

SUTTON, KINGSTON, EPSOM AND MERTON BRANCH

Parkinson's is the fastest growing neurological condition in the world, with over 42 symptoms.

3 people are diagnosed with the condition every hour, and 1 in 37 people alive today will be directly or indirectly affected by Parkinson's.

Common symptoms include:

Tremor, rigidity, slowness of movement, mild memory or thinking problems, sleep problems, pain, mental health problems, including anxiety and depression. But not everyone gets these symptoms and everyone's experience is different.

There's currently no cure for Parkinson's so until then, we will look to provide support, advice and information to help our members live well, through the ups and downs. The ons. The offs. And everything in between.

The Sutton, Kingston, Epsom and Merton Branch

The branch is run by a group of pro-active volunteers with the single-minded objective of improving the lives of people affected by Parkinson's locally. With just under 300 members, and growing, we are one of the biggest in the UK offering a varied range of events, trips, talks and exercise classes to people living with Parkinson's, their families, friends, and carers.

We meet on the first Wednesday of the month at 2.30pm, in St John's Church Hall in Belmont, postcode SM2 6DY.

Contact Details:

Email: secretary@skeparkinsons.org.uk

Phone: 07955 840281

Events include:

Twice monthly singing group, carers coffee morning, coffee morning tailored to members living on their own with Parkinson's, exercise classes, afternoon teas, Christmas dinner and New Years lunch, and much more besides.

Your donation will make a difference

Living with Parkinson's is tough, but people can still do amazing things despite the condition. With your help, we can continue to offer and grow the range of activities locally – your donation **will** make a difference. If you'd like to donate, our bank details are:-

Account Name: Parkinson's Disease Society of the United Kingdom

Sort Code: 20-00-00

Account Number: 93476758.

Thank you.