

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

Date	Time	Type	Description	Location
Thurs 1st	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 2 nd	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 5th	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 5 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 6th	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 6th	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 7th	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 7th	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 8th	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 9th	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 12th	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 12 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 nilooofar.br@nilbon.co.uk

Mon 12 th	7.30 – 9pm	Monthly Branch meeting	Tonight we will have a talk from Becky Blake, our Local Parkinson's Advisor, about the range of support she can provide to our Branch members.	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 13th	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 13th	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 13th	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 14th	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 14th	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 15th	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 15th	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 the Thames Valley area.	For more information, please contact Ben at wapdberkshire@gmail.com
Fri 16th	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 19th	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 19th	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 nilooofar.br@nilbon.co.uk
Tues 20th	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 20th	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 21st	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 21st	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 22nd	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 .
Fri 23rd	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 26th	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 26 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 27 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 27 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 28 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 28 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 29th	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 .
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