

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

August 2026

Date	Time	Type	Description	Location
Mon 3rd	10.45 – 11.30am	Physiotherapy Higher level	Newly diagnosed only	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
	12 – 12.45pm	Intermediate level	All members Fee £5 per session, payable monthly in advance.	
Mon 3rd	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5, payable monthly in advance.	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 4th	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 4 th	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 5th	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 5th	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
Mon 10th	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 10 th	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5, payable monthly in advance.	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 11 th	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 11th	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 11th	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 12th	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 12th	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
Mon 17th	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 17 th	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5, payable monthly in advance.	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 18 th	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 18 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
Thurs 20 th	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
Sun 23 rd	2.30pm	Afternoon Tea Garden Party	Afternoon Tea Party hosted by Wendy Richardson. There is no charge to attend but we suggest that people make a contribution of £2 towards the cost of the food and drink.	5 Bagshot Green, Bagshot, Surrey GU19 5JP. If you wish to attend, please could you let Wendy know by tel: 01276 491529 or mob. 07824 811898 or email woo2424@gmail.com.

Mon 24th	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
Tues 25th	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 25th	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