

## Support Group

Last Tuesday in the month. 10.30 - 12 noon.

With speakers.

<u>DATE</u>	<u>SUBJECT</u>
30.1.24	Non-Motor Symptoms - Sue and John Whipps
27.2.24	Silver Greyhounds (about having been a Queen's Messengers) Peter Hearn
26.3.24	Update on Parkinson's - Plymouth Nurse Specialist Team Emma Edwards 01752 434237
30.4.24	Warmer, Healthier Homes - Tamar Energy
28.5.24	R.N.L.I - Christopher Turner
25.6.24	Parkinson's research with Sue & John Whipps
30.7.24	Story Book Dads (books recorded by prisoners for their children) - Terri Bailey
27.8.24	Parkinson's and Speech Therapy - Member of Speech Therapy Team

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24.9.24	Update on Parkinson's - Plymouth Nurse Specialist Team Emma Edwards 01752 434237
29.10.24	Tavistock and the Tamar Valley in the Industrial Revolution - Andrew Thompson
26.11.24	Sensory solutions for hearing and sight loss - Julie Williams
10.12.24	Christmas Social

Cost £4.00 per session



Tavistock Area Support Services  
The Anchorage  
Chapel Street  
Tavistock

Phone: 01822 616958  
Email: [enquiries@tasstavistock.org.uk](mailto:enquiries@tasstavistock.org.uk)

Tavistock Area Support Services

A local charity for local people.

# Tavistock

# Parkinson's Support Group

## 2024

At

The Anchorage  
Chapel Street  
Tavistock  
PL19 8AG

Phone Pam on  
01822 614204

for further information or  
to be put on Members List.

## **Tavistock Parkinson's Support Group**

Have you, or someone you know, been diagnosed with Parkinson's? If so, please join us for support, friendship and information. All events held at The Anchorage.

### **Singing session**

To improve speech and breathing in a fun way.

1st Friday in month 10.30 - 12.  
Tea or coffee before singing.

Dates: April 5th, May 3rd,  
June 7th, July 5th, August 2nd,  
September 6th, October 4th,  
November 1st, December -  
none.

Cost £4.00 per person towards  
hire of hall.

### **Movement and More**

(To support an active life)

2nd Thursday in the month

10.45 –12 noon

Tea and biscuits after 12 noon

January 11th

February 8th

March 14th

April 11th

May 9th

June 13th

July 11th

August 8th

September 12th

October 10th

November 14th

December - None

Cost £5.00 per person

Carers/supporters free.

### **Coffee Morning**

3rd Friday in month  
10.30 am – 12 noon.

January 19th

February 16th

March 15th \* Talk

April 19th

May 17th \*\*Talk

June 21st

July 19th \*\*\*Talk

August 16th

September 20th

October 18th

November 15th

December - None

Cost £4.00 per person

\* Fire Safety

\*\* Kirsty Maidment Parkinson's UK

\*\*\* Emma Pearson - Derriford  
Parkinson's Specialist Nurse Team