

Bracknell and District Branch of Parkinson's UK Diary of Activities July 2026

Date	Time	Type	Description	Location
Weds 1st	1pm 2pm 3pm	Physiotherapy Stretch class Dynamic class Power class	In person classes with a range of seated and circuits based classes to accommodate all levels of mobility. Fee £5, payable monthly in advance.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details, and to discuss which class is most suitable for you, please contact Beccy Oliver at email beccy.oliver@thorpesneuorehab.com ; or tel. 07920 444979
Weds 1st	1 – 4pm	Carers Get Together at Physio	Carers can enjoy an informal get together with tea and coffee in a relaxed environment, while their partner is attending physio.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ
Thurs 2nd	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact Maria on 07749 997945 or email osaat@btinternet.com
Fri 3rd	11am – 12pm	Parkinson's Singing Cafe	In person – A chance to sing along to songs that everyone remembers and, afterwards, to socialise with fellow attendees over refreshments. Fee £11 per person per month, payable monthly in advance.	Lynwood Village, Rise Road, Sunninghill SL5 0FG For further information, please contact Bimbi at email: BimbiShaw-Cotterill@berksmusictrust.org.uk tel: 07740 195713.

Mon 6th	10.45 – 11.30am 12 – 12.45pm	Physiotherapy Higher level Intermediate level	Newly diagnosed only All members Fee £5 per session, payable monthly in advance.	Sunningdale Village Hall, Church Road, Sunningdale, Berks SL5 0NJ. For further details, and to register, please visit the Branch website at https://bracknellparkinsons.org/exercise
Mon 6 th	3 – 4pm	Yoga	Free Yoga sessions for both people with Parkinson's and carers.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details and to register, please contact Niloo at niloofar.br@nilbon.co.uk
Tues 7th	11.30am – 12.30pm	Hydrotherapy	Have a fun and exercise session with fellow members in the pool at Bracknell Leisure Centre. Fee £7 per session, payable monthly in advance.	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, please contact Peter on 07976 808266 or email petercoombes21@gmail.com
Tues 7th	1.30 – 3.30pm	Walking Football for Neuro groups	A walking football session for Neuro related groups followed by refreshments. For both men and women of all ages. Free of charge.	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, contact Pat Newell at pnewell2844@gmail.com
Weds 8th	1pm 2pm 3pm	Physiotherapy Stretch class Dynamic class Power class	In person classes with a range of seated and circuits based classes to accommodate all levels of mobility. Fee £5, payable monthly in advance.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details, and to discuss which class is most suitable for you, please contact Beccy Oliver at email beccy.oliver@thorpesneurorehab.com or tel. 07920 444979

Weds 8th	1 – 4pm	Carers Get Together at Physio	Carers can enjoy an informal get together with tea and coffee in a relaxed environment, while their partner is attending physio.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ
Thurs 9th	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact Maria on 07749 997945 or email osaat@btinternet.com
Fri 10th	11am – 12pm	Parkinson's Singing Cafe	In person – A chance to sing along to songs that everyone remembers and, afterwards, to socialise with fellow attendees over refreshments. Fee £11 per person per month, payable monthly in advance.	Lynwood Village, Rise Road, Sunninghill SL5 0FG For further information, please contact Bimbi at email: BimbiShaw-Cotterill@berksmusictrust.org.uk tel: 07740 195713.
Mon 13th	10.45 – 11.30am 12 – 12.45pm	Physiotherapy Higher level Intermediate level	Newly diagnosed only All members Fee £5 per session, payable monthly in advance.	Sunningdale Village Hall, Church Road, Sunningdale, Berks SL5 0NJ. For further details, and to register, please visit the Branch website at https://bracknellparkinsons.org/exercise

Mon 13 th	3 – 4pm	Yoga	Free Yoga sessions for both people with Parkinson's and carers.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details and to register, please contact Niloo at nilloofar.br@nilbon.co.uk
Tues 14th	10.30am – 12pm	Camberley Parkinson's Café	A get together with fellow members and carers over a tea or coffee.	High Cross Café, 1 Knoll Road, Camberley GU15 3SY. For further details, contact Zoe Sole at zsole@parkinsons.org.uk or on mobile no. 07842449295
Tues 14th	11.30am – 12.30pm	Hydrotherapy	Have a fun and exercise session with fellow members in the pool at Bracknell Leisure Centre. Fee £7 per session, payable monthly in advance.	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, please contact Peter on 07976 808266 or email petercoombes21@gmail.com
Tues 14th	1.30 – 3.30pm	Walking Football for Neuro groups	A walking football session for Neuro related groups in the area followed by refreshments. For both men and women of all ages. Free of charge.	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, contact Pat Newell at pnewell2844@gmail.com
Weds 15th	1pm 2pm 3pm	Physiotherapy Stretch class Dynamic class Power class	In person classes with a range of seated and circuits based classes to accommodate all levels of mobility. Fee £5, payable monthly in advance.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details, and to discuss which class is most suitable for you, please contact Beccy Oliver at email beccy.oliver@thorpesneurorehab.com or tel. 07920 444979

Weds 15th	1 – 4pm	Carers Get Together at Physio	Carers can enjoy an informal get together with tea and coffee in a relaxed environment, while their partner is attending physio.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ
Thurs 16th	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact Maria on 07749 997945 or email osaat@btinternet.com
Thurs 16th	7 – 8.30pm	Monthly social event for Working Age members and their partners	A casual meet up for Working Age members and their partners at a pub in Woodley.	The Spring Inn, Bath Road, Sulhamstead, Reading RG7 5HP. For more information, please contact Ben at wapdberkshire@gmail.com
Fri 17th	11am – 12pm	Parkinson's Singing Cafe	In person – A chance to sing along to songs that everyone remembers and, afterwards, to socialise with fellow attendees over refreshments. Fee £11 per person per month, payable monthly in advance.	Lynwood Village, Rise Road, Sunninghill SL5 0FG. For further information, please contact Bimbi at email: BimbiShaw-Cotterill@berksmusictrust.org.uk tel: 07740 195713.
Mon 20th	10.45 – 11.30am 12 – 12.45pm	Physiotherapy Higher level Intermediate level	Newly diagnosed only All members Fee £5 per session, payable	Sunningdale Village Hall, Church Road, Sunningdale, Berks SL5 0NJ. For further details, and to register, please visit the Branch website at https://bracknellparkinsons.org/exercise

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Mon 20th	3 – 4pm	Yoga	Free Yoga sessions for both people with Parkinson's and carers.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details and to register, please contact Niloo at nilooofar.br@nilbon.co.uk
Tues 21st	11.30am – 12.30pm	Hydrotherapy	Have a fun and exercise session with fellow members in the pool at Bracknell Leisure Centre. Fee £7 per session, payable monthly in advance.	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, please contact Peter on 07976 808266 or email petercoombes21@gmail.com
Tues 21st	1.30 – 3.30pm	Walking Football for Neuro groups	A walking football session for Neuro related groups in the area followed by refreshments. For both men and women of all ages. Free of charge.	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, contact Pat Newell at pnewell2844@gmail.com
Weds 22nd	1pm 2pm 3pm	Physiotherapy Stretch class Dynamic class Power class	In person classes with a range of seated and circuits based classes to accommodate all levels of mobility. Fee £5, payable monthly in advance.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details, and to discuss which class is most suitable for you, please contact Beccy Oliver at email beccy.oliver@thorpesneurorehab.com or tel. 07920 444979

Weds 22nd	1 – 4pm	Carers Get Together at Physio	Carers can enjoy an informal get together with tea and coffee in a relaxed environment, while their partner is attending physio.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ
Thurs 23rd	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact Maria on 07749 997945 or email osaat@btinternet.com
Fri 24th	All day	Summer Outing	Summer outing on the Watercress Line	Booking concluded
Mon 27th	10.45 – 11.30am 12 – 12.45pm	Physiotherapy Higher level Intermediate level	Newly diagnosed only All members Fee £5 per session, payable monthly in advance.	Sunningdale Village Hall, Church Road, Sunningdale, Berks SL5 0NJ. For further details, and to register, please visit the Branch website at https://bracknellparkinsons.org/exercise
Mon 27 th	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details and to register, please contact Niloo at niloofar.br@nilbon.co.uk
Tues 28th	11.30am – 12.30pm	Hydrotherapy	Have a fun and exercise session with fellow members in the pool at Bracknell Leisure Centre. Fee £7 per session, payable	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, please contact Peter on 07976 808266 or email petercoombes21@gmail.com

			monthly in advance.	
Tues 28 th	1.30 – 3.30pm	Walking Football for Neuro groups	A walking football session for Neuro related groups in the area followed by refreshments. For both men and women of all ages. Free of charge.	Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. For further details, contact Pat Newell at pnewell2844@gmail.com
Weds 29 th	1pm 2pm 3pm	Physiotherapy Stretch class Dynamic class Power class	In person classes with a range of seated and circuits based classes to accommodate all levels of mobility. Fee £5, payable monthly in advance.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ. For further details, and to discuss which class is most suitable for you, please contact Beccy Oliver at email beccy.oliver@thorpesneuorehab.com or tel. 07920 444979
Weds 29 th	1 – 4pm	Carers Get Together at Physio	Carers can enjoy an informal get together with tea and coffee in a relaxed environment, while their partner is attending physio.	Forest Park Community Centre, Horndean Road, Bracknell RG12 0XQ.
Thurs 30 th	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact Maria on 07749 997945 or email osaat@btinternet.com