson's
At: Gorse Hill Community Centre, SN2 8DA**



Thursday 8th January 2026 10.45am–12.30pm

**Come along and paint with local artist Deepti Arora.
As a self-taught artist, Deepti creates unique stunning
artwork creations on multiple textiles in vibrant
colours.**



She will share with you her passion for nature and her Indian culture which has inspired her artworks.

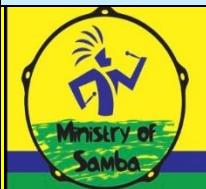
Check out her story and view some of her work on her website <https://simplyarora.art/>



Release your inner Van Gogh or practise your Picasso and come and have a go with Deepti.

All materials will be provided but we do ask for a donation of £3 per person to help cover these.

Thursday 12th February 2026 10.45am–12.30pm



Come along and experience the beating drums of The Ministry of Samba band.



They have been playing and performing in the heart of Swindon for nearly 10 years bringing vibrant, sunny sounds even on the wettest days with their infectious

Brazilian rhythm.

They will bring a sample of the drums and there will be an opportunity to try them yourselves. So 'Come on feel the noise' with beats that guarantee to bring a Samba summer smile to a dull Winter Day.

Any queries or ideas for speakers, presenters or activities
please contact Dee 07793 463 409

Past events reviewed

Christmas 2025 SPAG Lunch



On Sunday 30th November Christmas began with the SPAG Christmas Lunch at The Village Hotel at Shaw Ridge. A new venue for us and from all the feedback we have received to date it was certainly a good move. The room was well dressed up for Christmas and was a cosy cheerful atmosphere with generally good service and a good meal.



It was lovely to see over 100 members and friends there. The running order was expertly put together by the hostesses for the afternoon. That was Dawn Mulrain and me! Well, we didn't get boozed off stage and everyone appeared to be awake and listening so we take that as a positive.

Massive thanks to Kathy Hobson for singing as we entered the hall and for leading the fabulous Parky's Singers through some lovely festive songs to close the afternoon

and which really got us in the mood to celebrate. Thank you also to Geoff Walters for accompanying the singers on the keyboard and to our own Anastasia for playing the flute.



Overall, a very successful event and thank you to my fellow SPAG Vols team members for planning and running this event so well. Just need new comperes next year!!



Kerry Hartman Editor, Volunteer and part time speaker!



Panto season Oh yes, it is!! So why not visit to Wyvern Theatre Pantomime. Twenty SPAG members went to the opening night in December and were treated to a very traditional version of Sleeping Beauty (oh yes, they were!).

Jenny Ryan from "The Chase" played the wicked fairy with David Ashley as the Dame. Everyone had a good time and joined in the calling and shouting that all good

Panto's require! Dee Vaughan is an usher at the Wyvern and made all the arrangements

Thanks Dee.

Tombola at Steam Christmas Fayre 6th & 7th December



Another phenomenal success as Sharon Fulcher and her amazing team made an incredible **total profit of £1,282.65** beating last year's total. This is a huge fundraiser for the group and we say a huge thank you to everyone who donated and helped in any way towards this total.

Sharon never fails to succeed and this is largely due to her careful planning:

'...A huge thank you to all the volunteers who helped from 4pm Friday, loading and unloading, which was a nightmare in relentless, pouring rain! Saturday went well, money rolling in, I kept the helpers going with homemade snacks, biscuits and drinks.

The best winner was an autistic lad who won the large dog I'm holding in the photo. His mum wasn't quite as ecstatic as she knew he would want to take this hefty toy everywhere, but the look on this lad's face was brilliant and I'm sure his mum would make it work. It's those moments that make all this hard work worthwhile and I always have some prizes for small children who don't pull winning ticket.

Steam organisers informed me that with over 4,000 visitors this was the most footfall they had ever had. I was so pleased to see we had beaten last year's total what can we achieve in 2026?

Sharon Fulcher Volunteer and top fundraiser



Sharon will be looking for more tombola donations for 2026. Please could you put them to one side for now while Sharon rearranges her own storage spaces.

Christmas Craft Fair and Tabletop sale at RWB 19th December

Elaine Cook has recently joined the SPAG Volunteers team and ran a stall at this event in Royal Wootton Bassett which was supporting SPAG.

The cars are packed and off we go,
We hope today we'll have a good show,
The tables are set, the brew is on,
Let's sell our wares, let's get this done.

In Royal Wootton Bassett's memorial hall,
Tables bloom with treasures, handmade for all.
Colours and textures, each lovingly spun,
We gather with purpose, hearts working as one.

Elaine greets each visitor with a hello and a smile,
Lin weaves joy into every display all the while.
Gail is warm, willing and able,
Neil's steady presence guides all to the table.

Mike lifts and carries, making sure things run,
While Graham's kind spirit shines like the sun.
Together we sell our indoor plants,
We give purpose to everyone that takes part.



For Swindon Parkinson's Activity Group we stand,
Raising Funds with goods shaped by loving hands.
A fayre not just of fabric, plants and delights,
But of community's strength, and compassion's light.

A poem by Neil Fallon.

Parkinson's Café's at Christmas



Together With Parkinson's

1. Dog Detection - 13th November

“How do you train a dog to sniff out Parkinsons or Cancer?!”



In November we were treated to a presentation by John Horton and Sandra Burch from the Medical Detection Dogs charity along with their dog Calley, a retired Detection Dog who now lives with them.

We learnt about the process dogs go through to be selected and trained, using patches and reward systems to help dogs that indicate the presences of conditions such as Parkinsons. This aids early detection and therefore earlier treatment.

They showed some emotional clips of the work of assistance dogs who help their owners in many ways. One case they presented was a dog who could predict an oncoming episode of PoTS (Postural tachycardia syndrome) and alert the owner to act by making themselves safe before the attack. Without this warning the patient will pass out and fall suddenly often causing injury.

We were left in awe at the ability of these dogs to help in detection and alerting humans to improve our lives. For more information or to donate check the website :www.medicaldetectiondogs.org.uk

The story of the founding of the charity by Dr Claire Guest OBE also gave us a fascinating insight into her work. Her book “Daisy's Gift” is available on Amazon. If anyone read the book following the session we'd love to hear your thoughts.

2. Christmas Cheers – 11th December



Lovely to see so many come along for some good old Christmas cheers and proudly wearing your Christmas jumpers. We played 'Play your Cards Right',, we passed the Sprout, threw bean bags and had a musical intros contest. Anne Hinton won the 'sparkliest' Christmas jumper and a merry time was had by all! Thank you to everyone who helped, especially Leigh.



Any feedback or ideas for future sessions please contact us.
dearymee@gmail.com Graham.vaughan1@gmail.com

Dee & Graham Vaughan Volunteers and Social organisers

Parkies Pals



Another merry café at Shrivenham Park Golf Club with festive music, games and the infamous two way pass the parcel, mince pies, great jumpers and lots of chat and laughter. Thank you to everyone who has supported the Parkies Pals and to my incredible team of all year round 'elves': Shirley Dalton-Morris, Margaret Disney, Carole Lee and Tracey Wright who have been friends for many years and still put up with my Parkies ways.



Cricklade café celebrated Christmas with a fabulous performance from Vincent with his Ukulele and singing festive songs. Really uplifting and a lovely friendly atmosphere.



Gorse Hill Café started their celebrations in November as their café was not open on Christmas Day! Sharon sends this message: 'Thank you to all who have supported the café for a 2nd year. We made a grand profit of £1,884.17 this year. This money goes towards helping pay for the gym, dance and other instructors.'

In total for 2025 Sharon has raised £4,927.28 through her cafes, cake sales, Barn dances, tombolas, and other crazy ideas. Well done, Sharon, you are a true superstar and we look forward to more ideas to come.

Exercise and Sports reports

Movement to Music

Change of Day to Thursdays but plenty of reasons to come along and join in.

Ray and Oonaugh Clarke are regulars and this is what they have to say:

'These sessions are warm and welcoming and are specifically designed for those living with Parkinson's. You can expect a relaxed and fun atmosphere where we move through yoga postures and learn simple but creative dance sequences which allow freedom in our movement. Everything can be done seated or standing with different variations and options clearly given so something for everyone.'

'These classes will help enhance fluidity of movement, develop postural stability, flexibility and improve balance. As well as challenging the brain with routines and sequences to remember all supported with different genres of music. After the session we have refreshments and chat. Partners/family and Carers are welcome to join in the session or just pop in for refreshments.'

*Classes running termly from January 2026 will be on **THURSDAYS** 12.30pm–1.30pm (with refreshments 1.30pm–2pm.) At the Neuro Wellbeing Centre, Bradbury House, Westmead Drive, Swindon SN5 7ER.*

Sessions led by Abbie Biscoe and Sarah Fletcher from Swindon Dance and provided by SPAG so no charge to us, so come along and give it a go, you will not be disappointed.'

Ray Clarke

Tai Chi

Flowing Steps, Smiling Hearts.

<p>Another year has softly turned, In gentle classes, lessons learned. Though some days clouds may dim the light, We step inside — the world feels bright.</p>	<p>The laughter shared, the spirits high, The weight of days begins to fly. For in this space, we all can see, The gift of health through Tai Chi's key.</p>
<p>Slow arms rise, the breath runs deep, The body wakes from winter's sleep. Each movement calm, yet full of grace, A quiet joy lights every face</p>	<p>We leave with smiles, our worries gone, Our roots feel strong, our balance drawn. Another year – and still we find The peace of body, breath and mind</p>
<p>Numbers grow, the circles wide, New friends now moving side by side. And at the heart — with steady cheer, Darren guides us, warm and clear.</p>	<p><i>Poem by Neil Fallon</i></p>



Walking Football 2025.

'This past year at Walking Football has been both an emotional time and an exceptional time.

We have lost some great people recently, and they will be sadly missed but never forgotten. We have also lost players through illness, unable to join in our group activities. They, too, are a loss to our group. I am so grateful to have such a talented and dedicated team of volunteers around me, i.e., Sandip, Graham Vaughan and Shirley Tucker. Your hard work is truly appreciated.



Thank you all for your unwavering support and commitment.

To the amazing team players, your consistent effort and positive attitude have been instrumental in our years' success. You make coming to Walking Football an absolute pleasure. Your teamwork, enthusiasm and dedication has truly paid off.

Even when faced with setbacks, our team never gives up. To me, that is priceless.

We recently had our final game of the year, followed by our WF Christmas meal at The Saracens Head in Highworth. It was a wonderful experience where we were able to greet, meet, and, of course, eat.

Last but not least, I'd like to mention all of the partners and carers. Without their love and support, none of this would be possible. Thank you all, and let's get ready for 2026.'

Neil Fallon



All these activities along with Walking Tennis, seated and standing balance and exercise classes are provided free to members so come along and give them a go. See Page 3 for contact details.

Parkies and Partners previously 'Carers and Cared For' Café

Dawn Mulrain introduces changes to the Parkinson's café at Gerard Buxton Sports:

'Firstly, I would like to thank Vince & Maggie Mobey who previously ran this group, they have now had to step back so I will be taking over the organisation of the meetings. From 2026 the group will have a slightly different look. We will start by sharing a cup of tea and a biscuit and a chat before the Carers move to a separate room for a peer support session, during which we will sit in small groups to share experiences and knowledge. During this time those living with Parkinson's will take part in activities run by our volunteers and we are planning to secure some outside support to enable us to offer a wider range of activities for this group. We welcome suggestions from attendees on topics that would particularly interest you.'

Parkies and Partners - previously known as Carers and Cared for Cafe

Gerard Buxton Sports Ground, Brinkworth Road, Wiltshire, SN4 8DS

We meet quarterly 2-4pm. The dates for 2026 are:

Thursday 5th March

Thursday 4th June

Thursday 1st September

Thursday 3rd December

No booking is necessary, please just come along on the day and meet our friendly group.

For any information, please call Dawn Mulrain on 01666 860 845 / 07748 632 779

Dawn.jarvis2@btinternet.com

Dawn Mulrain Volunteer

Thank you to Quizmaster Dave Roblin and the Swindon Sports Quiz (formerly Monohans Quiz) for generously donating £620 to SPAG

CALL TO ACTION

Save Parkies Pals café - Shrivenham Park Golf Club



We are ever grateful to the Shrivenham Park Golf Club for letting us use their room for our regular cafes and I sincerely hope this relationship can continue...**BUT** if Bloor Homes have their way this site will be demolished and replaced by 200 homes!

The proposal is unsustainable, non-compliant with national and local planning policies, and harmful to the environment, heritage, and community facilities.

If you feel able to please can you support the protest against this planning application P25/V2394/O. Responses can be made at:

<https://data.whitehorsedc.gov.uk/java/support/Main.jsp?MODULE=ApplicationDetails&REF=P25/V2394/O> Deadline January 12th, 2026.

Please contact me directly at ParkiesPals@outlook.com if you wish to see my response letter. Planning permission has been previously refused, and there is absolutely no good reason this issue should be opened up again. Thank you. *Kerry Hartman as Founder of Parkies Pals*

Brain Training



We all know how important physical exercise is for us but what about the 'mental' exercise, flexing the old grey matter? I have always enjoyed jigsaws and usually complete a Puzzler on vacations and enjoy a range of Quiz Shows such as 'The 1% club', 'Beat The Chaser' and 'Who wants to be a Millionaire' but these are a quick fix and I needed something more suited to my actual skills! A friend introduced me to the **New York Times Games** (NYT), **Lumosity** and **Elevate** as 3 Apps of daily challenges and I am hooked. *Please note this account is my personal experience but is a true account of my findings and I hope it will show you other opportunities for 'exercising'.*

Feature	NYT Games	lumosity	ELEVATE
Focus Areas	Casual mental stimulation- logic, word play, crosswords	Memory, attention, flexibility, speed, problem-solving	Reading, writing, math, speaking, comprehension
Game Design	Daily puzzles like Wordle, Sudoku, Spelling Bee, Crossword.	40+ Neuroscience-based games with adaptive difficulty eg: matching patterns, coffee orders, trains, shape fitting.	40+ games, skill-based games with real-world applications eg: matching patterns proof reading, speed reading, maths
User Interface	Clean, news-oriented design.	Often abstract or arcade like, colourful, playful, and intuitive	Sleek, minimalistic, and professional
Daily expectation	N/A	5 games minimum.	5 games minimum
Progress Tracking	Primarily tracks streaks and personal bests for individual games (e.g., daily crossword streak).	Provides a Lumosity Performance Index (LPI) score to track strengths and weaknesses and compare with others your age.	Tracks progress with an "Elevate Proficiency Quotient" (EPQ) across specific skills; some users note the lack of leaderboards reduces pressure.
Scientific Backing	Focuses more on general engagement and fun.	Developed with neuroscientists; some peer-reviewed studies	Less emphasis on scientific validation
Accessibility	Suitable for wide age range.	Suitable for a wide age range; includes visual and auditory cues	Strong focus on literacy and numeracy skills
Cost	Free access on daily basis. Separate subscription for full suite access.	Free basic version; premium subscription available Currently £44.99 per year	Free basic version; 7-day free trial; premium subscription available. Currently £19.99 per year

I have tried to show a fair comparison of these 3 different platforms. I do all three every day, first thing while my meds kick and my husband has got hooked on to the Wordle and Spelling bee challenges. I have subscribed to them all so I can go back into them anytime and play extra games. Great on Holidays or waiting for appointments but if you only wish to use one, I suggest:

- Choose **Elevate** if your goal is to improve specific, real-world skills like professional communication, vocabulary, and practical math.
- Choose **Lumosity** if you prefer a wider variety of abstract, fun mini-games aimed at general cognitive domains like memory and attention.
- Opt for the **New York Times** games if you are looking for casual, daily mental stimulation through classic puzzles rather than a structured "brain training" programme.

Personally, I feel that all these apps provide accessible, engaging tools to support cognitive health which is certainly beneficial for anyone with or without Parkinson's. For me these complement my overall well-being and help me to manage my Parkinson's.

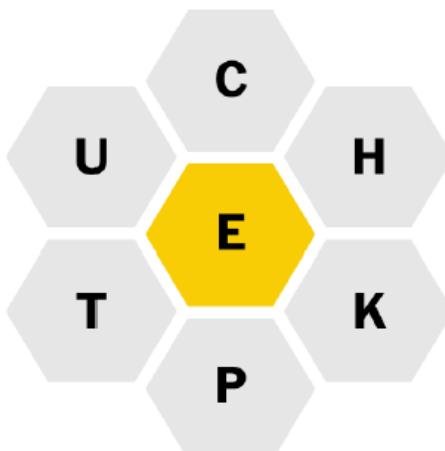
Give them a trial and let me know what you think or if you have any programmes you use and could recommend.

Kerry Hartman SPAG Volunteer Newsletter Editor

Taster example of Spelling Bee



How many words of 4 letters or more can you make with the seven letters below? The centre letter must appear in ALL:



THE BRAIN GAINS BULLETIN



KEEP YOUR MIND MOVING!

We all know exercise keeps the body fit – but your brain wants in on the action too!

SOCIALISING = SMARTER THINKING

Tea with friends, volunteering, or joining a class can boost memory and planning skills. Even a smile a day keeps the brain tog away!

SOCIAL MEDIA: SURPRISINGLY SHARP

Older adults who learned Facebook scored 25% better on memory tests. just don't get lost in cat videos.



HOBBIES THAT HELP

juggling, gardening, photography, chess – if it makes you happy, it's helping your brain.'

BRAIN TRAINING APPS? MAYBE.

Bilingual brains may make better decisions. Croissants in perfect French? Bonus.



CRAFTS & DANCING = BRAIN BOOSTERS

Stress is brain kryptonite. Dancing, digging, and DIY help keep cortisol down and brainpower up.

BRAIN TRAINING APPS? MAYBE.

Fun? Yes.
Life-changing?
Not quite.
Enjoy them – but don't expect miracles.



BOTTOM LINE:

No magic pill – just hobbies, socialising, and learning.
Keep your brain busy and your spirits high!

Parkinson's UK - Swindon & District Activity Group. Contact: hspawls@parkinsons.org.uk. It is a local Group of Parkinson's UK (PUK), and responsible for raising all funds to support those affected by Parkinson's in the Swindon and District area. The Group carries the same charity number as PUK which is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (258197) and in Scotland (SC037554)