

## Activities

Below is a list of local activities for people living with Parkinson's.

### **Walking Tennis for Parkinson's**

Coach: Andy Gray.

Email: [Andyw.gray@virginmedia.com](mailto:Andyw.gray@virginmedia.com)

Phone: 07980181255

Website: <https://clubspark.lta.org.uk/SalfordTennisClub/Coaching/Course/0883d3cc-3162-45d2-b7d6-7d5863b690c3>

### **Exercise Classes:**

Tuesdays 10:30am - Low intensity exercise Henbury Leisure centre, BS10 7NG.

Contact: [henburyinfo@everyoneactive.com](mailto:henburyinfo@everyoneactive.com)

Telephone: 0117 353 2555

### **PD Warrior**

For days, times, venues and costs please contact Alistair.

Email: [alistairmacfarlane@everyoneactive.com](mailto:alistairmacfarlane@everyoneactive.com)

### **Tai Chi**

Fridays 10:15-12:15 - Lincombe Barn, Downend Folk House, BS16 2RW

Contact Sarah

Email: [buqiworks@gmail.co.uk](mailto:buqiworks@gmail.co.uk)

### **Dance for Parkinson's**

Fridays 10.30-12:00 at Coniston Community Centre, The Parade, Patchway, BS34 5LP.

Contact Donna Baber, Fresh Arts Manager at North Bristol NHS Trust on 07554 334 828 or [fresh.arts@nbt.nhs.uk](mailto:fresh.arts@nbt.nhs.uk)

### **Non-contact Boxing**

Thursdays 10:00-12:00 - coffee (and sometimes biscuits) included.

Riverside Youth Project, BS2 9ES

Contact Dennis Stinchcombe MBE

Email: [dennismbe@riversideyp.org](mailto:dennismbe@riversideyp.org) or just turn up!

### **Nordic Walking**

Wednesdays 11:15-12:15 on the Downs.

Meet outside the café next to the water tower. BS9 1FG (free parking)

This activity involves walking over grass on Bristol Downs for approx. 60 minutes. Nordic walking poles are provided and used to aid movement. Account is taken of walking speeds of people with Parkinson's, and pauses for stretching are allowed for during the walk.

For more information, contact Jenny email:

Email: [jenny\\_e\\_l\\_c@hotmail.com](mailto:jenny_e_l_c@hotmail.com)

Mobile: 07791 462134

### **Swimming for the disabled**

Weds 19.30-20:30 at Henbury Leisure centre, BS10 7NG

For swimmer and carer - free entry. The pool is well-heated for this session. Wheelchair users welcome.

Email: [henburyinfo@everyoneactive.com](mailto:henburyinfo@everyoneactive.com)

Phone: 0117 353 2555

### **VAST: Voice production, postural therapy and singing with Musicians and Health professionals**

Mondays and Wednesdays 10:30-12:00 at St Mary Church Hall Saltford. BS31 3EL.

Sarah and Jo

Email: [vastforparkinsonsuk@gmail.com](mailto:vastforparkinsonsuk@gmail.com)

### **Spinning**

For days, times, venues and costs please contact Alistair

Email: [alistairmacfarlane@everyoneactive.com](mailto:alistairmacfarlane@everyoneactive.com)

### **Board Games Club**

Every other Wednesday from 1-4pm at the Bedminster Methodist Church, BS3 3BW.

## Donate to support our work

We can only provide services to help people living with Parkinson's due to the generous donations we receive.

If you want to support our work or have used our services and feel that you benefited from them, please consider donating to us to help us continue our services.

Whilst some of our services are provided by volunteers, we have a small number of key personnel who deservedly need to be paid. We also have administration and general expenses like any organisation. We keep our overheads incredibly low and as a charitable body any surplus we have is retained within the organisation to improve future service provision.

- We are primarily funded through donations of the following 3 types:

Donations from continuous benefits funding which we have assisted in securing

We have managed a huge number of benefit applications for people living with Parkinson's and to date we have secured total annual funding of over £1 Million, with the average benefit funding we achieve for people is approximately £5,700 per year.

This is the one area of our work which has a direct financial benefit to the people we help. However, the majority of our time is spent providing support in many other areas and does not generate income.

In order to help us to continue to provide the wide range of personal support services, we ask that when we successfully secure continuous benefit funding, the client makes a donation of just one month's worth of that funding. This can be in the form of a one-off donation or an equivalent sum donated monthly over the first year.

It is important to recognise that such donations are not only funding the assistance with a benefit application but they are funding our ability to continue to provide a wide range of personal support for all clients, as long as it is needed.

### **One-off or regular donations**

Donations can be made at any time, either as a one-off sum or a regular monthly donation. All of this funding has a huge impact on our ability to provide support to as many people as possible.

### **Legacy donations in wills**

One of the most positive ways that people can help is to leave a legacy to Face2Face Parkinson's in their will. This funding ensures that other people living with Parkinson's do not have to struggle alone. For information on how to go about this please request our Legacy Guide.

If you wish to make a donation, this can be by cheque made payable to Face2face Parkinson's C.I.C. to the address below or by bank transfer to: -

Name: Face2face Parkinson's C.I.C.

Sort Code: 60-83-71

Account no: 82871800

You will of course receive a thank you letter and acknowledgement