

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

NORFOLK PARKINSON'S NEWS

EDITION 06

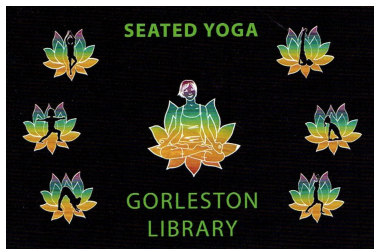
Autumn 2019

To subscribe

To subscribe to this newsletter by email, please message Kecia Harris at kharris@parkinsons.org.uk.

Physical Activity

Seated Yoga in Great Yarmouth & Waveney Maria Popova of Samballa Yoga attended the Parkinson's exercise instructor training that Parkinson's UK ran in March 2019 and she led a Parkinson's seated yoga taster session with Parkinson's UK in September. She runs a regular gentle seated yoga class (no getting up from the floor!) which helps develop strength, flexibility & joint mobility, balance and improved posture. Breathing, relaxation and meditation in the class helps wellbeing.



Classes run Gorleston Library, 1 Lowestoft Road, Gorleston-on-Sea, Great Yarmouth NR31 6QU every Monday from 10:30 to 11:30 and every Friday from 11-12.

They also run at St Marks Church Hall, Bridge Rd, Lowestoft NR33 9JX, every Tuesday 2-3pm and every Friday 1-2pm.

Cost is £4.50 a session or £20 for 5 sessions. Contact Maria, 07999848655 or maria@samballayoga.com.

Maria also runs a gentle yoga class including support to work on a yoga mat (on the floor) in Gorleston Library on Mondays, 11:45-12:15. Contact Maria for more info.

Sunrise Tai Chi event



Are you 50+ and fancy a sunrise adventure? Norfolk County Council are looking for people across Norfolk to take part in a beginner's tai chi event to launch our healthy ageing campaign. No experience needed, it's free and refreshments will be provided. Free transport provided from Norwich, and free parking at Gorleston beach.

When: 7am on Friday 11th October 2019. The session will start at 7am so get there in good time.

Where: Gorleston Beach, NR31 6PL – please meet and assemble on the seafront at the Ocean Rooms (beachside)

What to expect: Tai Chi expert Deniz Paradot will lead the session on Gorleston Beach. He will welcome everyone and then introduce and explain the session- suitable for all levels of ability. The session will last for between 45 minutes to 1 hour and will include a warm up and warm down. Deniz runs Parkinson's specific qigong (tai chi) classes and has completed a Parkinson's UK training day in

Parkinson's.

Following the session everyone is welcome to assemble in the Ocean Rooms for refreshments. There will also be a "market place" where you can find out about other activities and services that are available in Norfolk including physical activities, learning opportunities and volunteering.

Getting there

Driving: There's plenty of free parking on Lower Esplanade by Gorleston Beach, NR31 6PL.

Transport from Norwich: Free coach travel from Harford Park and Ride, Norwich on Ipswich Rd (NR4 6US). Places are limited so please let us know if you are planning to use the coach to guarantee a place. The coach will **depart at 6am** so please arrive in good time. Departure back to Norwich Harford Park and Ride will be at 9.30am from outside the Ocean Rooms. Wear loose layers, including warm clothing, suitable for the weather on the day. Trainers or similar footwear that's suitable for the beach.

Toilets: Facilities will be available in the Ocean Rooms throughout the event.

Contact: In advance of the event email marketing@norfolk.gov.uk or call 01603 215177. Contact telephone number for the event will be 07713354228.

Voice workshops



Parkinson's Voice & Speech workshop, Norwich

Exercises to support articulation and volume in a fun environment. Supported by the Norwich branch of Parkinson's UK. 1:45-3:15 on October 4, 11, 18, and November 1 and 15 at Wroxham Road Methodist Church, Wroxham Rd, Sprowston, NR7 8AD. First session free then £4 a session. Contact Louise Ambridge on hello@communicatespeech.co.uk or 07841522601 to book a spot.

Parkinson's Voices, Thetford: A lighthearted course to work on voice volume and throat muscles using vocal exercises, singing, and movement. 11-12 on Wednesdays until December 4, at St Cuthbert's Community Rooms, 1 King St, Thetford, IP24 2AN. Cost £5pp. 12-12:30 refreshments for those who wish (donation). Contact Patricia Mason, 07906 143735/ ppatriciamason@aol.com (yes that is a double p.)



Transport Plus

Transport Plus is a community transport service provided by Norfolk County Council. It is a service using mostly volunteer car drivers to enable adult members of the public to access essential health, social and wellbeing services. Journey bookings can be made with the County Council's customer service centre and staff then organise the journey with an available driver or another community transport provider. A charge is made for each journey to cover the cost of fuel and general wear and tear of the vehicle. This is paid direct to the driver.

Transport Plus is generally available to adult members of the public who:

- Have a specific health or social need but are not eligible for free transport
- Are unable to use or access normal public transport services
- Cannot access services using transport provided by family or friends



To use the service you need to be able to get in and out of a car unaided. They can also take someone with you if you need a carer/assistant to help you at your appointment / service. Unfortunately they are unable to take people who travel in a wheelchair. They can take people

to health appointments, to day care or respite care, and for essential shopping, as well as activities to help with general wellbeing (eg to support groups, classes.)

Transport bookings can be made 9am-5pm, Monday to Friday (except public holidays) by phoning 0344 800 8020. You can book a journey up to a maximum of two weeks in advance – a minimum of three working days' notice needs to be given. Priority will be given to journey requests within Norfolk although journeys outside Norfolk (eg to a hospital appointment) will be considered. Whilst they will do their very best to undertake all journeys, journey requests are subject to transport resources being available.

You may share your journey with another person. A charge is made to cover the cost of fuel and general wear and tear of the volunteer driver's vehicle- currently 45p per mile. The charge includes any mileage incurred for the volunteer to travel to and from your house, although they will always try to arrange the nearest driver to you so that charges are kept to a minimum.

For more info call 0344 800 8020 or go to:
<https://www.norfolk.gov.uk/roads-and-transport/public-transport/community-transport/what-is-transport-plus>

Early onset Parkinson's

Fighting Fit



Fighting Fit organises weekend residential programmes for younger and working-age people with Parkinson's. This programme is for people who have come to terms with their diagnosis and who want to take control to improve their wellbeing and working life. For further information visit <https://fighting-fit.org.uk>. The October weekend programmes are now fully booked but they are planning a new programme in the north of England in November 2019

and new Aylesbury weekend programmes in 2020. The fully inclusive cost for singles is £200 and for couples is £300. ('Taking Control Grants' are available – see their website for details).

They will run our first Fighting Fit programme at the Leeds Mercure Parkway Hotel on **8-10 November 2019** and they're taking bookings right away. Use the Contact Us form on their website to register interest in Leeds.

The first Fighting Fit programme of 2020 in Aylesbury takes place on 20-22 March next year. If you are interested in a place on that course then please use the Contact Us page on their website to register interest. Fighting Fit produces a newsletter which you can subscribe to online.

Parkinson's Local Adviser Service

The Parkinson Local Adviser service in Norfolk currently has two vacant posts due to Lisa Morton and Nicola Robinson leaving the Charity. We are providing cover for Norwich, South Norfolk, Breckland, West and North Norfolk, from within the wider Local Adviser Service. If you live in these areas you can email adviser.east@parkinsons.org.uk or call 0344 225 3628 and a Local Adviser will contact you back. Matthew Major is still in post and covers Great Yarmouth, Waveney and Broadland. Matthew works Monday, Tuesday

and Wednesday 8.00am to 3.30pm and can be contacted by adviser6.east@parkinsons.org.uk or 0344 225 9838.

Local advisers can help with:

- Up to date information on living well with Parkinson's
- Relevant information and advice from trusted sources
- Listening and emotional support
- Signposting to local and national services that can support your needs
- Information and advice on employment, benefits and the blue badge scheme

They are familiar with a range of support in their local area and would be happy to help you with any queries or issues that you have.

Research

Targeting nerve cell batteries to slow Parkinson's progression: Parkinson's UK is investing nearly £1 million to find a new treatment that targets energy-producing mitochondria to slow the loss of brain cells in Parkinson's.

As part of our **Virtual Biotech**, we're partnering with NRG Therapeutics Ltd to identify new molecules that can enter the brain and support the mitochondria – the batteries that power brain cells. If successful, these protective molecules could provide a safe and effective new treatment that will protect brain cells and slow the progression of Parkinson's.

Why target mitochondria? Nerve cells use an unusually high amount of energy to function properly. This is especially true for the dopamine-producing brain cells that are lost in Parkinson's. As such, dopamine-producing brain cells are very reliant on their mitochondria functioning properly. Any disruption can leave them vulnerable and may eventually lead to cell death. By targeting problems with energy-producing mitochondria, the aim of the research is to prevent further degeneration of remaining dopamine-producing brain cells.

The first part of the year-long project will screen molecules that target mitochondria. By using high throughput screening, the team will be able to look at several hundred thousand molecules in a short amount of time, meaning they can quickly identify the chemicals with potential as a Parkinson's treatment.

In the second stage, the team will select a small number of the most promising molecules and slightly adapt them so that they not only target mitochondria but can also access the central nervous system with few side effects.

The new drug-like molecules will then be tested to see if they can slow or stop the loss of cells in Parkinson's. If successful, this will pave the way for the molecules to go into further testing and then ultimately enter clinical trials.

The Parkinson's Virtual Biotech works just like a regular biotech company - creating and testing new treatments for Parkinson's. We're investing in research to rapidly develop and test treatments with the potential to transform life for people with the condition. Read more on Dr Becky Port's blog:

<https://medium.com/parkinsons-uk/developing-the-treatments-of-tomorrow-2d4a9937be63>

Prostate drug shows promise in Parkinson's: A study suggests that the prostate drug, terazosin, can protect brain cells to slow the progression of Parkinson's. Researchers showed that the prostate drug was able to slow the loss of brain cells in various models of Parkinson's, including in mice. This led to increased dopamine levels and improved movement symptoms. The reason for this protection was thought to be because the drug may provide brain cells with more energy by boosting an enzyme called PGK1.

In addition to studying the potential of terazosin in the lab, the researchers also looked at existing data from those taking the drug. By comparing data from 150,000 people treated for an enlarged prostate - where half were on drugs such as terazosin and half were on alternative medication that didn't affect PGK1 - they found that those on terazosin were less likely to develop Parkinson's.

Existing data from people with Parkinson's who have been treated for an enlarged prostate was also used in the study, and the researchers found that those treated with terazosin seemed to have less severe symptoms and slower progression of their Parkinson's.

Terazosin is a drug that has already been shown to be safe and approved as a treatment and the results from this study highlight the potential for this drug to be investigated as a repurposed drug for Parkinson's. Repurposing can allow new treatments to become available much more easily, quickly and cheaply.

The prostate drug now needs to be tested in clinical trials to see if it alters the progression of Parkinson's. Clinical trials are currently being planned in the USA.

People with Parkinson's needed to help research into worry

Hannah Krzyzanowski and Dr Lonneke van Tuijl are investigating how people with Parkinson's experience worry and how these worries can change over time. The project is called LENS-PD – Learning Effective New Strategies with Parkinson's. The aim of the research is to better understand worry in order to develop effective psychological treatments to reduce worry and anxiety for people with Parkinson's.

They need sixty people with Parkinson's who self-identify as a 'worrier'. You will need to have access to a computer and be able to speak on the phone to the research team. The study involves completing an online screening questionnaire followed by a short phone call from the research team. If you are eligible you will be randomly assigned to one of two research conditions. You will be given access to the online platform to complete a series of online sessions across a 4-week period with two follow up assessments at 1 and 3 months.

Interested in taking part? Please contact Hannah via email (Pwp-research@kcl.ac.uk) or phone (020 7848 5025) before 30 November 2019.

Research into Parkinson's in space: Here's a short film clip about research on Parkinson's undertaken at the International Space Station, with support from the Michael J Fox foundation: https://www.youtube.com/watch?edufilter=NULL&v=GmBlqb_FxLI

The Drug Development Pipeline



Cannabis and Parkinson's survey results

Earlier this year colleagues across the charity helped the policy and campaigns team to promote a survey about cannabis and Parkinson's. The team were overwhelmed at the response as 1,600 people with Parkinson's and 29 health and care professionals shared their views about their experiences of using cannabis-derived products.

The results were launched last week and show that:

- 59% hadn't used cannabis-derived products before, but would consider using them to control their symptoms
- 26% had used cannabis-derived products (16% are currently using them for their Parkinson's and 10% have used them in the past)
- 16% hadn't used cannabis-derived products and aren't interested in using them in the future.

Significantly, people with Parkinson's would continue to use, or start using, cannabis-derived products if robust evidence became available that they're safe and effective in treating Parkinson's symptoms.

Read the report at www.parkinsons.org.uk/news/cannabis-and-parkinsons-our-survey-results to see the key findings (scroll down to download the full report). Parkinson's UK's policy panel will discuss these findings at their November 2019 meeting and agree what we think as an organisation and our next steps.

Airport Assistance

Anyone living with mobility issues can ask for assistance at the airport- this is not just for people in wheelchairs. You should ask for assistance either when you book or at least 48 hours before travel, whether it is through a travel agent, tour operator or airline. This information will then be passed to the airport and the service provider.

Staff at assistance points can help with taking you to a designated "special assistance" area in the terminal building, getting to check-in and bag drop (if required), going through security, and into the departure lounge and to the departure gate. Alternatively, a companion can escort you (including pushing you in an airport provided wheelchair if required) through the airport and up to the departure gate. If you have your own wheelchair or electric mobility aid you should be able to use your own equipment right up to the departure gate. See the Civil Aviation Authority website for more information: <https://www.caa.co.uk/Passengers/PRM/Arranging-special-assistance/> or call the CAA on 0330 022 1500.

Books

The Salt Path by Raynor Winn is a true story of a couple who found themselves with nowhere to live just before one of them was diagnosed with CBD (Corticobasal Degeneration), a 'Parkinson's Plus' movement disorder that progresses faster than Parkinson's. They set out to walk the Cornish Coast Path as they had nowhere else to live but a tent. The physical effort involved for Moth, Raynor's husband, in completing the walk had an impact on the progress of the condition. It's a beautifully written, simple book that is testament to the power of physical activity on the progress of a movement disorder.

Parkinson's UK's information leaflets

Parkinson's UK offers a wide range of information leaflets about many aspects of life with Parkinson's and issues you may face. For instance, we have a leaflet about driving and Parkinson's, another about the various drug treatments for Parkinson's, many about the various symptoms of Parkinson's, leaflets for newly diagnosed people and so on. Browse our leaflets and download them immediately, or order them by post free of charge, at <https://shop.parkinsons.org.uk/> (click the information button for the lists of info leaflets) or call the orderline at 0333 0030 523 (Mon-Sat 8am-8pm, Sun 9am-6pm). You can also call to order an Information Resources catalogue if you don't use the internet and can't see what's on offer.



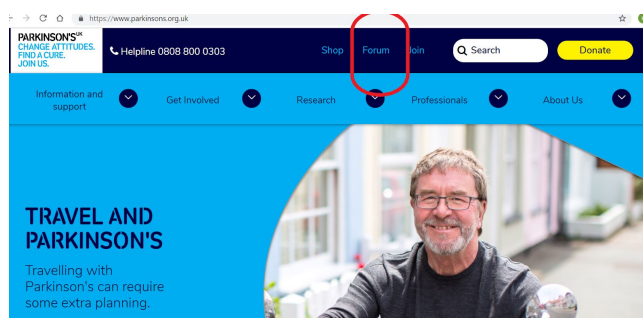
The shop also sells various living aids that people with Parkinson's have found useful. You can call to order a Living Aids catalogue on the orderline number, or browse it online.

Parkinson's UK's Online forum

Our online forum is a space for you to chat to people who know what you're going through. Whether you have been newly diagnosed with Parkinson's, are a carer or have been living with the condition for longer, the forum is a place for you chat about the things that are important to you... and sometimes share a virtual cup of tea.

You can get on to the forum by clicking the 'forum' button on our main webpage- see

the red-circled 'forum' in the picture. Our website is at www.parkinsons.org.uk.



An example of forum usage in the month of June 2019: 68.6% were returning visitors, 31.4% were new. The 'Insomnia' thread was the highest viewed page on the forum with 912 page views, followed by the 'husband recently diagnosed with yopd (young onset Parkinson's)' thread which is a new entry and has received 723 page views. There were 1700 active users and 664 posts. There was a total of 12,772 members at the end of June. If you have a question you'd really like to ask another group of people living with Parkinson's, it's a good resource.

Dementia Support from Alzheimer's Society

The Alzheimer's Society is the UK's leading dementia charity. They provide information and support, improve care, fund research, and create lasting change for people affected by dementia, including Lewy Body dementia and Parkinson's dementia.

For one-to-one dementia support in Norfolk please call the Norfolk Advice and Support line on 01603 763556 or email norfolk@alzheimers.org.uk. The Advice line is staffed by experienced Dementia Support Workers Monday to Friday 9am to 5pm. This number is there for any one affected by dementia and can be used by professionals to make referrals on someone's behalf.

Dementia Support Workers offer information and practical guidance to help people understand the condition, cope with day-to-day challenges and prepare for the future. Advice, support and information can be provided by phone, in writing or at a home visit. Alzheimer's Society National Helpline is on 0300 222 1122 and available 9am – 8pm Monday to Wednesday, 9am – 5pm Thursday and Friday, 10am to 4pm Saturday and Sunday.

Talking Point is an online forum for everyone who is affected by dementia, open 24 hours a day. <https://www.alzheimers.org.uk/get-support/talking-point-our-online-community>.

Age UK Norwich

Age UK Norwich offers a number of activities that could be of interest.

They run the Eaton Classics Film Club at Eaton Park Community Centre, South Park Avenue, Norwich NR4 7AZ, at 1:30pm on certain Fridays. Remaining dates for 2019 are 11 October (His Girl Friday), 8 November (Mr Blandings Builds His Dream House), and 6 December (The Wizard of Oz). Cost is £2, refreshments provided. Call Stella on 01603 397 785/ stella.sheldon@ageuknorwich.org.uk for more info.

They also run a Jarrold's Cafe group. They meet weekly on Fridays, 3-4pm, at The Pantry Cafe, 3rd Floor, Jarrold's department store, London St, Norwich NR2 1JF. Jarrold's offers a £1 discount on tea/ coffee for this session. Check for the reserved table. Call Stella Sheldon on the contact details in the first paragraph for details.

Age UK also offer bowling at the Bowling House, 5-7 Dereham Rd, Norwich NR2 4HX, on the second Wednesday of the month (next session 9 October) from 1:30-3pm. 2 games, £5.50, refreshments provided. Call Cathy Eden on 01603 496 321/ cathy.eden@ageuknorwich.org.uk.

The Age UK Ashby Art Group, run by an experienced art teacher, is for creative people, regardless of experience. It runs alternate Tuesdays, 2-4pm, at the Harford Community Centre, The Lastings, Hall Rd, Norwich NR4 6ET. Cost is £3 a session, refreshments included. Contact Cathy Eden (see details in paragraph above).

Keep Active sessions at the Riverside Leisure Centre, Wherry Rd, Norwich NR1 1WX, weekly on Tuesdays 11-12:15 except the 2nd Tuesday of the month. Table tennis, kurling, boccia, and refreshments. Contact Cathy Eden (see details in paragraph above.)

CST or Cognitive Stimulation Therapy is a programme of activities, carried out over several weeks, usually in small groups. Sessions are led by trained Support Workers and cover a different topic each week. These activities are designed to stimulate the mind of a person with mild to moderate dementia and help to maintain their mental abilities and

memory. For people aged 60 plus, free of charge, Thursdays 1:30-2:30 at the Marion Day Centre, Marion Rd, Norwich NR1 4BN. Contact Cathy Eden (see details above.)

They offer more activities, including tai chi and dancing, which you can explore on their website at <https://www.lumi.org.uk/activities/> or call them on 01603 496333.

Your life, your services 2019 survey, Parkinson's UK

This survey asks people affected by Parkinson's about their experiences of using health services. Parkinson's UK, alongside the [UK Parkinson's Excellence Network](#), will use the information to focus on areas where services aren't meeting people's needs, and drive up standards of care.

The information we collect will help build on what we've learned from previous surveys. Our surveys have reported good progress over the past few years. For example, the percentage of people who said they could access a Parkinson's nurse increased from 75% in 2016 to 82% in 2018. The percentage who said they could access a nurse between scheduled reviews increased too, from 70% to 77%.

However, many challenges remain. We'd really appreciate it if you could take the time to complete the [2019 survey](#). This will mean we can keep focusing on the areas that need improvement.

We want to know if people affected by Parkinson's are getting the right health and support services. If we know where improvements are needed we can target these areas.

The survey is open until Friday 25 October and can be found on our website at <https://www.parkinsons.org.uk/news/your-life-your-services-survey-2019-now-open> (click on 'Complete the Survey.')

Council Tax

Parkinson's UK's Local Advisers have had a flurry of enquiries about Council Tax reductions following some reports in the media which simply stated 'people with Parkinson's' might qualify for Council Tax reduction. There are several Council Tax reduction schemes.

- Council Tax Reduction Scheme - this is financially assessed and relates to low income, not related to issues with disability.
- Council Tax Discount - this can be applied if someone in the household is 'severely mentally impaired,' permanently, in intelligence and social functioning. The person must also be receiving a relevant disability benefit. A doctor needs to sign the certificate off before the council will accept it.
- Disability Reduction Scheme - awarded if the person is 'substantially and permanently disabled' and have an additional room to meet their needs (not a toilet, kitchen or bathroom), or use a wheelchair indoors.

Parkinson's UK have a free factsheet on this which can be obtained free of charge by phoning 0808 800 0303, or it can be downloaded at <https://www.parkinsons.org.uk/sites/default/files/2018-10/Help%20with%20Council%20Tax%2018.pdf>

Non-motor symptoms questionnaire

Parkinson's UK produces a non-motor symptoms questionnaire which many people have found a useful resource to prepare for their meetings with their Parkinson's consultant or nurse. It's a tick-box list of symptoms and you tick the ones you've experienced in the last month. It helps you and the health staff focus on the main current issues you want to address. You can download a copy of the list from this link:

<https://www.parkinsons.org.uk/professionals/resources/non-motor-symptoms-questionnaire>

Alternatively order one free of charge to be posted to you by calling 0330 124 3250 or email resources@parkinsons.org.uk.

BBC World Service programme on Parkinson's

The BBC World Service's Discovery programme is airing 'The Truth about Parkinson's,' the first of three episodes. Presenter Jane Hill's father and uncle both lived with Parkinson's. The programme includes pieces with Paul Mayhew Archer, Michael J Fox, and Alan Alda. Go to <https://www.bbc.co.uk/programmes/w3ct0049> for details of live broadcasts or to listen to the recordings.

Creative Arts East

Are you an adult who would you like to meet other members of your local community and try something new? Creative Arts East are running a range of free creative arts activities, including music making, crafts and dancing in Hunstanton and in Downham Market.

Hunstanton: Hunstanton Community Centre, Avenue Road, Hunstanton PE36 5BW, 2-4pm on **Wednesdays** on these dates:

2019: 20 November

2020: 15 January; and **Tuesday** 19 February

Downham Market: Priory Centre, 78 Priory Road, Downham Market, PE38 9JS on **Wednesdays** 2-4pm these dates:

2019: 6 November;

2020: 8 January; and **Tuesday** 5 February 2020

Booking is recommended. To book a place or to find out more contact lea@creativeartseast.co.uk or call 01953 713390

Fundraising



Parkinson's UK's Big Fun Runs happen in parks across the UK on 28 October at 11am. They're run over 5km and cost £10 to register. The sponsorship target is £50 (or more!). To get your own place with the race organisers, all you need to do is visit their website and sign up, choose your location, and select 'Parkinson's UK' from the drop down list. Go to

<https://www.parkinsons.org.uk/events/big-fun-runs> for more info.

Local Directory

Contact for this newsletter: Kecia Harris, email kharris@parkinsons.org.uk, Tel 0300 123 3676

Parkinson's UK Helpline 0808 800 0303.

Our helpline is a free confidential service providing support to anyone affected by Parkinson's, including family and friends. Our trained advisers, including specialist Parkinson's nurses, can provide information and advice about all aspects of living with Parkinson's, such as medical issues, including symptoms and treatments; employment and benefits; health and social care; emotional support; local support such as local groups, and Parkinson's local advisers; signposting to other sources of information.

Norfolk Community Directory

This is an online list of activities and information that can help you find the support you might be looking for. It contains activities, services and groups to help all Norfolk residents live healthy, active and fulfilling lives. The website is at <https://communitydirectory.norfolk.gov.uk/>.

Parkinson's Local Advisers for Norfolk

Parkinson's Local Advisers can provide up to date information on living well with Parkinson's; relevant information and advice from trusted sources; listening and emotional support; signposting to local and national services that can support your needs; information and advice on employment, benefits and the blue badge scheme.

Broadland, Great Yarmouth and Waveney; Norfolk (temp)	Matthew Major	0344 225 9838 mmajor@parkinsons.org.uk
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Parkinson's UK groups				
Place & group	Meeting place	Time	What is it?	Contact
Cromer group	St John's Hall, Bond Street, Cromer, Norfolk, NR27 9DA	2 nd Wed of the month, 10:30-12:30	Parkinson's UK support group meeting, with speakers, outings, meals, company.	Lisa Lowe 0344 225 3614 vc.east4@parkinsons.org.uk
Dereham group	Trinity Methodist Church Hall, Theatre Street, Dereham, Norfolk NR19 2EP	1 st Thu of month 2-4	Parkinson's UK support group meeting, with speakers, outings, meals, company.	Chris Stuart 0344 225 3614 vc.east4@parkinsons.org.uk
Diss (Eye & Diss) Parkinson's group	St Henry Morse Roman Catholic Church Shelfanger Road Diss IP22 4DX	2 nd Monday of month 2-4	Parkinson's UK support group, with speakers, activities, company.	Caroline Walker 01379 309367 carolinemawalker@icloud.com
Fakenham group	Colkirk Parish Hall, Colkirk, NR21 7NR.	1 st Tue of month, 10:30-12:30	Parkinson's UK support group meeting, with speakers, outings, meals, company.	Lisa Lowe 0344 225 3614 l Lowe@parkinsons.org.uk
Great Yarmouth Parkinson's Cafe	Sainsbury's Supermarket café, St. Nicholas Road, Great Yarmouth NR30 1NN	1 st Fri of the month, 10:30-12:30	Buy a coffee and join us for a chat. Friendly and lively group.	Kecia Harris 0300 123 3676 kharris@parkinsons.org.uk
Kings Lynn group	12 th Kings Lynn Scout HQ, Beaulah Street, Kings Lynn, PE30 4DN	3 rd Thu of month, 2:30-4:30	Parkinson's UK support group meeting, with speakers, outings meals, company	Lisa Lowe 0344 225 3614 l Lowe@parkinsons.org.uk
North Walsham group	Sacred Heart Church Hall, Kings Arms Street, North Walsham, Norfolk NR98 9JP	2 nd Tue of month 10:30-12:30	Parkinson's UK support group meeting, with speakers, outings, meals, company.	Lisa Lowe 0344 225 3614 l Lowe@parkinsons.org.uk

Norwich group	Gage Road Chapel, Gage Road, Sprowston, Norwich NR7 8BN	1 st Tue of every month, 7-9pm	Parkinson's UK support group meeting, with speakers, outings, meals, company.	Lisa Lowe 0344 225 3614 llowe@parkinsons.org.uk
Norwich Parkinson's Pub	Oak Tree Pub, 59 Ipswich Road, Norwich NR4 6LA	2 nd Tue of the month 6:30-8:30pm	Parkinson's UK pub meet-up, informal & friendly, working age friendly.	Kecia Harris 0300 123 3676 kharris@parkinsons.org.uk
Swaffham Parkinson's Café	Waitrose Café, Waitrose, Castle Acre Rd, Swaffham PE37 7HT	2 nd Thu of month, 10:30-12:00	Buy a coffee and join us for a chat. Friendly and lively group.	Chris Stuart 0344 225 3614 llowe@parkinsons.org.uk
West/ North Norfolk Parkinson's Young Pub	Location varies, contact organiser	2 nd Tue of month 8pm	Meet up in a pub around Fakenham for working age people.	Karyn 07769951369
Wymondham group	Wymondham Baptist Church, Queen Street, Wymondham, NR18 0AY	2 nd Wed of month 2:30-4	Parkinson's UK support group, with speakers, outings, meals, company.	Lisa Lowe 0344 225 3614 llowe@parkinsons.org.uk

Independent groups (not run by Parkinson's UK)

Catfield pub evening	The Crown Inn, The Street, Catfield, Norfolk NR29 5AA	7:30 on 28 Oct, 25 Nov then 1st Mon of month in 2020	Meet up in a pub for people with Parkinson's in the area.	David Easton 07817 998 771
Halesworth independent Parkinson's group	Patrick Stead Hospital, 46 Thoroughfare, Halesworth IP19 8AR	2 nd Wednesday of month 10-12	Independent Parkinson's group with speakers, refreshments	Janice McFadyen 01986 784 108

Parkinson's Exercise & Therapy classes

Place	Type	Location	Day & Time, Cost	Contact
Colkirk	Mixed ability exercise class	Colkirk Parish Hall, Colkirk, NR21 7NR	Fortnightly on Thursday, 3-4pm	Karyn on 07769951369
Cromer	Seated exercise	St John's Hall, Bond Street, Cromer, Norfolk, NR27 9DA	4 th Wed of month 1:30-2:30	Lisa Lowe 0344 225 3614 vc.east4@parkinsons.org.uk
Dereham	Qigong	Toftwood Village Hall, 47 Shipdham Road, Dereham NR19 1JL	Mondays 12:30-1:30 6 week programmes, resumes 9 September.	Deniz Paradot 01603 516171 07977 114031 hello@nntqs.co.uk
Eye (for Diss group)	Otago-based exercise for Parkinson's	Eye Community Centre, Magdalen Street, Eye IP23 7AJ	Fridays 10:30-12:00	Kim Bilner, kimbilnerchi@hotmail.com tel 0300 123 3676
Fakenham	Skylarks singing group	Heather Barrow Court, Fakenham, NR21 8NX.	2 nd and 4 th Monday, 11:00-12:30 (refreshments 11:00-11:30, then singing)	tina@playingforcake.uk

Great Yarmouth (Gorleston)	Seated yoga	Gorleston Library, 1 Lowestoft Rd, Gorleston-on-Sea, Great Yarmouth NR31 6QU	Mon 10:30-11:30 and Fri 11-12	Maria Popova maria@samballayoga.com 07999848655
Needham, South Norfolk	Get Neuro Active class for Parkinson's, MS and stroke	Needham Village Hall, 52 High Road, IP20 9LB, near Harleston	Tue 1-2pm term time only	Rachel Baynes rjbneurophysio@gmail.com , 07932697129.
North Walsham	Exercise (standing, for the more mobile)	Sacred Heart Church Hall Kings Arms Street North Walsham, Norfolk, NR28 9JP	2 nd and last Fri of month, 11:45-13:00	Terry Nokes Terrynokes.parkinsons@Gmail.com 01692 406 486
North Walsham	Tai Chi	Sacred Heart Church Hall Kings Arms Street North Walsham, Norfolk, NR28 9JP	2 nd Tue of the month, 12:45-13:45 (after group meeting)	Terry Nokes Terrynokes.parkinsons@Gmail.com 01692 406 486
North Walsham	Singing	Sacred Heart Church Hall Kings Arms Street North Walsham, Norfolk, NR28 9JP	1 st and last Wed of month 11-11:30 tea, 11:30-12:30 singing	Terry Nokes Terrynokes.parkinsons@Gmail.com 01692 406 486
North Walsham	Seated Exercise	Sacred Heart Church Hall Kings Arms Street North Walsham, Norfolk, NR28 9JP	4th Fri of month, 11:30-13:00	Terry Nokes Terrynokes.parkinsons@Gmail.com 01692 406 486
Norwich	Parkinson's Fighters-boxing.	Norwich boxing club , Unit 2, Horizon Works, Dereham Road, New Costessey, NR5 0SE.	Fridays 6-7:30	Lisa Lowe 0344 225 3614 vc.east4@parkinsons.org.uk
Norwich	Singing for Parkinson's	Wroxham Road Methodist Church, Wroxham Road, Norwich, NR7 8AD	2 nd and 4 th Fri of month, 2:15-4.	Lisa Lowe 0344 225 3614 vc.east4@parkinsons.org.uk
Norwich	Star Exercise Group (Parkinson's)	UEA Sportspark, University Drive, Norwich NR4 7TJ	Mondays 2:30-3:30	Lisa Lowe 0344 225 3614 vc.east4@parkinsons.org.uk
Norwich	Dance for Parkinson's	Theatre Royal Dance Studio Stage 2 building, Theatre St Norwich NR2 1RL	Thursdays 3:15-4:15 Contact Rachel to book a place	Rachel Canavan 07968 994 116 danceandparkinsonsnorwich@gmail.com www.art-of-movement.co.uk
Norwich	Carers Group	Epworth Room, Heartsease Methodist Church Hall, Heartsease Lane, Norwich, NR7 9NR (just off Plumstead Road roundabout.)	Next meeting 5 July 12-2 Contact Janet Dean for meetings after this date	Janet Dean 01502 677723 Janet.anne.dean@gmail.com

Generic but Parkinson's friendly classes

Great Yarmouth (Gorleston)	Seated yoga	Gorleston Library, 1 Lowestoft Rd, Gorleston-on-Sea, Great Yarmouth NR31 6QU	Mon 10:30-11:30 and Fri 11-12	Maria Popova (attended Parkinson's training day) maria@samballayoga.com 07999848655
Lowestoft	Seated yoga	St Marks Church Hall Bridge Rd, Lowestoft NR33 9JX	Mon 10:30-11:30 and Fri 11-12	Maria Popova (attended Parkinson's training day) maria@samballayoga.com 07999848655