

## JANUARY 2018

**Officers and Committee wish everyone a Peaceful and Happy New Year.**

### Activities resume:-

Exercise at United Reformed Church Pilgrim Hall – Tuesday 2nd

Exercise at Crossways ---Friday 5<sup>th</sup>

Parkinson's Dance at StageWorks –Thursday 11<sup>th</sup>

Parkinson's Love to Move at StageWorks – Thursday 11<sup>th</sup>

Parkinson's Sing at MS Centre –Thursday 18th

### Social Calendar

**N.B.** There is no meeting planned for the Dolphin, St Ives, or Old Market Court, St Neots in January.

Wednesday 10<sup>th</sup> 2.00 pm at the Rainbow Centre, Stocking Fen Road, Ramsey PE26 1SA

Informal gathering for everyone affected by Parkinson's

Tuesday 30<sup>th</sup> 10.30 am Café Neurol at Marbrook Centre, Eaton Socon (Behind the Crown)

A welcome in a pleasant venue with a relevant programme and refreshments for anyone affected by a neurological condition and carers.

### Exercise and Therapy

Tuesdays 11.00 am Chair-based exercise with Gareth at Pilgrim Hall, United Reformed Church St Neots.

Thursdays 11<sup>th</sup> and 25<sup>th</sup> at StageWorks, Buckden Towers PE19 5TA

1.30 to 2.30 'Love to Move' exercise

3.00 to 4.00 Parkinson's Dance

Thursday 18<sup>th</sup> 2.00 pm Parkinson's Sing with Alison at MS Centre, Mayfield Road, Hartford, Huntingdon

Fridays 11.00 am Chair-based exercise with Becky at Crossways, Ramsey Road, St Ives. Only people diagnosed with Parkinson's and their carers can be accepted as new members of this group.

### Fund-Raising

We have been accepted by Brampton Co-operative Convenience Store to benefit from the Community Fund. (See the store website) Every time a member of the Co-op shops there, 1% of the bill is added to the Community Fund. The fund will be shared between Parkinson's UK Huntingdonshire Branch and Alconbury Primary School. If that Convenience Store is convenient for you, and you are (or become) a Co-op member, please use it.

You may remember that we were supported recently by the Buckden One Stop, and approaches are being made to other shops in the Branch area. If you have contacts with local traders which you can share, please let Elaine Bottom or David Rudd know.

### Advance Notice

Looking forward to spring. The **Music Festival at The Green Man**, Leighton Bromswold is to take place on SATURDAY 14<sup>TH</sup> APRIL 2018. This event has been very successful in previous years, and we hope to make it even better.

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NURSE APPOINTMENTS 0330 726 0077

## **Diary Dates January 2018**

### **Stop Press**

Because exercise is now known to be very important for Parkinson's people, it is desirable that it should be available in several forms. We currently provide chair-based exercise, dance (2 varieties), and singing.

I am currently talking to One Leisure about swimming at the St Neots pool at a time when few other swimmers are present. The St Neots pool has advantages over the other One Leisure pools, namely: there is a shallow stair so it is convenient to walk into and out of the pool; there is the 'lagoon' attached to the main pool which has a level bottom the same depth as the shallow end for swimmers who do not like deeper water; there is a wheelchair access for anyone who needs it, and even a hoist for the severely disabled.

There will be further news in the New Year when the new pool timetable is published. Anyone interested is recommended to go to the pool and take out (free?) membership. The charge for members is £3.90 per session against £5.20 for non-members.

**David Rudd**