

Sept 2024

Join us at 'MK Parkinson's Café and Chat'

Hello,

This invitation is sent by CNWL MK NHS on behalf of the two local Parkinson's Support Groups and Parkinson's UK. Currently there are over 425 people living with Parkinson's in the Milton Keynes area, many of you may not be aware of the support which is available to you, your family, partner and carers.

You and/or your family/friends are invited to a free **café and chat**, where you will be able to meet members from both groups and Parkinson's UK. You will see the **friendship and support** available along with some activities undertaken by the groups. There will be plenty of friendly faces so please don't be daunted in attending. The plan is to have a few other guests from the medical team and Carers MK too.

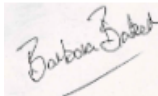
The Milton Keynes Support Group has been left a legacy. To enable them to spend it wisely they would like to learn more about your current needs as a person living with Parkinson's or caring for someone with Parkinson's in the Milton Keynes area.

Along with this invitation a survey has been included. This is an opportunity to share your ideas. This can be returned at one of the events or alternatively posted or emailed to the address on the survey.

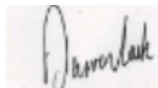
The café and chat venues (all with free parking) are:

- **Saturday 19th October 11am-2pm at Routeco Limited, Davy Avenue, Knowlhill, MK5 8HJ**
- **Tuesday 22nd October 10am-1pm at Willen Pavilion, 28 Portland Drive, Willen, MK15 9JP**
- **Monday 28th October 10am-1pm at Wavendon Gate Pavilion, Isaacson Drive, Wavendon Gate, MK7 7RZ**
- **Thursday 7th Nov 1pm-4pm at Old Bath House, 205 Stratford Rd, Wolverton, MK12 5RL**
- **Tuesday 12th November 5:30pm-8:30pm at IOT building, Bletchley College Campus, Sherwood Drive, Bletchley, MK3 6DR**

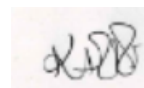
If you would like confirm your attendance please email kslade@parkinsons.org.uk or call Katy Slade (PUK) on 0344 225 3750 or just drop in. Look forward to meeting you. Kind regards,



Barbara Baker



Darren Lack



Katy Slade

on behalf of Milton Keynes Parkinson's Support, Working Age Group and Parkinson's UK

To comply with CNWL MK NHS Data Privacy protocol this letter has been sent on behalf of MKSP, MKWAG and PUK. During this process your details have not been shared with these groups. If you do not wish to be involved, you do not need to respond and please be assured there will be no further communication about this event.

(PTO)

DO YOU KNOW THERE ARE 2 PARKINSON'S SUPPORT GROUPS IN MILTON KEYNES?

MK WORKING AGE GROUP

For People of working age, including those recently diagnosed
6.30-8.30PM every third Tuesday of the month
at Routeco building (MK5 8HJ)

Contact miltonkeyneswags@outlook.com

We hold regular exercise and social events including boxercise, salsa dancing, ping pong and walks.

MK SUPPORT GROUP

2.00-3:30PM every last Wednesday of the month
at Centrecom building CMK (MK9 3BJ)

Contact mkparkinsons@outlook.com

Speakers, quizzes. Time to chat and make new friends over a cuppa.

Parkinson's UK

We are here locally to offer information and support. We can assist with a wide range of services including: benefits claims, blue badges and signposting to local groups and activities, health and social care services via our local adviser Gill Wills gwillis@parkinsons.org.uk , or call Gill on 0344 225 3773.

Alternatively call our helpline on 0808 800 0303

CarersMK

CarersMK provide support for unpaid carers in Milton Keynes of all ages, from all backgrounds and in all caring roles. CarersMK provides advice, information and emotional support, carer support groups and support for unpaid carers in Milton Keynes University Hospital. All services are free to carers registered with CarersMK, and carers contacting CarersMK are able to speak to an experienced support worker on all aspects of their caring role.

Email: mail@carersmiltonkeynes.org

Website: www.carersmiltonkeynes.org

Tel: 01908 231703

Open Hours: Mon, Tue, Thur, Fri 9am-5pm; Wed 9am-7:30pm