

# WHAT WE DO, WHERE WE ARE AND HOW TO FIND OUT MORE.

We offer information, friendship and support to local people with Parkinson's, their families and carers, each have different needs.

Our branch covers a very large rural area including Cirencester, Stroud District and Tetbury.

We aim to provide regular activities, social gatherings, speaker events as well as trips, outings, exercise and other physical activities all to help people living with Parkinson's in our area.

We are a very active branch.

Our branch members enjoy meeting up for a coffee and a chat, listening to each other's stories on how they are living with Parkinson's. Check out the events we organise, everything we do is on our website:

[www.cirenstroudpuk.co.uk](http://www.cirenstroudpuk.co.uk)

We raise funds to research a cure and to fund our events.

We meet have regular meetings in Cirencester, Stroud, Cam/Dursley and Tetbury.

We offer the following regular activities to take part in:

- Therapeutic exercise classes
- Nordic Walking
- Walking Football
- Singalongs
- Art classes
- Day trips (summer)
- Theatre breaks

We are Parkinson's UK. Powered by people. Funded by you. Improving life for everyone affected by Parkinson's. Together we'll find a cure.

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

## CIRENCESTER AND STROUD BRANCH

Join us, we are here to help you.



Free confidential helpline **0808 800 0303**  
Monday to Friday 9am–7pm  
Saturday 10am–2pm  
(interpreting available)  
NGT Relay **18001 0808 800 0303**  
(for textphone users only)  
[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)  
[parkinsons.org.uk](http://parkinsons.org.uk)



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# CIRENCESTER AND STROUD BRANCH

We raise funds within the local community.

We are members of the Chamber of Commerce and have several supporting organisations helping us to make a difference.

Voted Team of The Year 2023 by Cirencester Community.

## Join in with other local People with Parkinson's.

Joining our branch is very easy. We want to provide a social relaxed experience to encourage everyone to share their own Parkinson's story. Yours might be just the one that offers much needed reassurance to a new member or possibly an old member or even a carer. A friendly ear awaits.

We work very hard to help people in our community live better with Parkinson's, and look to help the carers / family members.

## Our Regular Monthly Meetings

### CIRENCESTER

3rd Monday St. Lawrence's Church Hall (2-4pm)  
members meeting, speakers, activities and social.  
Last Wednesday Baptist Church (10:30-12pm)  
Cuppa-Chat social.

### CAM

3rd Thursday Cam Council Offices (10:30-12pm)  
members meeting - speakers, activities and social.

### STROUD

2nd Tuesday, Pavilion in the Park, Cainscross (1:30-3pm)

### TETBURY

2nd Thursday, Tetbury Goods Shed (2-3:30pm),  
social tea/coffee/cake and a chat also a chance for a walk beforehand.

## Regular Monthly Activities.

Walking Football 1st and 3rd Tues, Cirencester Arena (1:30-2:30pm) £4 per session pre-register on this website: [www.cirenstroudpuk.co.uk/walking-football](http://www.cirenstroudpuk.co.uk/walking-football)

Nordic Walking every Thursday (1:30 - 3pm)  
Minchinhampton Fitness Hub £5 per session pre-register here: [www.cirenstroudpuk.co.uk/nordic-walking](http://www.cirenstroudpuk.co.uk/nordic-walking)

## Take Part in Research Activities

The path to living better with Parkinson's, its treatment and ultimate cure is paved by research. We encourage our members to join in those research projects where they feel they can. We aim to provide them with a choice of possible projects that meet their particular stage in the condition.

We interact with Parkinson's UK Head Office specialists to liaise when research programs look for volunteers within our area.

We encourage participation and help in any way we can.

## How We Serve Our Community

Over time we are aiming to develop best (or better) practice for our Branch to support the local population affected by Parkinson's. This includes interacting with relevant NHS structures and social services, purposeful engagement with research initiatives, cooperation and collaboration with other Branches and greater use of the national Parkinson's UK resources.

Most importantly, we hope to reach as many people with Parkinson's as possible in our area, so that we can offer them, their carers and families regular activities and support.



## More on What we Do

Our Branch are self-funded through donations and fundraising.

Annually we make a substantial contribution to one or more research projects focused on finding a cure, identified by Parkinson's UK.

Subject to resources we also contribute to the costs of activities, therapies, transport, and respite care for our local members.

## Join Us, It's Free

Talk to and learn from others. Everyone has their own Parkinson's story. Yours might be the one that makes a difference. We aim to provide respite, an ear to listen, a chance to laugh and the opportunity to live better with Parkinson's.

Please consider joining our branch and / or volunteering to assist us.

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M: 07586 532635 ask for Karen