

HARROGATE & DISTRICT PARKINSON'S APRIL 2025 NEWSLETTER

1. Please note the **CHANGE OF VENUE** for the Branch Social Meeting on **Tuesday 8 April**. It will be held at **The Empress (on the Stray)**, 10 Church Square, Harrogate, HG1 4SP. Note - on the ground floor level so as to give disabled access.

Committee meeting 1.00 - 1.45 followed by Branch Social Meeting 2.00- 4.00. Tea and coffee will be served. Any queries to John Sheepy 07811 126534.

2. Do join Movers & Shakers next **Friday April 11th - World Parkinson's Day** - for the Big Sing where you can belt out the Parky Charter anthem "We will survive" just across the road from the Houses of Parliament. All the details can be found on our website (Movers & Shakers).

3. **19 July Snake Davis** and his Band at Ripley Town Hall (Ripley Live). Poster attached.

4. Please note that John Sheepy has changed his email address, which is now John.sheepy@my-mail.uk.

Table Tennis England YouTube Video featuring our Ping Pong coach George Chan highlighting The benefits of Table Tennis For PwP (People living with Parkinson's) <https://www.youtube.com/watch?v=ZG4zdzewKnQ>. All family and friends are welcome to 'Bat and Chat'. Harrogate Racquets Club 1st & 3rd Wednesday Each Month 1:30 – 3pm

Contact: Sarah Jackson Email: tabletennis@harrogateracquetsclub.co.uk Tel: 07815 193015

And just arrived **Movers and Shakers - the Big Sing** <https://rorycellanjones.substack.com/p/movers-and-shakers-the-big-sing?r=4ty0c8&triedRedirect=true>

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