

# Into 2022 with Parkinson's West Herts



**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

It's time to get going again. People with Parkinson's, old friends, newly diagnosed of any age, carers, all are welcome. In fact, we are here for anyone touched by the condition, members or not, so have a look in this leaflet for activities we would like to share with you.

For more details, please get in touch with the appropriate leader.

#### **Monthly Branch Meetings and speakers**

We all need to know more about living with Parkinson's and keep up with the latest research. Our invited speakers include medical experts and some of our most distinguished scientists We are using Zoom but we are planning to return to live meetings with the option to watch and participate from home. Watch for news on the website [www.parkinsons-westherts.org.uk](http://www.parkinsons-westherts.org.uk)

#### **Get Active with Us**

Exercise is key to maintaining mobility and overall well-being! Choose what and where suits you. And the good news is that there's no limit to the number you take.

#### **Zoom Opportunities**

For those of us who are still not able or ready to venture out, Zoom has arrived. If you find it difficult to get out and can't make it in person you can still take part in exercise classes on-line as well as attending our branch meetings virtually.

Personal Trainers Igor Kharin, Corinne Mandard-Wood and Beth Boxall all run online versions of some of their sessions.



Activity Class	Contact	Time and cost	Location
<b>Hemel Hempstead</b>			
Strength and Balance Class	Ruth Venn on 01442 399333 r-venn@sky.com	Thursdays 12:00–13:00 £4 session	Grovehill Community Centre (Branch organised)
Boxing for Parkinson's (non-contact)	Corinne Mandard-Wood on 07988 649275 corinne@parkinsonsknockout.co.uk	Mondays 13:30–14:30 Block booking of 4 sessions £40	Warriors ABC
<b>St Albans</b>			
Functional Mobility exercise classes	Igor Kharin on 07864 646846 info@yourhealthwithigor.com	Wednesdays 11:00–11:45 and 12– 12.45 £7.50 session	YMCA
Moving with Music	David Stanfield on 01727 837295 parkinsons@knotwork.org.uk	Tuesdays 11:45–12:45 term times £5 session	Greenwood Park Community Centre Chiswell Green (Branch organised)
Parkinson's Badminton for fun group sessions	Frances Bacon on 01727 867168 frances@randfbacon.plus.com	Mondays 10:00–11:00. £4 session	YMCA
Find Your Voice singing classes	David Stanfield on 01727 837295 parkinsons@knotwork.org.uk	2nd and 4th Fridays of the month 11:00–12:00 £5 session	Greenwood Park Community Centre Chiswell Green (Branch organised)
<b>Watford and Rickmansworth</b>			
Parkinson's Exercise Class	Mike Peaker on 01923 820395 mgpeaker@btinternet.com	Tuesdays 11:00–12:00 £2.25 session	Woodside Leisure Centre
Parkinson's Power	Beth Boxall on 07888 912579 beth@bouncebackexercise.com	Tuesdays 15:00–15:45 £5 session	Fitwell Studio, Croxley Green
Rickmansworth Dance for Parkinson's	Julia Pearce on 07766 903914 juliakpearce@gmail.com	Thursdays 13:30–14:30. £6 session	William Penn Leisure Centre
<b>Zoom On-line</b>			
Igor's Functional Mobility	Igor Kharin on 07864 646846 info@yourhealthwithigor.com	Fridays 10:05–10:35 £5 session	
Low intensity Exercise to Music	Corinne Mandard-Wood on 07988 649275 corinne@parkinsonsknockout.co.uk	Tuesdays 11:00–12:00 Block Bookings of 6 sessions £39	
Functional Fitness	Beth Boxall on 07888 912579 beth@bouncebackexercise.com	Tuesdays 12:30–13:00 £5 session	
Strong and Balanced	Beth Boxall on 07888 912579 beth@bouncebackexercise.com	Fridays 12:00–12:45 £5 session	



**Welcome back to a social life – Making Friends and Meeting People**

Support groups and socialising are back. We all missed the friendly chat over a cuppa and a biscuit (or cake!) during lockdown. We are bringing back our face-to-face support groups and the organisers are looking forward to hearing from you. Games and other activities also on offer.

**Harpenden & Villages** – PD Buddies – Activity and Support.

Contact Christine Walden 07815 759480  
or email [christinewalden@live.co.uk](mailto:christinewalden@live.co.uk)

**Hemel Hempstead** – Contact Ruth Venn 01442 399333  
or email [r-venn@sky.com](mailto:r-venn@sky.com)

**St Albans** – Contact David Stanfield 01727 837295  
or email [parkinsons@knotwork.org.uk](mailto:parkinsons@knotwork.org.uk)

**Watford** – Contact Rose de Souza 01923 211612  
or email [rose2desouza@hotmail.com](mailto:rose2desouza@hotmail.com)

And lunches, holidays, and a delicious menu of treats are being planned.  
For more information contact Ruth Venn on 01442 399333.

**Keep Moving – Live well with Parkinson's**

This Hertfordshire wide group was set up for working age people with the original aim of helping those still working to take control of their condition, keep active and network with others in the same situation. They meet up virtually every six weeks and listen to experts on all aspects of living with Parkinson's. They recently also held a live conference which was extremely well attended.

Our branch is aligned with this group and people of any age, who are interested in keeping active and keeping informed, are very welcome to join these meetings. And of course all branch activities are open to people of any age too – working or not.

To learn more contact Russell Price on 07714 493154  
or email [russfc@yahoo.co.uk](mailto:russfc@yahoo.co.uk)

**Fighting Fit – Take Control of your life with Parkinson's**

We have had great feedback about this residential weekend programme designed for active people generally diagnosed within the last five years. They provide expert presentations, exercise sessions and activities, group activities and the chance to share experiences, all designed to help you live well with your condition – and all delivered in a friendly relaxed environment. Partners and supporters are encouraged to attend.

For further information and to book please visit [www.fighting-fit.org.uk](http://www.fighting-fit.org.uk)





**West Herts Branch – Parkinson's UK**  
www.parkinsons-westherts.org.uk  
email: hello@parkinsons-westherts.org.uk

**Parkinson's UK national charity**  
www.parkinsons.org.uk  
Free Helpline 0808 800 0303



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