

Parkinson's UK Bedford & District Support Group – regular meetings

Event/Activity	Days/Time	Location	Details	Contact Info
Parkinson's Café	First Thursday of each month 2-4pm	Roxton Garden Centre, Bedford Road, Roxton MK44 3DY	All welcome, including partners/carers, for a chat over a cuppa	bedfordparkinsons@gmail.com
Information Session	Quarterly: 3rd Thursday of Jan, April, July and October 2-4pm	Bromham Village Hall, Village Road, Bromham MK43 8JP	Free information sessions with Parkinson's-related speakers. All welcome	bedfordparkinsons@gmail.com
Games evening – cribbage, cards and board games	Mondays 6.30-8.30pm	Bedford Borough Bowling Club, Goldington Road, Bedford MK40 3NF	Free to attend – all games equipment provided or bring your favourite to share	Sue Kiddy 07944 695917
Young and Active Pub Social	Last Thursday of each month 7.30-9.30pm	The Swan, Bridge End, Bromham MK43 8LS	For younger/working-age people with Parkinson's; partners welcome	bedfordparkinsons@gmail.com
Coffee Morning	Last Friday of each month 10.30am-12.30pm	MS Therapy Centre, Barkers Lane, Bedford MK41 9RX	£1 donation for tea/coffee; all welcome	bedfordparkinsons@gmail.com

Additional Info

Contact Information for Parkinson's UK Bedford Support Group:

- Email: bedfordparkinsons@gmail.com
- Phone: 07944 695917 (Sue Kiddy)
- Website: [Parkinson's UK Bedford www.parkinsons.org.uk/](http://www.parkinsons.org.uk/) – Facebook: Parkinson's UK Bedford & District Support Group

MS Therapy Centre membership (see overleaf): £50/month suggested donation for full access to facilities for people with Parkinson's.

Local Sports & Exercise sessions for people with Parkinson's

Activity	Days/Time	Location	Details	Contact Info
Free Online Exercise Classes (Jane Warner)	Fridays 11.30am to 12.15pm	Online (Zoom)	Free online exercise classes for people with Parkinson's	janew02@live.co.uk 01234 356027
Table Tennis	Tuesdays 2-4pm	Church Lane Community Centre, 147 Church Lane, Bedford MK41 0PW	£4 per player, 50p for non-players/carers	Gerry Houghton 07768 586636
*Water-Based Exercise (Kempston)	Wednesdays 1.00-1.45pm	Kempston Pool, Hillgrounds Road, Kempston MK42 8SZ	First session free, then £8/session for seven weeks	Rachel Ritchie, neuro-physiotherapist: 07514 365858
*Combat PD Boxing Class	Mondays 2-2.45pm	MS Therapy Centre, Barkers Lane, Bedford MK41 9RX	First session free, then £4/week. Free for MS Therapy Centre members.	larissa@transitioncoachingbedford.co.uk WhatsApp/Text: 07800 899858
*Parkinson's Bowling Group	Thursdays 12.30-2pm	Bedford Borough Bowling Club, Goldington Road, Bedford MK40 3NF	Free taster session, then £5/year + small playing fee	Sue Kiddy 07944 695917
*MS Therapy Centre Activities	Monday to Thursday Various times	MS Therapy Centre, Barkers Lane, Bedford MK41 9RX	Various sessions for Therapy Centre members with Parkinson's	Karen 01234 325781 reception@mscentrebedsandnorthants.com
*Walking rugby for people with Parkinson's	Wednesdays 10.30-11.30am	University of Bedford Campus, Polhill Avenue, Bedford MK41 9EA	Free to attend	Register your interest by emailing exerciseclinic@beds.ac.uk

**Please note that although our Group supports and has active involvement in many of the activities/services listed above, those marked with an asterisk are not specifically organised by Parkinson's UK (company number 00948776). Parkinson's UK is not responsible for these and is not liable for any advice, treatment, loss, or damage incurred as a result of attending the activity or accessing the service.*