



## SUPPORT/ EDUCATION GROUPS

Support and Education groups are friendly and welcoming groups which provide a forum for social contact, support and learning. Friends, family members and carers are welcome to attend. Many people find that support groups help them cope with the day-to-day realities of living with Parkinson's. The opportunity to swap stories and share resources can be truly therapeutic.

## EXERCISE GROUPS

Exercise benefits all people with Parkinson's, regardless of how long you have been living with the condition. The precise benefits of exercise are dependent on the type of exercise you undertake and how far Parkinson's has progressed. Dance, exercise and boxing groups designed specifically for people with Parkinson's are popular. We have a range of groups listed in metro and regional South Australia to connect with.

## RECREATIONAL GROUPS

Support built around your individual interests and goals. You will spend time with friends and like-minded people learning skills, doing activities you enjoy and exploring new experiences. Many people with Parkinson's turn to recreational pursuits with great success and enjoy the therapeutic effects and satisfaction such activities can bring. Activities can also be therapeutic, such as photography, jewellery making or working with fabric or ceramics. As individuals, we all respond to different stimuli, so you may like to try a variety of activities to see what works for you both therapeutically and artistically.

## SPECIALISED GROUPS

Support groups are also available for people with other specific movement disorders:

Dystonia

Atypical Parkinson's (Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA), Cortico-Basal Degeneration (CBD), and Lewy Body Dementia (LBD))

Other specialised groups include Deep Brain Stimulation (DBS) group, Mens group, Women with Parkinson's and a 20's - 50's group designed to help make meaningful social connections, engage in important dialogue, explore useful education and resources and build long-lasting friendships..

The following listings provide further details on locations and contacts for support, exercise, recreational and specialised groups to connect yourself with. Please contact the relevant group leaders for further details on group content and up to date meeting dates.

## SUPPORT & EDUCATION GROUPS for those living with Parkinson's

### METROPOLITAN ADELAIDE

<b>ADELAIDE HILLS - MT BARKER</b> Mt Barker Community Centre (3 Dumas Street Mt Barker)	Last Wednesday of month 2.00 - 4.00 pm	Narelle Lee
<b>BRIGHTON</b> Brighton Uniting Church Hall, 443 Brighton Road, Brighton	2nd Tuesday of month 1.30 - 3.30 pm	Charlie Roy
<b>ONKAPARINGA</b> Elizabeth House (112 Elizabeth Road Christie Downs)	Last Friday of month 1.00 - 3.00 pm	Simone Ridge-Cooke
<b>ELIZABETH</b> Resthaven Northern Community Services 16 Gillingham Rd, Elizabeth	Wednesdays 10.00 - 12noon MAC referral required	Resthaven Northern Comm Service 8259 5600
<b>GAWLER PD COFFEE CATCH UP</b> 6 Wiebusch Court Gawler West	1st Tuesday of month 10.00 - 12.30 pm	Suzanne Young 0418 837 559
<b>MARION</b> (combined with exercise group) Southern Resthaven 43 Finnis Street, Marion	Thursdays 10.45am - 11.30	Briony McClounan 83064400
<b>NORTH EAST</b> Tea Tree Gully Library, 571 Montague Rd, Modbury	3rd Friday of month 2.00 - 3.30 pm	Brianna Johnson
<b>PARADISE</b> Eastern Resthaven Community Services 61 Silkes Road, Paradise	Wednesdays 10.30 - 11.45 am	Grant White 8154 8444
<b>WESTERN</b> THRFG Head Office (62 Woodville Rd, Woodville)	1st Friday of month 10.30 - 12.00 pm	Tracy Leaney 0413 596 080

## REGIONAL SOUTH AUSTRALIA

<b>EYRE PENINSULA</b> Venue alternates between Cleve, Tumby Bay and Pt Lincoln	Third friday of month 2:00 - 4:00pm	Tash Clark 0438 269 502
<b>KANGAROO ISLAND</b> Junction Community Centre, 16 Telegraph Road, Kingscote	Second Weds of month 10.00 - 11.30 am	Greg & Beth Davis 0427 678 504
<b>LOWER NORTH</b> (for Carer support)	Country Carers SA	Lynn Stewart 1300 686 405
<b>MURRAY BRIDGE</b> Uniting Church, 1 Narooma Bld, Murray Bridge	2nd Monday of month 10.00 – 12.00 pm	Jenna Kluske 8534 2600
<b>NARACOORTE</b> Naracoorte Community Health Naracoorte Hotel, Ormerod Street, Naracoorte	3rd Monday of month 10.30 - 12.30 pm	Karen or Raelene 8762 8160
<b>PORT PIRIE</b> Port Pirie RSL, 294 The Terrace	2nd Monday of month 11:30am	Geoff Taylor 0402 119 072
<b>PORT ELLIOT</b> Resthaven Community Services, 50 North Terrace, Port Elliot	1st Monday of the month 10.00 - 12.00 pm	Caroline Tenny 8554 1801
<b>SALISBURY</b> Jack Young Centre (2 Orange Ave, Salisbury)	Friday (fortnightly) 10.00 - 12noon	David 0449 691 772
<b>NORTH YORKE PENINSULA</b> Copper Coast Lifestyle Village	3rd Thursday of month 10.00 - 11.30 am	Tracy Leaney 0413 596 080
<b>YORKETOWN</b> SYP C'ty Tele Centre, 33 Stansbury Road, Yorketown	1st Wednesday of month 1.00 - 3.00 pm	Carer's & Disability Link Yorke Peninsula 8821 2444

## EXERCISE GROUPS

### METROPOLITAN ADELAIDE

<b>ALDINGA</b> Fleurieu Exercise Physiology Shop 5, 8 Old Coach Rd Aldinga SA 5173		Claire Neylon 0423 085 884
<b>BLACKWOOD (PD Warrior Circuit - PD intensive)</b> Blackwood Memorial Hall, 21 Coromandel Parade, Blackwood Clinic assessment at Southern Neuro-Physiotherapy is required prior to commencing	Thursdays 9.30 - 10.30 am (during school terms)	Karyn Powell 0419 840 484
<b>BRIGHTON</b> Back in Motion 524 Brighton Rd Brighton	Weekly - Mon & Fri 11:20am and 2:20pm	Maggie Smith 08 8296 3988
<b>CHRISTIE DOWNS</b> Christie Downs Community Centre, Flaxmill Rd, Christie Downs	Tuesdays 10.30 - 12.00 pm	Contact Centre 8384 6894
<b>BURNSIDE (Box - Fit Non-contact Boxing)</b> City of Burnside Home Support Program Burnside Community Centre, 401 Greenhill Road, Tusmore	Tuesday 1.30pm - 2:30pm	Contact Centre 8366 4193
<b>ELIZABETH</b> Resthaven Northern Community Services 16 Gillingham Rd, Elizabeth	Wednesdays 9:30am -12.30 pm	8259 5600
<b>ELIZABETH</b> AnglicareSA Playford Boulevard The Clock Tower, Elizabeth	Thursdays 2.00 - 4.00 pm	Jenna Falzon 1800 317 009
<b>GLYNDE</b> Lutheran Retirement Services, 24 Avenue Road, Glynde	Fridays 10.00 - 11.30 am	Ruth Brunt 0434 477 724
<b>HENLEY BEACH</b> ECH - Neurological Rehab Seaside Wellness Centre, 168a Cudmore Terrace, Henley Bch	Mondays 12.00 - 12.45pm Fridays 11.00 - 11.45 am	Hannah Wuttke-Brown 1300 275 324

<b>HOVE</b> (Gentle Exercise) Holdfast Bay Community Centre, 51 King George Ave Hove SA	Tuesdays 1:15pm - 2:15pm	Jasmin Holden-Donaghey 0419 337 587
<b>LARGS BAY</b> Southern Cross Care Health and Wellness Services, 477-479 Military Road, Largs Bay	Fridays 10.00 - 11.00 am Thursdays 1.00 - 1.45 pm	Courtney Brook 8242 2985
<b>MARION</b> Southern Resthaven, 43 Finnis Street, Marion	Thursdays 10-10.45am & 11.30 - 12.15pm	Briony McClounan 83064400
<b>MORPHETT VALE</b> ECH Wellness Centre (126 Pimpala Rd, Morphett Vale)	Thursdays 11.00 - 11.45am	1300 275 324
<b>OSBORNE</b> (chair based exercise) City of Port Adelaide Enfield Lefevre Community Stadium, 541 Victoria Rd Osborne	Fridays 9:30am - 10:30am	8405 6908
<b>PARADISE (Resthaven Comm Services)</b> 61 Silkes Road, Paradise	Wednesdays 10:30 - 12:00pm	Marta 8154 8444
<b>PAYNEHAM</b> Life Care Active, 230 Payneham Road, Payneham	Mondays 1:30 - 2:15pm Wednesdays 1:00 - 1:45pm Thursdays 10:15 - 11:00am	8168 7600
<b>REYNELLA</b> Life Care Active, 278 Old South Road, Reynella	Mondays - 10.00am - 11.00am Fridays - 12noon - 12:45pm	8168 7600
<b>ROSTREVOR</b> ACH Milpara Gym, 147 St. Bernards Road, Rostrevor	Mondays 9.30 - 10.30 am	Sarah McMullen-Roach 1300 224 477
<b>UNLEY</b> Advanced Neuro Rehab 23 King William Rd Unley	Parkinson's Fight back program - small group classes with individualised and supervised exercise programs.	7123 4171
<b>UNLEY</b> Unley Physiotherapy 160 Unley Road, Unley	Pd Proud: Mondays 11.30 - 12.30 pm Weds. 11.30- 12.30 pm Thursdays 1.00 - 2.00pm Fridays - 2:30 - 3:30pm Strength and Balance: Thursdays 2.00 - 3.00 pm	Abbey Bailey 8373 2132
<b>UNLEY</b> Brain x Body Fitness Studio	<a href="http://www.bbfs.com.au">www.bbfs.com.au</a>	<a href="mailto:unley@bbfs.com.au">unley@bbfs.com.au</a> 0499 088 725
<b>WOODVILLE</b> BBFS 60 Woodville Road Woodville	<a href="http://www.bbfs.com.au">www.bbfs.com.au</a>	<a href="mailto:woodville@bbfs.com.au">woodville@bbfs.com.au</a> 0491 810 819

## REGIONAL SOUTH AUSTRALIA

<b>GOOLWA</b> Fleurieu Physio, 1 Wildman Street, Goolwa	Fridays (PD Warrior) 11.00 - 12.00 pm	Stuart Thompson 8528 7650
<b>KINGSTON SE</b> Therapeutic Dance Group	3rd Sunday of the month 1.30 - 3.30 pm	Liz Wingard 0466 723 263
<b>MOUNT BARKER</b> Adelaide Hills C'ty Health Service, Wellington Road, Mt Barker	Mondays 12.00 - 1.00 pm 1.30 - 2.30 pm	Simone Krohn 8393 1833
<b>MURRAY BRIDGE</b> (Gentle Moves Exercise Group) Resthaven, 37 Swanport Road, Murray Bridge	1st & 3rd Monday of month 9.30 - 10.30 am	Caroline Tenny 8531 2989
<b>ROBE</b> Exercise Perks Exercise Physiology 3/30 Victoria Street, Robe	<a href="mailto:exercisepерks@gmail.com">exercisepерks@gmail.com</a> <a href="http://www.exercisepерks.netlify.app">www.exercisepерks.netlify.app</a>	0499 570 210
<b>VICTOR HARBOR</b> ECH - Victor Harbor Wellness Neurological Rehabilitation Group 1-7 Torrens St, Victor Harbor	Tuesdays 9.00 - 9.45 am 10.00 - 10.45 am	Caroline Crawford or Chelsea Hastings 1300 275 324

## SPECIALISED GROUPS

<b>BRIGHTON - CARERS' GROUP</b> Finnis St Cafe, 288 Finniss St Marion	3rd Monday of month 1.30 - 3.00 pm	Lorraine Flanagan 0414 424 838
<b>DEEP BRAIN STIMULATION GROUP</b> The Goody Hotel, Goodwood Rd Goodwood	1st Monday of month 10.00 - 12.00 pm	Di Biddle 0428 828 089
<b>DYSTONIA GROUP</b> 25 King William Rd Unley	Lunches and Information sessions held as scheduled	Jacqueline Jeremy sadystonia@gmail.com
<b>MENS GROUP</b> 25 King William Rd Unley	First Tues of month 10.00 - 11.30am	Graham Slater 8357 8909
<b>PARKINSON'S PLUS LUNCH GRP (PSP, MSA, CBD, LBD)</b> The Goody Hotel, Goodwood Rd Goodwood	3rd Tues of month 12.30 - 2.00 pm	Richard Kelly 0434 197 829
<b>20's - 50's GROUP</b> various venues and online via Zoom	bi monthly dinner education session via zoom 4 times annually	Tina Gillespie 8357 8909

## RECREATIONAL GROUPS

<b>BRUSHLINES ART GROUP</b> 25 King William Rd Unley	Wednesdays 10.00 - 12.00 pm	Simone Ridge-Cooke 8357 8909
<b>PHOTOGRAPHY GROUP</b> 25 King William Rd Unley	1st Monday of month 11.30 - 1.00 pm	Geoff Thompson 0417 867 476
<b>SHOUT OUT SINGING GROUP</b> 25 King William Rd Unley	Mondays 10:15am - 11:15am	Simone Ridge-Cooke 8357 8909
<b>BRAIN BOOST CAFE</b> 25 King William Road Unley	Last Friday of month 10:00am - 12noon	Charlie Roy 8357 8909

## SPECIALIST COURSES

<b>LOUDER PLEASE - SPEECH PATHOLOGY with Grace Copolla-McDonald</b> 25 King William Rd Unley	6 week courses (10 person max) repeated as required	8357 8909
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## NORTHERN TERRITORY

<b>SUPPORT &amp; EDUCATION GROUPS</b>		
<b>DARWIN</b> Electoral Office Community Room Shop 5/36, Parap Place, Parap Shopping Village, Parap NT 0820	3rd Thursday of month 10.00am - 12noon	Jean Jagst 08 8983 2474
<b>ALICE SPRINGS</b> Disability Advocacy Service Inc Shop 4, 54 Reg Harris Lane Alice Springs, NT 0870	21st of each month 10:00am - 11:00am	Tania Phillips 08 8953 1422