

Cirencester and Stroud Branch
Upcoming Events & Regular Activities 2025

(www.cirenstroudpuk.co.uk)

DATE	WHAT'S ON	WHERE	TIME	INFO
JANUARY				
<i>Exercise</i>	Tue 7th Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
<i>Walk / Coffee Meet Up</i>	Thu 9th Coffee / Walk	Tetbury Goods Shed	1-3pm	1pm for a walk, 2pm for coffee
Stroud Members Mtg	Tue 14th TALK - Sarah Davis The Mind Clinic	Pavillion in the Park, Cainscross	1:30-3:30	
Cirencester Members Mtg	Mon 20th TALK - Helen Mathews CEO Cure Parkinson's	St Lawrence Church Hall, Cirencester	2-4pm	
<i>Exercise</i>	Tue 21st Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
Cam Members Mtg	Thu 23rd TALK - to be confirmed	Cam Council Rooms, Cam	10:30-12	raffle
<i>Social</i>	Wed 29th Cuppa-Chat Social Meetup	Baptist Church, Cirencester	10:30-12	
FEBRUARY				
CARERS TRAINING	Mon 3rd Lifting & Handling of People	St Lawrence Church Hall, Cirencester	12-2pm	
<i>Exercise</i>	Tue 4th Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
<i>Café Meet Up</i>	Wed 5th Meet for a coffee and a chat	Leaf & Ground, Dursley	3-5pm	
CARERS TRAINING	Mon 10th Lifting & Handling of People	Frampton Mansell Village Hall	12-2pm	
Stroud Members Mtg	Tue 11th TALK - Dr Will Young Rehabilitation Psychology	Pavillion in the Park, Cainscross	1:30-3:30	
<i>Walk / Coffee Meet Up</i>	Thu 13th Coffee / Walk	Tetbury Goods Shed	1-3pm	1pm for a walk, 2pm for coffee
Cirencester Members Mtg	Mon 17th TALK - Beverley Grimstead, Sue Ryder	St Lawrence Church Hall, Cirencester	2-4pm	
Cam Members Mtg	Thu 20th TALK - to be confirmed	Cam Council Rooms, Cam	10:30-12	raffle
<i>Social</i>	Wed 26th Cuppa-Chat Social Meetup	Baptist Church, Cirencester	10:30-12	
MARCH				
<i>Exercise</i>	Tue 4th Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
<i>Café Meet Up</i>	Wed 5th Meet for a coffee and a chat	Leaf & Ground, Dursley	3-5pm	
Stroud Members Mtg	Tue 11th TALK - Beverley Grimstead, Sue Ryder	Pavillion in the Park, Cainscross	1:30-3:30	
<i>Walk / Coffee Meet Up</i>	Thu 13th Coffee / Walk	Tetbury Goods Shed	1-3pm	1pm for a walk, 2pm for coffee
Cirencester Members Mtg	Mon 17th AGM - Talk from David Newbold Director, PUK	St Lawrence Church Hall, Cirencester	2-4pm	
<i>Exercise</i>	Tue 18th Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
Cam Members Mtg	Thu 20th TALK - to be confirmed	Cam Council Rooms, Cam	10:30-12	raffle
<i>Social</i>	Wed 26th Cuppa-Chat Social Meetup	Baptist Church, Cirencester	10:30-12	

Contact the Branch	email	cirenstroudpuk@yahoo.com	phone: Speak to Karen on 07586 532635	We are here to help anyone in our area to live well with their Parkinson's by arranging a choice of regular events and activities.
Join the Branch	website	https://www.cirenstroudpuk.co.uk/join-our-branch/		
Donate to the Branch	online banking details	Barclay's Business account name: (needs to be typed in exactly as below) PARKINSONS DISEASE SOCIETY OF THE UNITED KINGDOM sort code: 20-00-00 a/c 13890260		