**Dear Members**

The committee is delighted to inform you of our new programme for the months of January to March 2024. In addition we have included some information which may be of interest to you.

**Redbridge and Epping Branch Newsletter**

**January 2024 – March 2024**

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| **Programme****Main Meetings** | Broadmead Baptist Church Chigwell Road, Woodford Bridge, IG88PE (11am-12.45pm) |
| January 11 & 25 | Thursday 11Member Speaker – Sonya Batra - Aldersbrook Horticultural SocietyLynn – Easy Chair Exercises | Thursday 25Guest Speaker ––CharcoNeuroTech – Cue 1 device presentation Lynn – Easy Chair Exercises |
| February 8 & 22 | Thursday 8Guest Speaker – Speech & Language Group – Part 1Lynn – Easy Chair Exercises | Thursday 22Guest Speaker – Speech and Language Group – Part 2Lynn – Easy Chair Exercises |
| March 14 & 28 | Thursday 14Guest Speaker – To be confirmedLynn – Easy Chair Exercises | Thursday 28AGMLynn – Easy Chair Exercises |
| **Boxercise Sessions** | **Fridays** 2.45-4.15pmThe IRDSA Hall, Craven Gardens, Barkingside, Ilford IG6 1PS |
| **Singing Links Sessions** | 2.30-4.30pm, The IRDSA Hall, Craven Gardens, Barkingside, Ilford IG6 1PS |
| January  | Thursday 4 | Thursday 18 |
| February  | Thursday 1  | Thursday 15 |
| March  | Thursday 7 | Thursday 21 |

**Information of Interest**

**Want a laugh**

“Movers and Shakers” is a podcast about life with Parkinson’s disease. [The podcast features six friends - Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicholas Mostyn, and Jeremy Paxman - who gather in a Notting Hill pub to discuss the realities of living with Parkinson’s disease, from medication side effects to creative inspiration](https://podcasts.apple.com/gb/podcast/movers-and-shakers-a-podcast-about-life-with-parkinsons/id1677410087). [The podcast is available on various platforms such as Apple Podcasts 1](https://podcasts.apple.com/gb/podcast/movers-and-shakers-a-podcast-about-life-with-parkinsons/id1677410087)[, Spotify](https://podcasts.apple.com/gb/podcast/movers-and-shakers-a-podcast-about-life-with-parkinsons/id1677410087)[2](https://open.spotify.com/show/4dipKcMG0IocnGsdRmB2nJ)[, and Google Podcasts 3](https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcy5hY2FzdC5jb20vcHVibGljL3Nob3dzLzY0MTIxNmRmMWNjNzdhMDAxMDEwMWY4Yw).

**Exercise**

**1 New classes suitable** for people with Parkinson's in Loughton, just south of Epping.

Both of the classes will be beneficial for people living with Parkinson’s who are ambulant and not at risk of falling. They are aimed at the over 50s

‘EnergizeX’ classes -BODYFUSION

A fun low impact MOVEMENT TO MUSIC energising class for strength, balance, coordination and agility.

Mondays 10.45-11.45

BODYFORGE

A functional strength training class using resistance movement to help increase muscle mass.

Mondays 13.15-14.15

Cost: £5.50 each class

Contact: Epping Forest Wellness Centre, 0208 5028776.

2 We are Undefeatable

<https://weareundefeatable.co.uk/>

Every move enables more. Find out more using the link above on how to get active whilst living with a health condition today.

3 Some of you will be aware that **Pure Gym** will be offering free entrance to their facilities during the off peak times from the end of January 2024. This is in addition to **Everyone Active Gyms** which also offer free entrance to their gyms to those and their carers with Parkinson’s.

Why not make up a gym buddy group and enjoy your exercise classes in a supportive group?

**Research Opportunities – Want to be film star?**

Nicola Wydenbach who provides a number of singing classes has asked this is shared with you.

I am in the final year of my research masters at the Royal College of Music.  I am researching whether an artistic film co-created with people living with Parkinson's can change the perception of the condition.  I am looking for people living with Parkinson's and their carers to join two focus groups. The important bit is that the person living with Parkinson's hasn't been involved in dancing or singing groups specifically for the condition. I  was wondering if you might send it to your database. I only need a few people. I’d like to speak to people via zoom for approximately 1.5 to 2 hours maximum. Thank you

Here is the link to Nicola’s flyer and contact details <https://drive.google.com/file/d/1DllWSmaRF4wGBQtcEJYEwTjpTl7RxaBE/view?usp=sharing>