

**President Dr Simon Stott**

## **MANAGEMENT COMMITTEE**

Chairman: Hal Boshier

01438 871358

halel@uwclub.net

Secretary: Pamela Skeggs

Pamela.j.skeggs@gmail.com

Treasurer: John Dade

07583 517750

johndade2017@gmail.com

Membership: Pat Tewkesbury

07768 128368

p.tewkesbury@ntlworld.com

Holidays: Karina Goodship

07761 725611

r.goodship@ntlworld.com>

Outings: Helen Yon

01462 631281

h.yon@outlook.com

Speakers' coordinator Vacant

Fund Raiser Vacant

If you are interested in either of the two vacancies please contact Hal or Pamela.

### **MANAGEMENT MEETINGS**

Monthly every second Wednesday (except December). Meet at 10.45am for 11am start, meetings end at 1pm. The Novotel, Knebworth Park, Herts, SG1 2AX

## **PARKINSON'S UK**

Volunteer coordinator: Lorraine Chilton

0344 225 3615

vc.east3@parkinsons.org.uk

Local Adviser South Central Local Adviser

Team

Adviser.southcentral@parkinsons.org.uk

0344 225 3775

Phone : 0808 800 0303

The helpline is a free and confidential service providing support to anyone affected by Parkinson's.

Email: hello@parkinsons.org.uk

Parkinson's UK

215 Vauxhall Bridge Road

London

SW1V 1EJ

Tel: 020 7931 8080

Website: www.parkinsons.org.uk

We're the Parkinson's charity that drives better care, treatments and quality of life. Join Team Parkinson's.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197 and in Scotland (SCO037554)

**PARKINSON'S<sup>UK</sup>** CHANGE ATTITUDES. FIND A CURE. JOIN US.

## **NORTH HERTFORDSHIRE AND STEVENAGE BRANCH**

Every hour, two people in the UK are told they have Parkinson's. Because we are here, no one in our area has to face this condition alone.

We offer information, friendship and support to local people with Parkinson's, their carers, families and friends.

Through social activities you can spend time with other people affected by Parkinson's in a relaxed and informal way.

### **Website**

[www.parkinsonsnorthherts.org.uk](http://www.parkinsonsnorthherts.org.uk)

Visit us on facebook



## BRANCH MEETINGS

Monthly every third Monday (except December) from 2pm to 4pm at St John's Community Centre, Hitchin, Herts SG4 9JP

Monday 16 September Colin Oakes John Evelyn Gardening Diary.

Monday 21 October Victoria Port from HertsWise: Hertfordshire Independent Living Service.

Monday 18 November Eastern Adaption's (bathroom conversions).

Monday 20 January Fun quiz with Fred.

Monday 17 February TBA.

Monday 16 March 32<sup>nd</sup> Annual General Meeting with guest speaker/s.

Coffee or tea with biscuits served at all meetings. £4 per meeting.

**MONDAY LUNCH CLUB** prior to the monthly meeting.

Monthly every third Monday from 12 noon to 1.45pm at The Three Moorhens, Hitchin Hill, Hitchin, Herts SG4 9AJ

**There is also a Summer Lunch and Christmas Lunch at The Novotel, Knebworth Park, SG1 2AX.**

**Branch membership is only £4 a year.**

## ACTIVITY SESSIONS

### EXERCISE CLASSES

Monthly every second and fourth Friday from 2pm to 3pm with a Physiotherapist at St John's Community Centre, Hitchin, Herts SG4 9JP.

Coffee or tea with biscuits served.

£4 per session.

### EXERCISE CLASSES

Thursday weekly 1.30pm - 2.30pm at Royston Leisure Centre, Woodcock Road, Royston, SG8 7XT.

£5 per session.

**For more info about Exercise classes please visit our website.**

### CARERS SUPPORT GROUP

This runs at the same time as the exercise classes. Monthly every second and fourth Friday from 2pm to 3pm at St John's Community Centre, Hitchin, Herts SG4 9JP. Coffee or tea with biscuits served.

### ART

Monthly every first and third Friday from 3pm to 5pm at St John's Community Centre, Hitchin, Herts SG4 9JP. Coffee or tea with biscuits served.

£4 per session.

## ACTIVITY SESSIONS continued

### READYSTEADYMOVE

Monthly every first and third Friday from 2pm to 3pm term time only at St John's Community Centre, Hitchin, Herts SG4 9JP. Coffee or tea with biscuits served. £4 per session.

### SINGING

Every week on a Tuesday from 2pm to 3pm term time only at The Centre for Healthy Living, Letchworth Garden City, SG6 3NA Coffee or tea with biscuits served. £4 per session.

### ROYSTON CAFE

Last Tuesday in the month 10am - 11.30am at The Jolly Postie, 2 Baldock Street, Royston, SG8 5AY

**We also organise holidays and outings.**

**Dates for your Diary are also available at Activity sessions and Branch meetings and / or by email.**

**Occasional newsletter is published.**

### VOLUNTEERS

We raise money to fund the Programme of activities and meetings. Volunteers are always welcome to help with refreshments, fund raise to help cover costs and for research, etc.