

Cirencester and Stroud Branch
Upcoming Events & Regular Activities 2025

(www.cirenstroudpuk.co.uk)



	DATE	WHAT'S ON	WHERE	TIME	INFO
	APRIL				
Walking Football	Tue 1st	Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
Café Meet Up	Wed 2nd	Meet for a coffee and a chat	Leaf & Ground, Dursley	3-4pm	
Exercise	Wed 2nd	Table Tennis	Cirencester Leisure Centre	11-12pm	Equipment provided
Stroud Members Mtg	Tue 8th	DEMO - Parkinson's Boxing	Pavillion in the Park, Cainscross	1:30-3:30	
Exercise	Wed 9th	Table Tennis	Cirencester Leisure Centre	11-12pm	Equipment provided
Walk / Coffee Meet Up	Thu 10th	Coffee / Walk	Tetbury Goods Shed	1-3pm	1pm for a walk, 2pm for coffee
World Parkinson's Day	Fri 11th	WPD Event (TBC)	TBC	TBC	TBC
Cam Members Mtg	Thu 17th	TALK - to be confirmed	Cam Council Rooms, Cam	10:30-12	raffle
Exercise	Wed 23rd	Table Tennis	Cirencester Leisure Centre	11-12pm	Equipment provided
Cirencester Members Mtg	Mon 28th	TALK - Sarah Davies The Memory Clinic	St Lawrence Church Hall, Cirencester	2-4pm	
Walking Football	Tue 29th	Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
Social	Wed 30th	Cuppa-Chat Social Meetup	Baptist Church, Cirencester	10:30-12	
	MAY				
Café Meet Up	Wed 2nd	Meet for a coffee and a chat	Leaf & Ground, Dursley	3-4pm	
Exercise	Wed 7th	Table Tennis	Cirencester Leisure Centre	11-12pm	Equipment provided
Walk / Coffee Meet Up	Thu 8th	Coffee / Walk	Tetbury Goods Shed	1-3pm	1pm for a walk, 2pm for coffee
Stroud Members Mtg	Tue 13th	TALK - Fall Prevention - Nikki Copper	Pavillion in the Park, Cainscross	1:30-3:30	
Walking Football	Tue 13th	Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
Cam Members Mtg	Thu 15th	TALK - Paul Evans	Cam Council Rooms, Cam	10:30-12	raffle
Cirencester Members Mtg	Mon 19th	TALK - REMAP Customised Living Aids - John Fox	St Lawrence Church Hall, Cirencester	2-4pm	
Exercise	Wed 21st	Table Tennis	Cirencester Leisure Centre	11-12pm	Equipment provided
Walking Football	Tue 27th	Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
Social	Wed 28th	Cuppa-Chat Social Meetup	Baptist Church, Cirencester	10:30-12	
	JUNE				
Café Meet Up	Wed 4th	Meet for a coffee and a chat	Leaf & Ground, Dursley	3-4pm	
Exercise	Wed 4th	Table Tennis	Cirencester Leisure Centre	11-12pm	Equipment provided
Fundraiser	Wed 4th	Bridge Competition	Baptist Church, Cirencester	6-9pm	Pairs competiton (£15 ea)
Stroud Members Mtg	Tue 10th	TALK - Parkinson's Nurse - Deb Thurman	venue to be confirmed	1:30-3:30	Cainscross hall not available
Walk / Coffee Meet Up	Thu 12th	Coffee / Walk	Tetbury Goods Shed	1-3pm	1pm for a walk, 2pm for coffee
Cam Members Mtg	Thu 15th	TALK - to be confirmed	Cam Council Rooms, Cam	10:30-12	raffle
Cirencester Members Mtg	Mon 16th	TALK - Sue Ryder - Cheryl Harrison	St Lawrence Church Hall, Cirencester	2-4pm	
Exercise	Wed 18th	Table Tennis	Cirencester Leisure Centre	11-12pm	Equipment provided
Walking Football	Tue 24th	Parky Pals Walking Football	Cirencester Arena	1:30pm	PD Exercise & a game & social
Social	Wed 25th	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		