

Parkinson's UK Adviser Service is a free, confidential service provided by a team of Local Advisers across the UK by Parkinson's UK.

Louise Smith is the Local Adviser for Harrogate, Ripon, Skipton, Northallerton and the Dales. Her tel no is 0344 225 3769.

All are welcome to our Social Meetings held in Harrogate at the Masonic Hall 2nd Tues of each month at 2pm; in Knaresborough every 3rd Tues at Gracious Street Methodist Church Cafe at 10.30am; in Ripon at St Wilfrid's Community Centre last Tues of each month at 2pm and at The Crown Inn, Pateley Bridge last Thurs of each month at 10.30am.

Branch Chair is Bob Archibald,
Tel: 07860 628379
www.harrogateparkinsons.co.uk
see also Facebook page
Parkinson's Harrogate

Updated September 2025
See website for most up to date information.

We're Parkinson's UK,
the charity that's
here to support every
Parkinson's journey.
Every step of the way.

Explore our other events
parkinsons.org.uk/events

For general information and support:
Free confidential helpline **0808 800 0303**
hello@parkinsons.org.uk
parkinsons.org.uk

Parkinson's UK, 50 Broadway, London SW1H 0DB



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK 01/25 (10034)



Harrogate & District Branch

Here to help you

Local exercise and
social activities





One of the best ways of living with Parkinson's is to stay active, both mentally and physically. Below are activities on offer to people living with Parkinson's, their carers and families.

BOXING – Bilton Health & Wellbeing Hub
Wed 10-11am £5.
Chanelle 07766 488688

TAI CHI – Bilton Tues 2-3pm £5.
Breffni 07817 769089

EXERCISE CLASS – Bilton Thurs 3-4pm
Vicki 07961 070159

EXERCISE CLASS – Ripon Community Hub
Wed 3.30-4.30pm £5.
Lisa 07975 967354

PILATES – Bilton Tues 10am £5.
Vicki 07961 070159

More exercise classes offered at various venues by Active North Yorkshire

SPINNING – Leisure Centre sessions
at Knaresborough Wed 11am, Harrogate
Thurs 2pm & Ripon Fri 11.30am

PADEL – Harrogate Spa Tennis Centre
Tues 12-1.00pm £5.
Vicky 07876 127167

PADEL – Ripon Tennis Club every 2
weeks Thurs 1-2pm £5.
Mick 07817 275644

NORDIC WALKING – various walks
Mike 07969 928730

See overleaf for details of our monthly Social Meetings at various venues

TABLE TENNIS – Harrogate Racquets Club
1st & 3rd Wed 1.30-2.30 £5.
George 07507 039071

CROWN GREEN BOWLS – Knaresborough
Castle Bowling Green Tues 1-3pm (Mar to
Oct) weather permitting.
Neil 07773 758549

GOLF – Rudding Park Wed 12.45pm.
Anthony 07491 694938

Respite Care & Drop In sessions see www.harrogateparkinsons.co.uk

CHESS – Harrogate Library 1st & 3rd
Thurs 2-4pm.
Alf 07886 701399

DANCING – Bilton Fri 11-12noon £5
Sophie 07985 158263

SINGING – further details see
www.harrogateparkinsons.co.uk

