

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

Date	Time	Type	Description	Location
Tues 1st	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 1st	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 2nd	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 2nd	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 3rd	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members and carers. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact the organiser Paula on 07941 103966 or at walxwithpaula@outlook.com .
Mon 7th	10.45 – 11.30am	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 7 th	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5 per session 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 8th	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, email contactsoutheast@parkinsons.org.uk
Tues 8th	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 8th	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 9th	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 office@thorpesneurorehab.com
Weds 9th	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 10th	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members and carers. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact the organiser Paula on 07941 103966 or at walxwithpaula@outlook.com .
Mon 14th	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 14 th	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5 per session 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
Mon 14 th	7.30 – 9pm	Monthly Branch meeting	Tonight we will have a talk from Katie Ayling, Community Dietitian, Berkshire Healthcare NHS Foundation Trust, on the importance of good nutrition for people with Parkinson's.	Edmond's Court, Sandy Lane, Wick Hill, Bracknell RG12 2HP. Please contact Will Hague at email hello@bracknellparkinsons.org or tel. 01276 850286 for further details.
Tues 15 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 15 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 16 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 office@thorpesneurorehab.com

Weds 16th	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 17th	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members and carers. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact the organiser Paula on 07941 103966 or at walxwithpaula@outlook.com .
Thurs 17th	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 Sulhamstead.	The Spring Inn, Bath Road, Sulhamstead, Reading RG7 5HP. For more information, please contact Ben at wapdberkshire@gmail.com
Fri 18th	11am – 12pm	Parkinson's Singing Cafe	For both members and carers. 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 21st	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 21st	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5 per session 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 22nd	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 22nd	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 23rd	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 office@thorpesneurorehab.com

Weds 23rd	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 24th	10.30am	Nordic Walking	Gentle social Nordic Walking with fellow Branch members and carers. Poles available if needed. Fee £3, payable monthly in advance.	South Hill Park, Ringmead, Bracknell RG12 7PA. For further details, please contact the organiser Paula on 07941 103966 or at waxwithpaula@outlook.com .
Fri 25th	11am – 12pm	Parkinson's Singing Cafe	For both members and carers. 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.
Sat 26 th	2pm	Carers Event	A visit to Savill Garden followed by a cream tea. An opportunity for carers to get together and have fun and share experiences. There is no fee.	The Savill Garden, Wick Lane, Englefield Green, Egham TW20 0UJ. Please contact Eileen by email at eileen48clark@icloud.com or by text message to 07917 651839 at your earliest convenience.

Mon 28th	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 28 th	3 – 4pm	Yoga	Yoga sessions for both people with Parkinson's and carers. Fee £5 per session 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 29th	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 29 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 30th	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 office@thorpesneurorehab.com

Weds 30 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.
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