

## Newbury & District Branch Meetings

### Monthly Daytime Meeting

On third Friday of the month 12:00 to 13:15 buffet lunch available for those who wish; followed by a talk or entertainment at the Royal British Legion, Pelican Lane, Newbury.

Contact: Brian Bradley 01635-867686

### Monthly Evening Meeting

On the 4<sup>th</sup> Wednesday of the month at 7pm. At the Bowlers Arms, Enborne Street, Newbury. A relaxed gathering with brief updates and occasional talk or entertainment.

### Monthly Lunchtime Meeting

On the first Wednesday of the month at midday at the Toby Restaurant, Newbury. Contact: Sheila Rein 01635-600330

Please come along to any or all of these events.

The Branch offers

- Friendship
- Support
- Information

## Newbury & District Branch Contacts

### MORE INFORMATION

These are the officers of the Branch, and other key people who can help

|  |                  |
|--|------------------|
| <b>Chairman</b>  | Bruce Blaine     |
| <b>Secretary</b>   | Hazel Lovesey    |
| <b>Branch Tel:</b>   | 07413 605 937    |
| Contact <a href="mailto:newburyparkinsons@gmail.com">newburyparkinsons@gmail.com</a> |                  |
| <b>Treasurer</b>   | Christopher Ball |
| <b>Membership</b>  | Eric Rein        |
| <b>Secretary</b>   | 01635 600 330    |

|   |               |
|---|---------------|
| <b>Parkinson's Local Adviser</b>            | 0344 225 3758 |
| <b>Parkinson's Disease Nurse Specialist</b> | 07827 897294  |

**Parkinson's UK free confidential Helpline**  
**0808 800 0303 (09:00-19:00 on-weekdays, Sat 10:00-14:00)**  
**[www.parkinsons.org.uk](http://www.parkinsons.org.uk)**

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London, SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554).

© Parkinson's UK, January 2010

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

# HELLO

## What is Parkinson's

About one person in 500 has Parkinson's. That's about 120,000 people in the UK

Although often perceived as an older person's condition (most people diagnosed with Parkinson's are aged 50 or over), younger people can get it too and many are affected during their working life.

Of the 10,000-people diagnosed in the UK each year, one in 20 is aged under 40.

People with Parkinson's don't have enough of the chemical dopamine because some nerve cells in their brain have died. Without it people can find their movements become slower so it takes longer to do things. A lack of coordination can also be a problem.

Parkinson's can cause some people's hands and bodies to shake. This can make everyday activities such as eating, getting dressed, or using a phone or computer, difficult or frustrating.

Nevertheless, although at times life can be difficult, many people with Parkinson's continue to lead active, fulfilled lives.

## Parkinson's UK

Because we're here, no one has to face Parkinson's alone

We're Parkinson's UK – the UK's biggest Parkinson's support and research charity for people who have Parkinson's

We provide information and support through our UK-wide team of Parkinson's Advisors, our website, free confidential helpline, publications and other resources.

We bring people with Parkinson's, their carers and families, together via our network of local groups - the Newbury and West Berks is active in your area.

Visit us online at [parkinsons.org.uk](http://parkinsons.org.uk)  
Email [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)  
Call our free, confidential helpline:  
**0808 800 0303**

Please make sure that you and your family become members of Parkinson's UK.

To join contact Eric Rein  
Phone: 01635 600330  
Email: [eric@rein.co.uk](mailto:eric@rein.co.uk)

## Newbury & District Branch Activities

The Branch provides these opportunities for physical therapy

### Chair Exercises

Wednesdays, 14:00: Herongate Leisure Centre, Hungerford.

Wednesdays, 10:00; St Francis de Sales Parish Hall, Wash Common

Thursdays, 11:00; Newbury & Thatcham Hockey Club, Thatcham.

### West Berkshire Therapy Centre.

Appointments to be made by the individual directly with the Centre on 01635 864561. Located at Frank Hutchins Hall in Thatcham.

### Speech Therapy

First Monday of each month (except Bank Holidays, 3:00 at St Francis de Sales Parish Hall, Wash Common

A small charge (at present £1) is made for each session. Please just turn up and you will be welcome and we can explain the system.

.....  
**Other activities** may be arranged and will be advertised in the quarterly newsletter.