

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Guildford & South Surrey Branch of Parkinson's UK

We provide access to various subsidised specialist exercise and therapeutical activities, regular emailed newsletters and social gatherings, often with guest speakers or fun activities.

Carers and family members are welcome at all our events and activities. Where necessary we can direct individuals to care aids. We can also offer grants towards respite care.

For information about us visit:
www.guildfordparkinsons.org.uk

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We provide three important activities which Parkinson's consultants advise are vital for all people who have Parkinson's:

Stay physically active

Stay mentally active

Stay socially active

For information about us visit:
www.guildfordparkinsons.org.uk

Parkinson's National website
www.parkinsons.org.uk

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Guildford & South Surrey Branch of Parkinson's UK

The local Branch provides support, friendship and activities in the Guildford and South Surrey area for the wellbeing of those of all ages with Parkinson's, their families, and carers.

For information about us visit:
www.guildfordparkinsons.org.uk

You can contact us at:
info@guildfordparkinsons.org.uk

Stay Physically active

Members can take part in numerous organised activities, many of which are subsidised by the Branch. These are all tailored to those with Parkinson's.

Activities include:

- Specialist Group Exercise classes
- Group Pilates
- Therapeutic singing – *Parkinsons Voices*
- Speech maintenance classes – *Loud and Clear*
- Therapeutic dance – *Dance for Parkinson's*
- Reflexology
- Spinning exercise classes
- Wobble - seated exercise classes

For information about our Branch visit www.guildfordparkinsons.org.uk

Stay Mentally active

Members can attend various events during the year, such as comedy evenings and musical events, and can take part in some of the fun activities available at the various social events.

There is a monthly newsletter and a Branch Magazine, *The Park*, is produced three times a year.

We have a monthly 100 Club Branch fundraiser.

We are always looking for volunteers to help out arranging activities and share their talents and skills to the benefit of our 400+ Branch membership.

Parkinson's National website www.parkinsons.org.uk

Stay Socially active

- **Afternoon** social meetings every last Tuesday of each month, starting at 2.00 pm, at Shalford Village Hall, Guildford. Guest speakers, tea/coffee, and a good chat!
- **Evening** social meetings every third Wednesday of each month, starting at 7.00 pm, at the Squirrel Inn, Godalming. Guest speakers, a drink, and a good chat!
- **Recently Diagnosed** evening social meetings every second Tuesday of the month, alternating monthly either at The Seahorse Pub, Shalford or on Zoom
- **Carers** monthly Zoom calls, to share issues and chat
- **Summer Picnic**-at beautiful locations in Surrey Hills
- **Christmas Lunch**