

Slough, Windsor and Maidenhead Branch

The aim of the Branch is to support anyone in this area whose life is affected by Parkinson's.
If you would like advice or information about anything to do with Parkinson's please phone:
Parkinson's UK Helpline: 0808 800 0303 (see P.11)

August/September 2025

We're now halfway through the year, over a month since the longest day and almost two months since our annual Summer Afternoon Tea. See page 5 for some lovely photos to remind you of the day (and summer!). Also, in June, Charlie Williams (son of Chris and Jo) took part in the Royal Windsor Triathlon raising an amazing sum of money for the Branch. Charlie said:

"I have been humbled by all the amazing support I received in aid of Parkinson's UK SWM Branch, and I am eternally grateful to all of those who donated and showed up on race day. This is not my first race raising money for Parkinson's UK and it most certainly will not be my last. Thank you!" Photos on page 2.

All the monthly Branch meetings are planned until November and on Wednesday December 3rd we will have our Christmas Lunch. Put the date in your diaries as it is a week earlier than our usual meeting. Details to follow.

As you know our Branch is part of Parkinson's UK. We ask our members to join Parkinson's UK where membership is free, but they are always grateful for donations.

Information about joining Parkinson's UK and how to become a member is available on:

<https://www.parkinsons.org.uk/get-involved/become-member>

or you can 'phone the Parkinson's UK Helpline (0808 800 0303) and take the membership option.

We also encourage everyone to join our Branch. We currently ask our members to contribute £10 annually which goes towards the cost of our activities which we subsidise. We don't receive any funding from Parkinson's UK and rely on our membership, donations and fund-raising events. Currently we pay our annual membership fees (which are voluntary) on the day we joined. Some of us pay by direct debit, some by cheque, some by cash and some nothing at all. And amounts vary, too. To make things simpler for our members and the Branch treasurer we are moving the date we pay our annual fee (contribution) to January 1st starting next year. More details will follow separately.

If you aren't a member already, we would love you to join us!

Fund Raising

Charlie Williams taking part in the Royal Windsor Triathlon June 2025



Charlie running, cycling and swimming, raising funds for our Branch. And with his dad, John, for whom he was taking on this challenge.

Well done and many thanks, Charlie!

Branch Information

Newsletter

The newsletter is produced every two months. A large amount of information is repeated as a reference. For more information about anything in the newsletter please contact Paulann: info@parkinsonsswm.org.uk

Branch bank account

If you would like to pay money into our Barclays account by bank transfer, our bank details are: Sort code: 20-00-00 Account no: 23631753.

The name of the account is the trading name of Parkinson's UK:

The Parkinsons Disease Society of the United Kingdom

If you are typing this on your internet banking form, you will run out of space but write what you can.

If you prefer to write a cheque, please make it payable to: **Parkinson's UK SWM branch**.

Branch membership

We encourage everyone in our Parkinson's community to join Parkinson's UK and our Branch. Membership of Parkinson's UK is free, but donations are welcome.

You can join by 'phoning the Parkinson's UK Helpline **(0808 800 0303)** and speaking to the membership dept.

Please tell them you would like to join Parkinson's UK and the Slough, Windsor and Maidenhead Branch – this won't happen automatically

We ask you to contribute £10 annually to the Branch. The Branch does not receive any funds from Parkinson's UK and relies on your membership fees, donations, and fund-raising events.

You can set up a standing order with Parkinson's UK to pay your Branch annual fee and add Gift Aid if you choose. The Branch cannot collect Gift Aid.

If you are already a member of Parkinson's UK, you can join the Branch directly. Make your payment of £10 (or more if you wish) using either method described in the Branch bank account section below.

For more details about becoming a member, please contact:

secretary@parkinsonsswm.org.uk

Legacy Grants for Transport to the Branch social meetings and activities

If you have difficulty accessing transport to any of our meetings or activities, please apply for a Legacy Transport grant to pay for your taxi. Each grant is up to £200 per year, per member and is not means tested so all members are eligible. You arrange and pay for your own taxi, then claim this back from the treasurer.

For more information, please contact Bernard:

chairman@parkinsonsswm.org.uk

Medication supply issues

If you are unable to obtain your usual Parkinson's medication, please speak with your pharmacist or contact the Parkinson's UK helpline: 0808 800 0303

Contacting your consultant or Parkinson's specialist nurse

- If you need to see your consultant or nurse specialist urgently, please contact the Neuro Hub: 0300 614 7227
- If you have a general query, please contact the Parkinson's UK Helpline: 0808 800 0303 and ask to speak to a nurse practitioner.

The local service is currently very busy. Please leave messages on the answerphone but be patient as the reply make take longer than usual.

Par - Con 2025

The annual Parkinson's community conference.

Day 1: Friday 24 October, 9.30am - 6pm

Day 2: Saturday 25 October, 9.30am - 3pm

Location: Online or The Vox Conference Venue, Resort World, Birmingham B40 1PU

If you have any questions about the event, please contact the Research team at researchevents@parkinsons.org.uk or on 020 7963 9253.

For the draft programme and details of how to join, follow the link:

<https://www.parkinsons.org.uk/research/par-con-2025-programme>

Coffee Morning at the Jolly Gardener, Holyport

The Jolly Gardener Public House, Holyport, SL6 2ND from 10.30am on the last Wednesday of each month for people with Parkinson's and anyone who has to provide transport.

The next meetings will be on:

August 27th, September 24th, October 29th and November 26th

Thank you, Caroline, for hosting this monthly event.

Summer Afternoon Tea in June at the Grovefield House Hotel



Exercises

Being Active with Parkinson's

We all know that people with Parkinson's should keep active and this recently produced guide from Parkinson's UK explains more about why and how we should do this:

<https://www.parkinsons.org.uk/sites/default/files/2023-03/CS3869%20Being%20active%20with%20Parkinson%20s%20Web%20version.pdf>

Online exercise classes

If, for any reason, you are unable to go to your normal activity session there are a large number of Parkinson's UK YouTube classes available online. Many of these were used during periods of lockdown. Open this link:

<https://www.youtube.com/playlist?list=PL1ixQpbHed3asr5w0qe6ufxNTt1a4KpP>

PureGym

Members who are interested in signing up to a free membership must email PureGym with the following details:

- Full name, date of birth, email address, mobile number, home address and which PureGym location you would like to use.
- Also, do you require access to their DDA, easy access door (otherwise entry will be via their POD system): Yes/No

There are two PureGyms locally:

Maidenhead- Unit 2, Stafferton Way, Maidenhead SL6 1AY

Burnham - 821 A Yeovil Road, SL1 4JB

For membership enquiries and further information please contact: purehelp@puregym.com

Braywick Leisure Centre, Braywick Rd, Maidenhead SL6 1BN

If you live in the Borough of Windsor and Maidenhead and have an Advantage Card, you may have a membership discount. If you have proof of a disability, such as a benefits letter, you may be entitled to a further discount.

If you are a registered carer (ask your GP for a registration form) you may be entitled to a Time Out membership – which is free.

Contact the Membership Team for more information: [01628 685333](tel:01628685333)

<https://www.leisurefocus.org.uk/our-centres/braywick-leisure-centre/>.

Parkinson's UK collaboration with Everyone Active

This gives free membership to everyone with Parkinson's and their carers.

Membership includes:

- use of gym equipment, swimming facilities (where applicable), group exercise classes
- EXi digital, a prescribed physical activity programme and Synergy Dance online classes.

Our local centres are:

The Centre (Slough)

Slough Ice Arena

Salt Hill Activity Centre

Langley Leisure Centre

Bracknell Leisure Centre

For more details and how to apply for membership:

<https://www.parkinsons.org.uk/news/everyone-active-offers-free-membership-people-parkinsons-and-their-carers>

Neuro Heroes Community Exercise Fund

Parkinson's UK have awarded a new physical activity grant to **Neuro Heroes**, an online physical activity provider which **supports people with neurological conditions**.

Neuro Heroes offer physiotherapist-led classes to help people living with Parkinson's and will use the funding to subsidise the first six activity classes for people with Parkinson's who would otherwise be unable to attend. The classes will present more opportunities for people with Parkinson's to participate in physical activity.

Anyone with Parkinson's who claims Universal Credit or Pension Credit can sign up for six subsidised classes by [completing a Neuro Heroes application form here](#).

Contact helloneuroheroes@gmail.com for more information or visit their website:

<https://www.neuroheroes.co.uk/community-exercise-fund>

Branch Meetings

The Huntercombe Hall, Burnham Park Hall,

Windsor Lane, Burnham, SL1 7HR

<https://www.burnhampark.co.uk>

We usually meet on the second Wednesday of each month.

The room is booked from 1pm and the meeting starts at 1.30pm. The speakers begin their presentation at 2pm.

On arrival, please register your car on the touch pad by the reception desk otherwise you may incur a fine.

You are invited to contribute to the fund-raising raffle and we welcome plants, bottles, small boxes of biscuits or sweets. Thank you.

Dates of meetings

No meeting in August

Wednesday, September 10th at Burnham Park Hall

Speaker: Sue Vaughan - a qualified Nutritional Therapist with a special interest in how food and nutrition can help people with Parkinson's to reduce symptoms and slow disease progression

2pm Talk: 'You are what you eat',

Sue's interest in Parkinson's developed when a close friend was diagnosed and they began to look at how he could adapt his diet to help with his sleep and energy levels.

Sue has been speaking about the importance of Nutrition for Parkinson's UK at their Fighting Fit weekend events for the past five years. She keeps up to date with research and scientific studies in order to give accurate and balanced advice amid the 'noise and misinformation' often encountered about health and wellness on the internet.

Sue's talk is a 45-minute dive into optimising your gut health including; which foods you should consider including every day, foods to support energy levels and mood, key nutrients shown to potentially slow progression of Parkinson's, and how to optimise the absorption of medication to get the best outcomes. There will be a Q & A at the end of the session.

Wednesday 8th October at Burnham Park Hall

Speaker: Robert Behrman our Research Champion

2pm Talk: A research update

And our chairman, Bernard, will share his perspective on Apomorphine treatment.

Wednesday 12th November at Burnham Park Hall

'Slow Emotions' with tea/coffee and biscuits.

We will watch a video showing how a group of people with Parkinson's created and developed a video called 'Slow Emotions'.

The singer (Martha Johnson) and the guitarist both have Parkinson's, and their neurologist played the keyboard.

We will have a break during the video to enjoy some refreshments.

Wednesday 3rd December

Christmas Lunch at the Grovefield House Hotel, Burnham

Further details to follow. Please note the date.

Carers UK

If you are a carer, have you registered with your GP?

Ask your GP practice for an application form or contact Carers UK who have an excellent website that includes information about what help and support is available:

<https://www.carersuk.org/>

They also have many useful leaflets on various topics. Their contact details are:

e-mail: <mailto:advice@carersuk.org> telephone: 0808 808 7777

Please join us for our Carers' Coffee Meetings on the third Wednesday of each month. We meet at the Café at Dorney Court, Court Lane, Dorney SL4 6QP any time between 10.30am and 12pm.

The next meetings will be: Wednesday 20th August, Wednesday 17th September and Wednesday 15th October.

Please contact Paulann for details:

info@parkinsonsswm.org.uk

Local links for Carers:

Slough Carers' Support: sloughcarers@slough.gov.uk 01753 303428

Signal 4 WAM Carers: <https://www.signal4carers.org.uk> 01628 94797

Bucks Carers <https://carersbucks.org> 0300 777 2722

Branch Activities

If you would like to know more about an activity, please contact Neru who can inform the activity leaders and/or add you to any waiting list:

activities@parkinsonsswm.org.uk,

Please do not go to the activity without prior arrangement as the organisers need to plan and organise numbers to accommodate all attendees. In some cases, assessments are required before being accepted on a course. Please contact Neru first (as above).

Apart from Yoga and Bowls we ask you pay for all activity courses up front. Payments are not refundable.

Please remember when you pay for your activity sessions by bank transfer to put your name and the activity the activity as your reference (e.g. walkeryoga)

Sort code: 20-00-00

Account no: 23631753

The name of the account is the trading name of Parkinson's UK:

The Parkinsons Disease Society of the United Kingdom.

If you are typing this on your internet banking form, you will run out of space but write what you can. If you would prefer to pay by cheque, please contact:

treasurer@parkinsonsswm.org.uk

Boxercise with Susan Garner

Fifield

Thursdays 12- 1pm

The course of four sessions costs £16. Please pay at the beginning of the course.

For more details and to join the waiting list contact: activities@parkinsonsswm.org.uk

Indoor Bowls

Desborough Bowling Club, 10 Green Lane, Maidenhead, SL6 1XZ

Fridays from 12.30pm to 2pm

Cost is £4, payable on the day.

If you are interested in attending, please contact: activities@parkinsonsswm.org.uk

Yoga

Holyport War Memorial Hall, Moneyrow Green, Holyport, Maidenhead SL6 2NA

The classes, led by Tara Sutthoff Crist, are on **Tuesday mornings from 10.45 to 11.45am** and **costs £7**.

For more details, please contact: activities@parkinsonsswm.org.uk

Hydrotherapy

Hydrotherapy Pool, Rehab Department, Wexham Park Hospital, SL2 4HL

The course consists of four classes on Tuesdays from 5-6pm (arriving at 4.30-4-45pm).

Hydrotherapy is warm water exercises, the pool at Wexham is heated between 32-34 degrees. In the class we complete group exercises that focus on balance, strengthening, cardiovascular exercises and most importantly having fun. You will be in the water with a trained physiotherapist and will be accompanied poolside should you need anything. We ask all participants to wear nonslip waterproof shoes which can be obtained by arrangement with the physiotherapist.

It costs £24 for the course, please pay at the beginning of the course. You will receive more information when you are accepted for a class.

For more details or to join the waiting list contact: activities@parkinsonsswm.org.uk

Physiotherapy with Horizon Rehabilitation

Wednesdays at Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR

Each course of 3 sessions costs £18, to be paid at the beginning of the course

1.30-2.30pm

Seated Exercise

This group is suitable for those who have not been assessed, assessed as level 3 or who prefer to exercise whilst sitting.

Seated exercise is a moderate intensity activity so you get a bit out of puff. It also includes co-ordination and brain training activities to stimulate the neural circuits affected by Parkinson's.

These sessions are fun and engaging, mixing up the music and activities so there is something for everyone.

Everyone can benefit from these exercises, no matter what your ability level.

If you're not sure if this is for you, we highly recommend that you give it a go. It takes a bit of practice and repetition to give those brain circuits a shakeup, but you'll soon be able to join in and do the movements.

2.30-3.30pm

High level standing class

This group will be run by a qualified physiotherapist and supported by a second member of the Horizon Rehabilitation Team. The exercises will be adapted to be suitable for all those attending, and participants will need to be assessed before they can join in this class.

Carers, friends, partners are asked to remain on site for the participants who need support with mobility or personal needs. Where there is space, you are welcome to join in the class. If you are interested and have not been assessed, we recommend that you come along to the seated class first (space permitting) and our physiotherapist will be able to complete the screening tasks with you.

Please do not attend without first registering your interest as we may have to turn you away if no spaces are available.

Useful Links

CEA Card

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA) which enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

To apply you will need:

- proof of eligibility (the awarding letter from DWP or a statement confirming receipt of the allowance for the applicant dated within the last 12 months).
- a photo
- payment of £6.00 (annual membership)

You can pay for your card online or by post.

Contact:

Telephone: 01244 526 016

<https://www.ceacard.co.uk/>

Maidenhead and Windsor Shopmobility

If you would like to hire a mobility scooter or borrow a manual wheelchair or powered chair look at the Shopmobility website for more information:

<https://www.people2places.org.uk/>

AbilityNet

AbilityNet is a charity that provides expert advice on using computer technology for people with Parkinson's and other disabilities.

They have a fact sheet specifically for people with Parkinson's:

<https://abilitynet.org.uk/factsheets/parkinsons-and-technology>

Parkinson's UK

Helpline

0808 800 0303, or email hello@parkinsons.org.uk

The helpline is a free confidential service providing support to anyone affected by Parkinson's. The trained advisers, including specialist Parkinson's nurses, can provide information and advice about all aspects of living with Parkinson's, such as medical issues, including: symptoms and treatments, employment and benefits, health and social care, emotional support, local activities, signposting to other sources of information. They can also put you in touch with a Parkinson's adviser if you need more local or in-depth support.

Opening times:

- Monday to Friday: 9am to 6pm
- Saturday: 10am to 2pm
- closed on Sundays and bank holidays.

Call companions

- Parkinson's UK are working with Re-engage to offer older people with Parkinson's, and the people who care for them, a telephone befriending service.
- This service is completely free, and [you can refer yourself or someone you care for](https://www.parkinsons.org.uk/information-and-support/call-companions). For more details, please use the link:

www.parkinsons.org.uk/information-and-support/call-companions

Parkinson's UK Shop

If you are looking for certain aids to daily living, adjustable beds or stair lifts the Parkinson's UK shop has a good selection available. There is also stationery, gifts and Parkinson's merchandise: https://shop.parkinsons.org.uk/?_ga=2.138595194.818334147.1716725973-1864905410.1690799857

First Steps Programme

<https://www.parkinsons.org.uk/information-and-support/first-steps-programme>

If you have been recently diagnosed, you might like to consider attending a First Steps programme - currently being run online. You will receive lots of information including what support is available. For more information, please contact the First Steps team:
020 7963 9381 or email firststeps@parkinsons.org.uk

Fighting Fit

The organisation was established at the start of 2018 specifically to support active people with Parkinson's by providing a weekend residential programme of exercise, information, and friendship. If you are interested, please complete the 'contact us' page of the website: <https://fighting-fit.org.uk/contact-us/>

The Yellow Card scheme

Parkinson's UK are promoting the Yellow Card scheme to the Parkinson's community, to make sure everyone knows where to report any medication side effects they may experience. They've picked up reports on social media that some people with Parkinson's have experienced side effects from their Parkinson's medications after being switched from a branded product, like Sinemet, to a generic product. For more information:

<https://www.parkinsons.org.uk/news/report-your-medication-side-effects-through-yellow-card-scheme>

Campaigning

Are you aware of the work done by the Campaigns Team at Parkinson's UK? You might like to get involved by sharing your story, volunteering or joining the Campaigns Network to keep up to date with current campaigns. Information is available on the Parkinson's UK website: <https://www.parkinsons.org.uk/get-involved/campaigning-change>

Benefits

If you would more details about your eligibility to claim benefits and for **free** help with completing any forms you may find the following websites helpful:

- Citizen's Advice: www.citizensadvice.org.uk
- Department of Work and Pensions (DWP): www.gov.uk/government/organisations/department-for-work-pensions

and you can contact the Parkinson's Local Advisors:

hello@parkinsons.org.uk 0808 800 03303

Research

Would you like to be involved with research – whether you have Parkinson's or not?

If you would like to take part in a research study this may mean completing a questionnaire or trialling a new drug, some done at home or visiting a hospital or research centre. To take part in research or find out more follow this link: <https://www.parkinsons.org.uk/research/take-part-research>

You can join one of the local research Interest groups who meet regularly, to keep in touch with the latest news. The South East of England Group, linked to the University of Kent, is probably our most local group: <https://www.parkinsons.org.uk/research/local-parkinsons-research-interest-groups>

