

Tavistock Parkinsons Support Group

We meet on the last Tuesday each month at The Anchorage between 10.30 am and 12 noon with speakers providing a mixture of entertainment and information. All people with Parkinsons and their carers welcome.

Remainder of the 2012 programme:

- 25.9.12 Homeopathy - Nick Burton-Taylor
- 30.10.12 Community Safety - Lousia Wall
- 27.11.12 Questions and Answers - Sian Day, Specialist Nurse
- 11.12.12 A little light music and christmas treats - John Maddock

New programme for 2013:

- 29.1.13 Story Book Dads - Graham Osborn
- 26.2.13 Community Occupational Therapist - Aileen Kennon
- 26.3.13 Questions and Answers - Sian Day, Specialist Nurse
- 30.4.13 Benefits Update - Jill Young
- 28.5.13 Falls Prevention - Sarah Lowrie and Wikki Debbie
- 25.6.13 Carers Support Worker - Liz Shouls
- 30.7.13 Questions and Answers - Sian Day, Specialist Nurse
- 27.8.13 Railways in Tamar Valley - John Snall
- 24.9.13 Cinnamon Trust - Anita James
- 29.10.13 Chiropractic Treatment - John Clark
- 26.11.13 Questions and Answers - Sian Day, Specialist Nurse
- 10.12.13 'Heather's Sing-A-Long and Quiz - Heather Rayne

Tea/Coffee with biscuits are provided and a donation requested towards rent of room.

Exercise Groups for people with Parkinsons

These are held twice a month with a registered physiotherapist. She keeps it light hearted and bases her exercises around everyday living skills and need. £5 charge to members with Parkinsons, no charge to carers.

Remainder of dates for 2012:

Thursday 10.30 - 12 noon; 11.10.12, 8.11.12, 13.12.12

Monday 14.45 - 16.15; 24.9.12, 29.10.12, 26.11.12, none in December.

Dates for 2013:

Thursday 10.30 - 12 noon; 10.1.13, 14.2.12, 14.3.12, 11.4.13, 9.5.13, 13.6.13, 11.7.13, 8.8.13, 12.9.13, 10.10.13, 14.11.13, 12.12.13

Monday 14.45-16.15; 28.1.13, 25.2.13, 25.3.13, 29.4.13, (May none, bank holiday), 24.6.13, 29.7.13, (August none, bank holiday) 30.9.13, 28.10.13, 25.11.13

Trips:

We also try to arrange a few trips each year. In 2012 we have been out to afternoon tea and this photo shows the group at Davidstow Air Field. We are currently planning a trip to a Garden Centre. Please ring Pam on 01822 614204 for more information. All welcome!

