



Parkinson's UK

Reading Branch

Spring 2026 Edition

For every Parkinson's journey



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www.parkinsonsreading.org.uk

Please note that the views expressed in the newsletter are those of the editor and contributors and do not necessarily represent those of Parkinson's UK

Parkinson's UK Reading and District Branch

Est. 1978

As a local support group, our purpose is to offer friendship and support to anyone affected by Parkinson's in the Reading area. No one should face Parkinson's alone and so we aim to be as accessible as possible offering a wide range of social and therapeutic activities.

Welcome to this edition of the Parkinson's UK Reading and District Branch Newsletter. If you have recently joined the group, then a very warm welcome to you. If you are not yet a member then you are invited to join – **see Branch Membership Information below.**

Contacts:

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Reading and District Branch Membership Information

The suggested donation for 2026 is **£10 per person**. The easiest way to pay annually is by setting up a Direct Debit to **Parkinsons Disease Society of the UK, Sort Code 20-00-00, Account Number: 43353958** using the reference "Reading Membership".

Alternatively, you can pay by cash or cheque, made payable to **'Parkinsons UK - Reading Branch**, at any of the Reading group meetings. Any questions to membership@parkinsonsreading.org.uk

Not yet registered to receive regular updates? Download the registration form from the "Contact Us" page of our website and follow the instructions.

From The Chair

Geoff Gee – Branch Chair

March meeting

This was the annual event when we report both to the national office and to you, our members, how the last year has gone and our plans for this year. We are now not required by Parkinson's UK to hold a formal AGM. The new committee for the start of the year was confirmed, marking the day Andrew, David, Krys and Colette stood down. We thank them once more for all they have done for the branch and wish them well. We hope to see them at events. Thanks also to Zoe Sole and David Newbold from PUK for supporting the meeting.

We also announced our plan to start a respite scheme to help care partners get some time off from supporting their person. As featured later in this edition.

Introducing your new chair

Taking over after all that Andrew Last and before him David Adby have done for the branch is a tall order. Let me introduce myself.

I was diagnosed with Parkinson's in 2015 when I was still at work but heading towards retirement in 2018. Since then, I have divided my time between dealing with Parkinson's; trying to understand it through tracking the research literature and reading around the subject; supporting the activities of the branch; keeping up an exercise routine; and for light relief, being Grandad.

Taking exercise seriously for the first time in my life has been the biggest challenge, but I am convinced that it has been crucial to dealing with the condition.

The year ahead

I want to make sure the branch does things that are welcomed by as many people as possible: that means reaching people recently diagnosed; supporting those of us well on in dealing with the condition; doing all we can for care partners including things just for them; and keeping in touch with the working age group.

Alongside that, I think it is important to have a good relationship with the health care team at the Royal Berks.

We will obviously be careful to see that our money is spent to best effect, but the main limiting factor on our activities is currently the time and availability of committee members and volunteers. This is something we will look at closely in the next few weeks.

I hope that, by engaging as many people as possible in what we do, we can continue to build a branch that makes a real difference to the lives of people affected by Parkinson's in our area.

I look forward to seeing you at future events. Meanwhile the spring weather is prompting the need to get things done in the garden.

Geoff Gee
Chair
Parkinson's -UK Reading Branch

Special Offer - Thursday Zoom Based Exercise Class

From March 26th to May 28th inclusive our weekly Zoom-based exercise class will be available **free of charge**. The normal charge is £5 per session. This offer applies to everyone whether you currently attend the class or not.

The Zoom-based class allows you to participate from the comfort of your home, or anywhere which has an Internet connection. You just need to download the free Zoom App onto your phone, tablet, laptop or PC. Then start the App and join the meeting, entering the meeting ID and password when prompted.

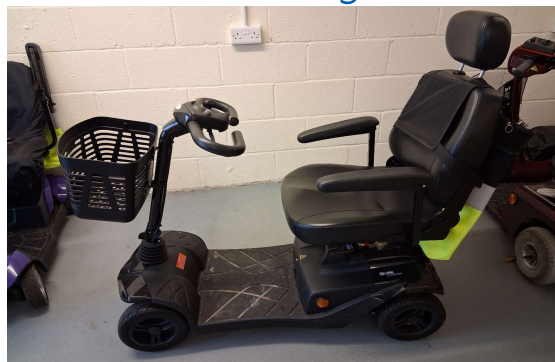
Zoom meeting ID: 859 771 2511
Password: nD42pD Meeting Number

The class takes place every Thursday from 12.45pm to 1.30pm & focuses on movement and balance for people with PD and is a mix of standing and seated exercises, led by Sarah Papworth.

Please contact Nigel Crabb if you have any questions or just join a session, on any Thursday, a few minutes before the 12.45pm start time. We look forward to seeing you there!

Email: npcrabb@gmail.com Tel. 07810 554650

Electric Mobility Scooter



Abilize Stride Comforter electric scooter. A few years old but still in good working condition.

<https://www.abilizemobility.co.uk/products/mobility-scooters/abilize-stride-comforter>

Can be dismantled so can fit in boot of hatchback car.

£400 ono

Ring Alison on 07421 739575

DATES FOR YOUR DIARY

WOKINGHAM THEATRE

Wednesday July 15th 7.45pm
An Ideal Husband, by Oscar Wilde

Tickets now available, £16 each!

Following our successful evening at the theatre in 2024, we are again lucky to have a charity night to raise funds and enjoy an evening's entertainment.

In true Wilde fashion, this comedy of manners is a sparkling satire with a plot revolving around blackmail and scandal in public life.

Tickets on sale for members and non-member at monthly meetings and cafes, or to reserve seats, email

chair@parkinsonsreading.org.uk

If you need seats with access on the flat, ask for row A.

THAMES BOAT TRIP!

Plans are afloat for a Thames Boat trip followed by an optional lunch so save the date!

Wednesday June 3rd.
More details to follow.

Check our Events Diary:
One-Off Events

<https://rb.gy/ptbxsb>

Therapy Classes and
Branch Meetings Diary:
Regular events:

<https://rb.gy/vs1odc>

May 6th Meeting 2.15pm to 4.00pm Our Lady of Peace Church Hall, Earley RG6 7DA

Dr Apurba Chatterjee,
Consultant in Elderly Care, Royal Berkshire Hospital

Multidisciplinary support for pwp with advanced symptoms.

We welcome back Dr Chatterjee who leads the team including nurses, physiotherapists, occupational therapists focussed on Parkinson's.

Whiteknights Indoor Bowls Club

Wednesday April 8th
12:30 to 3:00 pm
Bowls & Afternoon Tea
Only few places left!
£12.00 per person
Names and dietary requirements to
Penny
pinglis@parkinsonsreading.org.uk

Whitchurch Art Café

Saturday April 11th
from 10.30am to 12.00pm

You are invited to the Whitchurch Art Café, The Old Stables RG8 7DF (opposite the Ferryboat Inn) Delicious cakes, tea and coffee in aid of Parkinson's UK Reading Branch.

PLACES LEISURE SPECIALIST EXERCISE CLASSES



Places Leisure offer a range of Healthy Communities Classes that are aimed at adults with health conditions (including Parkinson's) and/or limited mobility.

Classes are accessed on a pay-as-you-go basis or included in a monthly membership.

Active Health – Circuits

A low-impact full body circuit class focusing on gentle movements and light cardio.

Loddon Valley Leisure Centre
Mondays 7.15pm – 8pm

Wokingham Leisure Centre
Tuesdays 4.15pm – 5pm

Seated Exercise

Low-impact seated exercises designed to improve strength, posture and flexibility while enhancing circulation and overall movement.

Loddon Valley Leisure Centre
Thursdays 10.45am – 11.30am

Strength & Balance

Gentle exercises designed to strengthen key muscle groups and improve joint mobility to help reduce the risk of falls.

Bulmershe Leisure Centre
Wednesdays 2.15pm – 3pm

Regular events: <https://rb.gy/vs1odc>

One off events: <https://rb.gy/ptbxsb>

Parkinson's Move and Shout

Specialist classes designed to improve Parkinson's symptoms through guided movement and vocal exercises.

Bulmershe Leisure Centre
Thursdays 11.45am – 12.30pm

Wokingham Leisure Centre
Mondays 12pm – 12.45pm

Wokingham Leisure Centre
Fridays 10.30am – 11.15am

Parkinson's Boxercise

Non-contact boxing movements designed to improve strength, balance and coordination for adults living with Parkinson's.

Wokingham Leisure Centre
Tuesdays 1.15pm – 2pm

FOR MORE INFORMATION:

Molly Hale: mollyhale@pfpleisure.org

Places Leisure – Wokingham Leisure Centre on:

Tel: 0118 977 0007

Parkinson's UK – Reading Respite Care for Supporters of People with Parkinson's

We realise how hard supporting and caring for your Parkinson's partner can be and how difficult it is for you to get some time to yourself. Would it help if you could occasionally pay a carer to sit with your partner whilst you had a few hours to yourself?

If so, your Branch would like to help through our Respite Support fund. We have set aside £5,000 and funds are available on a first-come, first-served basis. We will not be making any judgements on who is most deserving. Respite Support is open to any Branch members who are caring for someone with Parkinson's.

All you have to do is:

- Fill in the attached form on next page and send it to treasurer@parkinsonsreading.org.uk
- Find a care agency, and book a few hours for a professional carer to come to your own home
- Enjoy your "time off"
- Pay their invoice in full then send us a copy
- We will refund you 50% of that invoice, up to a maximum of £400 per person per year.



Unfortunately, the Branch can't recommend care agencies to you, but some of your Parkinson's friends may be able to.

Do contact us if you have any queries.

Parkinson's UK Reading Branch Respite Support Application Form

Name

Address

.....

.....

Telephone

Email

Name of Person Being Cared For

Name of Care Agency providing care

Date(s) of care

Approximate cost of care

By signing this application form, I confirm that:

- The person named above as being cared for has been diagnosed with Parkinson's and is a member of the Reading Branch of Parkinson's UK.

- I have arranged respite care for the above named person and I acknowledge that I am responsible for the selection of the care provider and the care to be provided by them, for paying all of the costs incurred by the care provider in providing the care, and for dealing with any queries that may arise with the care provider.

- I will provide Parkinson's UK Reading Branch Treasurer with copies of invoices for this care. On receipt of the invoice(s) the Branch Treasurer will validate the application and will reimburse 50% of the care costs to the applicant up to a maximum amount of £400 per year per person with Parkinson's.

- I have provided my bank account details to which any reimbursements will be sent and my contact details in case of any queries regarding this application.

- Reimbursement of any costs is not an endorsement or recommendation by Parkinson's UK or their Reading Branch of any particular care provider.

Signed Name of Applicant

Name of Bank Account

Bank Name

Sort CodeAccount Number

Please return your completed form to treasurer@parkinsonsreading.org.uk or Treasurer, 26 Rothwell Gardens, Woodley, RG5 4TJ