Parkinson's UK
Swindon Parkinson's Activity Group

The Queen's Award for Voluntary Service

proudly supporting those effected by Parkinson's in the Swindon Area since 1978.
Formerly Swindon Parkinson's Branch
honoured with the Queen's Award for Voluntary Service in 2018



The Swindon Parkin Lot

November/December 2026 Newsletter 6

Editor: Kerry Hartman Email: splnews2024@gmail.com

Dear Festive Friends

I really can't believe we are coming to the end of another year and that Christmas is nigh! It's been a year of highs and lows with joyful moments, tough patches, and the sad loss of some very special Pals who will always remain part of our story. We've also welcomed newly diagnosed members, and together we continue to stand against Parkinson's with support, friendship, plenty of determination and a lot of cake!

November brings our **Butterfly Workshop** at *Together with Parkinson's* in Gorse Hill (yes, I'll be the one fluttering about at the front!), followed by a fabulous **Christmas Special** in December (page 6). These sessions won't continue regularly in the New Year, but keep your eyes peeled as special talks and demonstrations will pop up whenever we can make them happen.

Don't forget the legendary **STEAM Tombola,** donations are very gratefully received and we hope many of you will visit the event too.

Now, dust off your festive finery, give your Christmas jumper a good shake, and join us for the **Annual Christmas Lunch** at The Village Hotel, Inspiration Suite, Shaw Ridge on **Sunday 29th November**. Entertainment from our very own Parkies Singers, plus a magician and music to keep the afternoon buzzing. Booking forms and details are at the end of this newsletter.

BOOKINGS MUST BE MADE AND PAID BY FRIDAY 13th NOVEMBER.

All our cafés will be getting into the Christmas spirit throughout December, so come along, enjoy the company, and soak up the season. Remember this is your newsletter, please send any comments or articles **splnews2024@gmail.com**. The deadline for the next issue (January/February 2027) **Friday 27th December**. As we publish bi-monthly, please remember to check the website for updates between editions. *Kerry Hartman, Editor*

Wishing you a healthy, happy Christmas and renewed hope, positivity and plenty of good moments as we step into the New Year together.

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)

Nov 2026	Event	Page
Mon 2nd 9th 16th 23 30th	Walking Football - Supermarine 10.45am	3
Mon 2nd 16th	Singing for Fun - Des Moffat centre 2pm	3
Tue 3rd	Parkies Pals Shrivenham Park Golf Club 10am–12	3
Tue 3rd 10th 17th 24th	Seated Exercise classes The Grange LC	3
Wed 4th 11th 18th 25th	Balance & Exercise classes The Grange	3
Wed 18th	The Cricklade Cafe Cricklade House Hotel & Spa 10.30am–12noon	3
Wed 25th	Coffee and Cake Social Gorse Hill 10am–12noon	3
Thu 12th	Together with Parkinson's Gorse Hill 10.45am–12.30pm	3,6
Thu 5th 12th 19th 26th	Tai Chi Neuro Wellbeing Centre, Westmead 2pm & 3.15pm	3
Thu 5th 12th 19th 26th	Movement to Music 12.30pm-1.30pm	3
Fri 13th	CHRISTMAS LUNCH BOOKING DEADLINE	15, 16
Fri 6th 13th 20th 27th	Walking Tennis Gerard Buxton Sports Ground 1.30pm– 2.30pm	3
Sun 29th	Annual Christmas Lunch – 12noon - The Village Hotel	15,16
Dec 2026		
Mon 7th 14th	Walking Football - Supermarine 10.45am	3
Mon 7th	Singing for Fun - Des Moffat centre 2pm	3
Tue 1st 8th 15th 22nd 29th	Seated Exercise classes The Grange LC	3
Tue 1st	Parkies Pals Shrivenham Park Golf Club 10am–12	3
Wed 2nd 9th 16th 23rd 30th	Balance & Exercise classes The Grange	3
Wed 16th	The Cricklade Cafe Cricklade House Hotel & Spa 10.30am–12noon	3
Wed 23rd	Coffee and Cake Social Gorse Hill 10am–12noon	3
Thu 10th	Together with Parkinson's Gorse Hill 10.45am–12.30pm	3,6,9
Thu 3rd 10th 17th	Tai Chi Neuro Wellbeing Centre, Westmead 2pm & 3.15pm	3
Thu 3rd	Parkies and Partners 2-4pm Gerard Buxton Sports Centre	3,7
Thu 3rd 10th 17th	Movement to Music 12.30pm-1.30pm Term time only	3
Fri 4th 11th 18th	Walking Tennis Gerard Buxton Sports Ground 1.30pm– 2.30pm Term Time Only	3

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
Mondays 2pm 1st & 3rd 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
Thursdays 12.30pm weekly Neuro Wellbeing Centre **Term time only**	**Movement to Music**	Sarah Fletcher 01793 601700 sarah.fletcher@swindondance.org.uk
Fridays 1.30pm-2.30pm 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 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
Parkinsonscrickladecafe@gmail.com

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

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

300+ Club winners

Aug 2026		Sept 2026
1st Graham Vaughan		1st Helen Moss
2nd Sandra Bucks		2nd Peter Hinton
Bonus £10 Voucher		Bonus £10 Voucher
Mary Hailsham		Peter Hinton

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 Sue Coles scgrice.parkinsons.swindon@gmail.com to receive the documents that are required to set you up as a new member.

Please Note: We will shortly be sending out letters to all the 300 club members as we will be changing banks for the 300 club payments.

Website & FaceBook

For any further information and details check out our website: swindonparkinsons.org.uk or scan QR code

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.



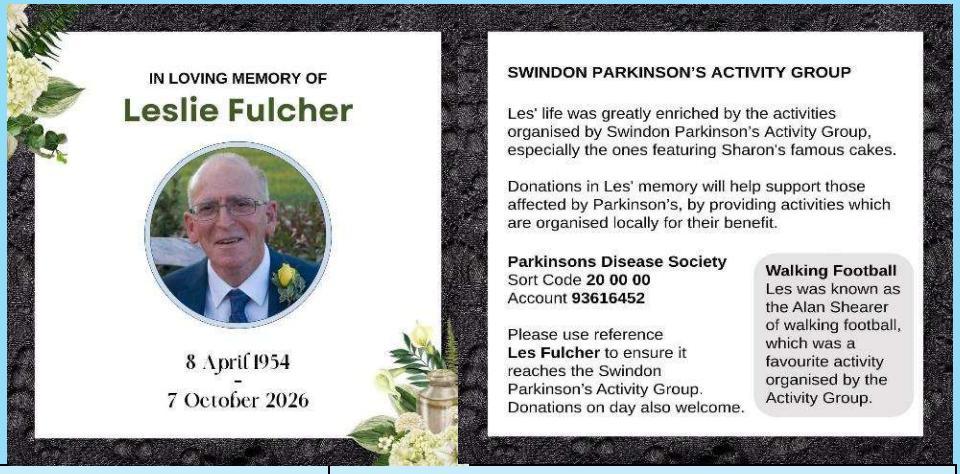
Callout for donations for tombola at Christmas at Steam

Sharon and her team are looking for donations for the tombola that they are running again at this event. It is an incredible fund raiser. They are looking for donations in New or Great condition: Toys, Teddies, Bottles (any), smellies, anything for small hampers…Please bring any donations to Sharon's coffee morning, Parkies Pals cafes, any activity classes or contact Sharon directly to arrange collection on 07958 165 423 or email sharonfulcher@aol.com

Donations required by end November latest.

Christmas at Steam is on 5th and 6th December 2026

Sadly, in October we said goodbye to another of our Parkies Pals, **Les Fulcher**. Sharon has asked that this tribute to Les be included in the newsletter.



We all think of Les in so many ways
With his quirky smile and his cheeky ways.
Despite being an avid fan of the Newcastle Team
He developed skills honed for the walking football scene!
He would get into his boots and be ready to roll
And was particularly skilled at scoring home goal!
'Wrong way Les,' was the regular cry,
But Les kept on the wrong way and we don't know WHY?

Les was a great comedian and had a great smile,
His colourful shirts were his own unique style.
He managed his Parkinson's and helped serve fundraising bakes,
With Sharon supporting with her incredible cakes.
His footsteps have faded, no more 'wrong way Les 'glory,
He may be gone from our sight, but not from life's story.
Loved thoroughly, missed terribly, lived well, no regret
Still causing mischief in our memories that we will never forget.

Poem by Kerry Hartman

On a Monday morning the astroturf is bright,
The walking football crew tie their laces tight,
No sprinting allowed, just a measured pace,
And a familiar grin upon one face.
Behold Les Fulcher! In his own mind - grand,
A Geordie legend walking through the land,
He fancies himself as Shearer in his prime,
Though slightly slower, and somewhat past his time.

He stalks the pitch with confidence and pace,
A total character, a cheeky face,
He wears a smile that stretches ear to ear,
Though what he sees is never quite so clear.
For Les, alas, is lacking in one skill,
A sense of direction even after his pills,
His inner compass spins a wild delight,
He's always certain left is surely right.

With his boots and Shearer' famous stride,
He fiercely tracks the players on his OWN side,
He intercepts his mates with roaring might,
And tackles them clean out of sight!
"Other way Les!" they shout, "You're heading towards the wrong goal!"
He just looks blank, then laughs with heart and soul,

With a cheerful wink and never missing beat,
He controls the ball with natural deft feet.
He turns around, lets fly with his boot,
A ten-yard, unstoppable, sweet shoot,
Right past his baffled keeper, in the net!
The greatest goal that pitch has seen as yet.
He wheels away, arms raised just like the No. 9,
(Assuming all the planets are aligned),
He takes the adulation of the crowd,
Extremely happy, hopelessly turned round.

So, here's to Les, the walking king,
Who played the game and laughed at everything,
Directionless, hilarious, and always bold,
Our own Swindon Shearer with a heart of gold!

Poem by Neil Fallon

Remembrance tributes are only included if family or friends specifically makes a request.

Together with Parkinson's

Time: 10.45 – 12.30 At: Gorse Hill Community Centre SN2 8DA

£3 on entry for refreshments

On Thursday 12th November

This workshop was postponed in August due to searing heat so come along and enjoy a craft workshop with some butterfly suncatchers, paper flutters and cake!

Kerry Hartman is running this crafty workshop, inspired by a dear friend who loved butterflies. You are invited to create your own colourful **suncatchers,** fold **origami butterflies and enjoy the company of friends.**



Hopefully at the end, you won't just have something lovely to take home but you'll have a deeper sense of how small gestures, like small wings, can make a big difference. Kerry will bring all the materials required but only has a limited stock of acrylic pens, if you do have any that can be used to colour the Perspex butterflies, please bring them along.



On Thursday 10th December join us for Christmas cheers

Do you have a talent?



Do you like to paint, whittle, carve, knit or sew?
Come and display your wares at Santas workshop, bring some along to sell* or take a look at the crafts on offer and pick up a present or two? Wear your craziest Christmas outfit, share your best Christmas jokes, stories and poems.
Sing a few Carols and let the festivities begin.

**we ask for a small donation to SPAG if you bring things to sell.*

Parkies and Partners Thursday 3rd December 2-4pm
at the Gerard Buxton Sports Centre in Royal Wootton Bassett.

The venue is ideal with plenty of free parking and level access so enabling everyone easy entry to the building. The friendly team provides teas and coffees along with biscuits!

Parkinson's UK

Join us at

Parkies and Partners

A 'two-in-one' group for people living with Parkinson's and their Carers. We meet quarterly on the first Thursday from 2-4pm. 2026 dates: 5th March, 4th June, 3rd Sept. and 3rd Dec.

We share a drink and a chat together before Carers move to a separate room for small group support sessions while those living with Parkinson's take part in activities run by our volunteers. All welcome to this new look group for 2026.

Location: Gerard Buxton Sports Ground, Royal Wootton Bassett
Contact: If you have any questions, please contact Dawn Mulrain on 01666 860845 or dawn.jarvis2@btinternet.com





There are so many useful things that we can learn from one another and in many cases, we do not know what we do not know until someone else mentions it! The group is an invaluable source of information. Why not come along and give us a try.



Have you thought about applying for a blue badge? How do you go about it? Is there anyone in the organisation who can help?
Is there a local support group and what does it offer?
Is getting into or out of the car, the chair, the bed becoming more challenging? How have others in the group handled this?
Do other members of the group have tips when looking for respite care?
How can PUK help us?
Has anyone taken part in trials and what has this involved?

Whilst 'Partners' are networking, 'Parkies' are being entertained by our wonderful volunteers, it may be a quiz, a podcast or some games; it may be a chat or a singsong. Each session is different and we are always keen to introduce new things into the programme.

We would love to welcome you along to our friendly group. Our next session will be held on Thursday 3rd December.
Please contact me if you have any questions. Dawn Mulrain 07748 632779
Dawn.jarvis2@btinternet.com

Dawn Mulrain Volunteer

What did we do?

Parkies Pals bubbles and showers at the Shrivenham fete

Despite dire weather conditions after the driest summer on record, Parkies Pals still raised £175 from the 'Bubbles or Bubbly' game at the Shrivenham Fete in August. Massive thank you to Bob Irwin who literally held the rain off us as long as possible and to Dawn, Sharon, Dee, Graham, Margaret and Shirley for braving the elements, and to everyone who supported our sodden stall! Fabulous teamwork as always.







Barge Trip 8th Sept



Once again, we were very pleased to take up the offer from the Rotary club of the day out in their adapted barge for what is becoming an annual event, to cruise the Kennett and Avon Canal. Meeting at Great Bedwin, we battled against the elements and had a grand day out.

It was good to spend some time with others just chatting and watching the scenery from the dry cabin and we saw sunshine at the end of the trip as we disembarked!

Ray and Anne Norman from the Rotary club looked after us very well indeed. Anne preparing teas and coffees throughout the trip and Ray managing the locks along with the crew, which can be hard work when everything is wet. A big thanks to them all. I think we got to know each other better during the day and that's what it's all about in the end. So, here's to next year!

Graham Vaughan Volunteer and Skipper





Together With Parkinson's September Banging the Drum for PD!

The sound of beating drums could be heard from Gorse Hill Community Centre on Thursday 10th Sept as Nicki from Sentimental Journeys introduced us to an energetic musical experience with drum fitness.

Nicki is a talented drum and music teacher as well as a singer. Bubbly personality doesn't do her justice, her enthusiasm to teach us was impossible to ignore. With a pair of drumsticks and a mouse mat we were soon tapping out 4/4 time and a 3/4 waltz, 30 minutes later we were tackling Queen's "It's a kind of magic"!

Nicki sang with us and it felt as though we were really making music with our hands and brains both seemed to be enjoying the experience together. Thanks to Nicki and to all those who came along.





Together With Parkinson's October Spy tales



On Thursday, 8 October, our group were treated to a fascinating talk from an ex British spy, Peter Williams, on some of the technique's used to obtain vital information about troop and military vehicle movements in East Germany in the Cold War. This information was captured, recorded and sent back for analysis before the days of digital recording devices and mobile phones, crucial information to protect Europe from Russian invasion.
It was soon apparent that there was very little James Bond glamour involved in Peter's role! Three men living and sleeping in one car for days on end and eating ration packs with not a martini cocktail in sight.
We are very grateful to Peter for taking the time to give his talk.

Dee and Graham Vaughan Volunteers









Please help us raise money for the group by recycling your empty ink jet cartridges. Please pass them to a volunteer to pass onto me or send them to **Mrs S Coles**
7 Millstone Close, Royal Wootton Bassett, Swindon SN4 8FG
Toners and laser ink not accepted
We raised £67 last month. Thank you

Sue Cole, Volunteer and Treasurer

Thank you

To Sarah Rhodes granddaughters, aged 7 and 9 who swam 30 lengths of a pool and raised £120 for SPAG.
Well done girls.



Quiz team support
Thank you to Bob Irwins Quiz team from Ashbury for generously donating £74 to SPAG via Parkies Pals.

Moose Hall
On Monday 21st of September Dee and I had the pleasure of visiting Moose Hall in Old Town Swindon.
We met a lovely group of people who welcomed us to their monthly meeting. The Loyal Order of the Moose members raise money for good causes. They use the hall in Old Town which they hire out and run their own activities to raise money throughout the year. They then donate the money raised to good causes.



After giving a short talk about Parkinson's and the work of SPAG, they donated £500 to help us with our activities. We stayed for the evening to hear more about The Order of the Moose and its history.

This year is the centenary of the Order in the UK. Having been established in 1888 in the United States as a charity that helped to protect the vulnerable in the community, it grew until 1906 there were 250 members. James J Davies, a migrant from South Wales, expanded the organisation over the next 20 years. In 1926 he returned to Tredegar and set up the first UK lodge. 100 years later the Order is still raising funds and helping the community. The vision Davies had was one of a "Fraternity built around friendship - people working together to care for one another and help those in most need"

After a bit of research, the "Moose" reference comes from the herd instinct to gather around injured, elderly or the very young to protect them from predators!

So, it was an educational evening and one which explained the name "Moose Hall" which I was aware of but never understood until now! So, thanks to the members for their generosity and hard work in our Swindon community.

Graham Vaughan Volunteer

Beechband Loan Scheme Update



For members who may not have come across it before, the **Beechband** is a wearable device, similar in appearance to a wristwatch, that uses a gentle pulse to help reduce or relieve a range of Parkinson's symptoms. Users have reported benefits for mobility, stability, tremor, anxiety, drooling, speech, and more.

To support members in making an informed decision before purchasing, SPAG initially bought four **Version 1 Beechbands** to loan out through a "try before you buy" scheme. Members were invited to test the devices and complete a short feedback form detailing their experiences.

The feedback proved invaluable, highlighting several issues with the original design, including operational noise, a fiddly strap, and the lack of a charging indicator. These concerns were echoed by users across the country, and as a result, the Beechband team developed **Version 2**, which successfully addresses all these issues.

SPAG has since purchased several Version 2 devices, which are currently available for loan. If you would like to try a Beechband, please contact **Mike Mulrain** on **07802 757560** or **Mike.mulrain@yahoo.co.uk** to add your name to the waiting list. Members who previously tried Version 1 and would like to experience the updated version are also encouraged to get in touch.

Each loan period lasts **six weeks**, providing ample time to assess whether the Beechband works for you. When you receive a device, please take time to read the accompanying information carefully to ensure you get the maximum benefit from it. Mike is always at the end of the phone if you need any more support or information.



Beechband has recently introduced further improvements to its latest package, including an extended battery life of up to **eight hours**. The company also offers a **100 day money back guarantee**. The current purchase price is **£49.50**, including postage and packaging.

Mike Mulrain Volunteer and Beechband co Ordinator

Research – Turning Hope into Progress



In October, Margaret Disney and I attended a most interesting event in Devizes which was updating the Parkinson's community on current and future research information and goals. There were three very interesting presentations and I have put links at the end of this article if you wish to view them in detail.

Every breakthrough in Parkinson's treatment has been made possible by people who chose to take part in research. The medications, therapies and support available today exist because volunteers helped researchers understand the condition better. Research is driving exciting developments in new treatments, wearable technologies, monitoring devices and therapies that could improve quality of life and, one day, slow or even stop Parkinson's progression. But none of this can happen without participants.

Taking part in research doesn't always mean testing a new drug. Many studies involve trying wearable devices, using smartphone apps, completing surveys, monitoring symptoms, or sharing experiences of living with Parkinson's. By joining a clinical trial or device study, you can help shape future Parkinson's care and contribute to the development of better treatments and make a real difference for future generations.

Many participants find research rewarding because it allows them to play an active role in improving the lives of others with Parkinson's. You don't need special qualifications to take part. Whether you're newly diagnosed or have lived with Parkinson's for many years, your experience matters.

If you are interested in taking part in research then speak to your Parkinson's nurse or neurologist, register your interest through Parkinson's UK research programmes and look out for invitations to participate in trials, surveys or technology projects.

I recently answered an email regarding a **'EJS ACT-PD Research Trial'** It uses a trial design called 'MAMS' (multi-arm multi-stage) and is recruiting up to 1200 participants from around 40 sites across the UK. MAMS trial is an exciting new way to test different treatments at the same time, in separate treatment groups. The treatments will be compared against a dummy drug (placebo). This trial aims to find a treatment for Parkinson's which can slow down or stop symptoms from getting worse. I started this trial in September after a clinical assessment at The John Radcliffe Hospital in Oxford, So far so good, I appear to be more mobile for longer periods since taking this 'drug' and I will be regularly monitored, I'll keep you updated.

Kerry Hartman, Editor and Clinical trial guinea pig!



Research Network - https://www.parkinsons.org.uk/research/get-involved/research-support-network

Brain Bank - https://www.parkinsons.org.uk/research/discover/brain-bank

Donor registration - https://www.imperial.ac.uk/medicine/multiple-sclerosis-and-parkinsons-tissue-bank/brain-donors/donor-registration/

Research needs people. People like you





Dear Santa,

This year I've been exceptionally good.
I've attended appointments.
I've taken my tablets.
I've exercised.
I've tried not to complain.
I've stayed positive.
Therefore, I would like:
Less stiffness,
More energy,
Better balance,
A cure for Parkinson's

And if that's too much trouble, I'll happily settle for a winning lottery ticket and unlimited mince pies.

Yours hopefully,

A Parkies Person

The Twelve Days of Parkinson's Christmas

To be sung (if you're brave enough) to the tune of The Twelve Days of Christmas

On the first day of Christmas, Parkinson's gave to me...
A reminder alarm at quarter past three.

On the second day of Christmas, Parkinson's gave to me...
Two walking poles,
And a reminder alarm at quarter past three.

Then carry on building up to:

On the twelfth day of Christmas, Parkinson's gave to me...
Twelve Parkies laughing,
Eleven golfers putting,
Ten tremors trembling,
Nine carers caring,
Eight helpers helping,
Seven friends supporting,
Six physios stretching,
FIVE GOLDEN TABLETS!
Four exercise bands,
Three pill boxes,
Two walking poles,
And a reminder alarm at quarter past three





Christmas wouldn't be Christmas without some good old cracker jokes!



Q: Why did Santa visit the Parkinson's support group?
A: He heard they were experts at shaking presents before Christmas!

Q: What's a Parkinson's member's favourite Christmas decoration?
A: Tinsel. It's the only thing that shakes as much as we do!



Q: Why doesn't Rudolph worry about tremors?
A: He's already got a nose that flashes red when he's excited.

Q: What do people with Parkinson's have in common with Christmas lights?
A: Some days we're bright, some days we're dim, and occasionally we flicker!

May your medication be on time, your Christmas pudding be plentiful, your family behave themselves, and your turkey be easier to carve than getting out of an armchair!



Book your seat for the

Swindon Parkinson's Annual Christmas Lunch at The Village Hotel, Inspiration Suite, Shaw Ridge SN5 7DW

on Sunday 29th November, 12 noon to 4.30pm

Booking forms must be returned by Fri 13th November 2026

The Menu



Starter

Winter Vegetable Soup (V, VG) with croutons



Main Course

Roast Turkey

Roasted white & dark turkey meat, served with stuffing, wrapped in smoked bacon, pork chipolata, cranberry, roasted potatoes, Brussels sprouts, glazed carrots, parsnips & rich roast gravy

OR

Vegetable Roast (V, vg, gf)

Butternut, kale & apricot roast served with cranberry, roast crispy potatoes, Brussels sprouts, roast carrots, parsnips & a rich gravy



Dessert

Chocolate & Orange torte with orange coulis (v, vg)

Tea, Coffee & mini mince pies

Entertainment

- **Our Parkies Singers will be entertaining us.**
- **Robert Bone – Magician**
- **Music from Sentimental Journeys with Nicki**



Booking forms to be returned by Friday 13th November 2026.

Christmas Meal Booking Form (Members £16, Guests £35)

Please ensure you specify if you have dietary requirements.

Name: _____

Are you a Member of Swindon Parkinson's Activity Group?

Telephone No:_____

This is a set menu, please delete option not required

Main: Roast Turkey or Vegetable Roast **(delete option not required)**

Dietary requirement: _____ Dairy free/GF etc

Welcome Drink: Prosecco or Orange Juice **(delete option not required)**

Name: _____

Are you a Member of Swindon Parkinson's Activity Group?

Telephone No: _____

This is a set menu, please advise delete option not required

Main: Roast Turkey or Vegetable Roast **(delete option not required)**

Dietary requirement: _____ Dairy free/GF etc

Welcome Drink: Prosecco or Orange Juice **(delete option not required)**

Payment Amount:

Please make payment in one of the following ways:

1. By BACS to "Parkinsons Disease Society of the United Kingdom" (or as much of this name as your bank allows), with reference of your initial, surname and "Xmas". Sort Code 20 00 00, Account 93616452. Please also email booking form or details with menu choices and payment method to: gfallon.parkinsons.swindon@gmail.com

2. By Cheque payable to "Swindon Parkinson's" and forward with booking form & menu choice to Mrs G Fallon, 38 Wakefield Close, Swindon, SN5 8QU.

Receipt required? Y/N email_____

If you require a receipt, please include your email address where possible.

Booking forms to be returned by Friday 13th November 2026

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