

## **WINCHESTER BRANCH NEWSLETTER**

**JUNE 2021**

I am hoping that you are looking forward to better weather and moving forward to more activities opening up. First of all, a warm welcome for several new members who have come forward.

**Speech Therapy** sessions open to all members and are continuing via Zoom on the first Tuesday of the month, please contact me if you are interested – contact details below.

**Pd Warrior** is available via Zoom and face to face. Please contact The Hobbs Centre on 01962 779796 or check their website [www.hobbsrehabilitation.co.uk](http://www.hobbsrehabilitation.co.uk)

**Alexander Technique.** We now have permission to re-start these sessions. please let me know if you are interested.

**Physiotherapy** in your own home is available at a cost to you of £10, the rest is paid by the Winchester Branch. Please contact me if you would like to be put on the list.

**The New Pinder Hydrotherapy Pool** should be open by the time you read this at the new Sport and Leisure centre, Bar End Winchester. If interested please contact Sarah Wratten [sarahwratten@hotmail.com](mailto:sarahwratten@hotmail.com) who is the aqua therapy specialist

**Walk.** There will be a walk for Parkinson's at Wellford Park, Newbury RG20 8HU on July 4th. This is where the bake off is held! Please contact Parkinson's UK for information and entrance details. Registration closes 27 June 2021.

<https://events.parkinsons.org.uk/event/walk-parkinsons-welford-park/home>

**If I can help, do phone me on 02380 261996 if you want a chat**

**..... or you can email - [jeangowland@gmail.com](mailto:jeangowland@gmail.com)**

**Jean Gowland  
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