

**WINCHESTER BRANCH NEWSLETTER
SPRING 2021**

Here we are looking forward to life gradually opening up again, let's hope for good this time! If all goes well according to Boris, indoor exercise classes can start again on April 12th.

The Hobbs Rehabilitation Centre is offering Physiotherapy and Pd Warrior sessions. The Alexander Technique sessions will hopefully recommence, provided enough of you wish to attend.

A New Pinder Hydrotherapy Pool will be opening this Spring as part of the Winchester Sport and leisure centre. The pool is 8m by 11m with male and female changing facility. For information please contact Sarah, the aquatic therapy specialist, sarahwratten@hotmail.co.uk.

Speech Therapy is continuing via zoom - more members welcome.

For more information, or interest in joining in any of these activities, please contact me Jean Gowland jeangowland@gmail.com or 02380 261996.

Meetings: According to the new guidelines we will need to wait until after June 21st before we can think about organising meetings.

I wish you all well, and look forward to a warm Spring.
With best wishes.

Jean Gowland.

**If I can help do phone me on 02380 261996 if you want a chat
..... or you can email - jeangowland@gmail.com**

NOTE:

I was circulated on an email from the Speech and Language Therapist, Celia Bacon which is reproduced on the next page for anyone interested.

Dear All

A member of one of my Loud and Clear groups recently attended a webinar about a book called 'Ending Parkinson's: A Prescription for Action'.

<https://oxfordparkinsons.org.uk/events/20210203-epd/video#>

I thought you and your group members may be interested in watching it.

The book is available on Amazon for £14.78. One of the group members bought it on Kindle but regretted it as he said that he would have liked to be able to return to earlier sections of the book to remind himself of facts but struggled to do so and has now bought a hard copy. Here is the link:

https://smile.amazon.co.uk/Ending-Parkinsons-Disease-Prescription-Action/dp/1541724526/ref=sr_1_1?crid=3MKJPFFD6B7E5&dchild=1&keywords=ending+parkinsons+disease+book&qid=1613494444&sprefix=ending%2Caps%2C163&sr=8-1

Please feel free to forward the link to as many people as possible - including other PD groups.

Thank you.

With best wishes

Celia Bacon BSc(Hons), CertMRCSLT, MASLTIP, HCPCreg

Speech and Language Therapist

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