

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 Carers' groups, 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

ADELAIDE HILLS - MT BARKER Council Chambers, 6 Dutton Road, Mt Barker	Last Wednesday of month 2.00 - 4.00 pm	Lyn Marshall 0447 793 150
BRIGHTON Brighton Uniting Church Hall, 443 Brighton Road, Brighton	2nd Tuesday of month 1.30 - 3.30 pm	Julie O'Brien 0413 618 084
ELIZABETH Resthaven Northern Community Services 16 Gillingham Rd, Elizabeth	Wednesdays 10.00 - 12noon MAC referral required	Resthaven Northern Comm Service 8259 5600
GAWLER PD COFFEE GROUP	2nd Monday of month 10.00 - 12.30 pm	Suzanne Young 0418 835 559
MARION (combined with exercise group) Southern Resthaven 43 Finnis Street, Marion	Thursdays 10.45am - 11.30	Briony McClounan 83064400
NORTH EAST Tea Tree Gully Library, 571 Montague Rd, Modbury	3rd Friday of month 2.00 - 3.30 pm	George Willcox 0407 724 584
ONKAPARINGA Southern Districts Baseball Club Cnr. Flaxmill Rd , Christie Downs	Last Friday of month 1.00 - 3.00 pm	Sally Crafter 0497 633 182
PARADISE Eastern Resthaven Community Services 61 Silkes Road, Paradise	Wednesdays 10.30 - 11.45 am	Grant White 8154 8444
SALISBURY City of Salisbury Community Services Jack Young Centre - 1 Orange Avenue, Salisbury	Fridays 10.00 - 12.00 pm (fortnightly)	Sue Leckie 8406 8525
WESTERN ECH Seaside Wellness Centre, 168a Cudmore Tce, Henley Beach	1st Friday of month 10.30 - 12.00 pm	Tracy Leaney 0413 596 080

REGIONAL SOUTH AUSTRALIA

EYRE PENINSULA

Venue alternates between Cleve, Tumby Bay and Pt Lincoln

Third friday of month
2:00 - 4:00pm

Tash Clark
0438 269 502

KANGAROO ISLAND

Junction Community Centre, 16 Telegraph Road, Kingscote

Second Weds of month
10.00 - 11.30 am

Greg & Beth Davis
0427 678 504

KADINA

Uniting Church Hall, Taylor Street, Kadina

3rd Thursday of month
11.00 - 1.00 pm

Carer's & Disability Link
Yorke Peninsula
8821 2444

LOWER NORTH (for Carer support)

Country Carers SA

Lynn Stewart
1300 686 405

MOUNT GAMBIER

RSL, Sturt Street, Mount Gambier

Last Wednesday of month
12.00 - 2.00 pm

Michelle King (Boandik)
8724 1251

MURRAY BRIDGE

Resthaven C S, 37 Swanport Road, Murray Bridge

2nd Monday of month
10.00 - 12.00 pm

Caroline Tenny
8531 2989

PORT PIRIE

Port Pirie RSL, 294 The Terrace

2nd Monday of month
11:30am

Geoff Taylor
0402 119 072

PORT ELLIOT

Resthaven Community Services, 50 North Terrace, Port Elliot

1st Monday of the month
10.00 - 12.00 pm

Caroline Tenny
8554 1801

NARACOORTE

Naracoorte Community Health
Naracoorte Hotel, Ormerod Street, Naracoorte

3rd Monday of month
10.30 - 12.30 pm

Karen or Raelene
8762 8160

WHYALLA

Vicki Ledo Room, Whyalla Library, Ekblom Street, Whyalla Norrie

2nd Friday of month
10.30 - 12.00 pm

Peter Atkinson
0488 915 740

YORKETOWN

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

ALDINGA

Fleurieu Exercise Physiology
Shop 5, 8 Old Coach Rd Aldinga SA 5173

Claire Neylon
0423 085 884

BLACKWOOD (PD Warrior Circuit - PD intensive)

Southern Neuro-Physiotherapy & Rehab
Blackwood Recreation Centre, 1 Northcote Road, Eden Hills

Thursdays
9.30 - 10.30 am
10.30 - 11.30 am

Karyn Powell
0419 840 484

BRIGHTON (PD Warrior Circuit - PD intensive)

Southern Neuro-Physiotherapy & Rehab
Brighton Uniting Church Hall, 443 Brighton Rd Brighton

Wednesdays
9.45 - 10.45 am

CHRISTIE DOWNS

Christie Downs Community Centre, Flaxmill Rd, Christie Downs

Tuesdays
11.00 - 12.00 pm

Robert Lloyd
8386 2761

DULWICH (Box - Fit Non-contact Boxing)

City of Burnside Home Assist
Dulwich Community Centre, 14 Union Street, Dulwich

Thursdays
2:00pm - 3:00pm

Matt Moody
8366 4166

ELIZABETH

Resthaven Northern Community Services
16 Gillingham Rd, Elizabeth

Wednesdays
9:30am - 12.30 pm

Rosalind Wren
8252 6811

ELIZABETH

AnglicareSA
Playford Boulevard The Clock Tower, Elizabeth

Thursdays
2.00 - 4.00 pm

Jenna Falzon
1800 317 009

GLYNDE

Lutheran Retirement Services, 24 Avenue Road, Glynde

Fridays
10.30 - 12.30 pm

Ruth Brunt
0434 477 724

HENLEY BEACH

ECH - Neurological Rehab
Seaside Wellness Centre, 168a Cudmore Terrace, Henley Bch

Mondays
10.00 - 10.45 am
Fridays
11.00 - 11.45 am

Hannah Wuttke-Brown
1300 275 324

HOVE (Gentle Exercise) Holdfast Bay Community Centre, 51 King George Ave Hove SA	Tuesdays 1:15pm - 2:15pm	Jasmin Holden-Donaghey 0419 337 587
LARGS BAY 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
MARION Southern Resthaven, 43 Finnis Street, Marion	Thursdays 10-10.45am & 11.30- 12.15pm	Briony McClounan 83064400
NORTHFIELD Centre for Physical Activity in Ageing Hampstead Rehabilitation Centre (Various sessions inc. 1:1 assessment & rehabilitation)	PD specific exercise class Mondays 12noon	Bob Barnard 8222 1891
NORTH PLYMPTON Southern Cross Care The Pines Health and Wellness Services, 336 Marion Road, Nth Plympton	Fridays 2:00pm - 3:00pm	8179 6825
OSBORNE (chair based exercise) City of Port Adelaide Enfield Lefevre Community Stadium, 541 Victoria Rd Osborne	Fridays 9:30am - 10:30am	8405 6908
PAYNEHAM Life Care Active, 230 Payneham Road, Payneham	Mondays 1:30 - 2:15pm Wednesdays 1:00 - 1:45pm Thursdays 10:15 - 11:00am	Lisa 8168 7600
REYNELLA Life Care Active, 278 Old South Road, Reynella	Fridays 12noon - 12:45pm	
ROSTREVOR ACH Milpara Gym, 147 St. Bernards Road, Rostrevor	Mondays 9.30 - 10.30 am	Sarah McMullen-Roach 1300 224 477
UNLEY Advanced Neuro Rehab 23 King William Rd Unley	Parkinson's Fight back program - small group classes with individualised and supervised exercise programs.	7123 4171
UNLEY 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
UNLEY Brain x Body Fitness Studio	www.bbfs.com.au	Tayla Haslam 0499 088 725
WALKERVILLE ECH - NE Wellness Programs - Neurological Rehab COLLEGE GROVE 18 North East Rd Walkerville	Wednesdays 2:00pm - 2:45pm	Lora Guiducci 1300 275 324

REGIONAL SOUTH AUSTRALIA

GOOLWA Fleurieu Physio, 1 Wildman Street, Goolwa	Fridays (PD Warrior) 11.00 -12.00 pm	Stuart Thompson 8528 7650
KINGSTON SE Therapeutic Dance Group	3rd Sunday of the month 1.30 - 3.30 pm	Liz Wingard 0466 723 263
MOUNT BARKER 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
MURRAY BRIDGE (Gentle Moves Exercise Group) Resthaven, 37 Swanport Road, Murray Bridge	1st & 3rd Monday of month 9.30 - 10.30 am	Caroline Tenny 8531 2989
ROBE Exercise Perks Exercise Physiology 3/30 Victoria Street, Robe	exerciseperks@gmail.com www.exerciseperks.netlify.app	0499 570 210
VICTOR HARBOR 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

BRIGHTON - CARERS' GROUP Finnis St Cafe, 288 Finniss St Marion	3rd Monday of month 1.30 - 3.00 pm	Lorraine Flanagan 0414 424 838
DEEP BRAIN STIMULATION GROUP The Goody Hotel, Goodwood Rd Goodwood	1st Monday of month 10.00 - 12.00 pm	Di Biddle 0428 828 089
DYSTONIA GROUP 25 King William Rd Unley	Lunches and Information sessions held as scheduled	Jacqueline Jeremy sadystonia@gmail.com
FAMILY CARERS' GROUP 25 King William Rd Unley	Last Monday of month 10.00 - 12.00 pm	Maggie Barrington 8357 8909
MENS GROUP 25 King William Rd Unley	First Tues of month 10.00 - 11.30am	Graham Slater 8357 8909
PARKINSON'S PLUS LUNCH GRP (PSP, MSA, CBD, LBD) The Goody Hotel, Goodwood Rd Goodwood	3rd Tues of month 12.30 -2.00 pm	Richard Kelly 0434 197 829
REGIONAL CONNECT SUPPORT via Zoom	2nd Thursday of month 11:00 - 12noon	Simone Ridge-Cooke 8357 8909
WOMEN WITH PARKINSON'S 25 King William Rd Unley	4th Thursday of month 1.30 - 3.00 pm	Fran Slater 8357 8909
20's - 50's GROUP various venues and online via Zoom	bi monthly dinner education session via zoom 4 times annually	Simone Ridge-Cooke 8357 8909

RECREATIONAL GROUPS

BRUSHLINES ART GROUP 25 King William Rd Unley	Wednesdays 10.00 - 12.00 pm	Simone Ridge-Cooke 8357 8909
PHOTOGRAPHY GROUP 25 King William Rd Unley	2nd Monday of month 10.30 - 12.00 pm	Geoff Thompson 0417 867 476
SHOUT OUT SINGING GROUP 25 King William Rd Unley	Mondays 10:15am - 11:15am	Simone Ridge-Cooke 8357 8909
WORDSFLOW WRITERS GROUP via Zoom	1st Thursday of month 11:00am - 12noon	Simone Ridge-Cooke 8357 8909

SPECIALIST COURSES

BE WELL PLANNING 25 King William Rd Unley	as required 5 week course	Maggie Barrington 8357 8909
LOUDER PLEASE - SPEECH PATHOLOGY with Grace Copolla-McDonald 25 King William Rd Unley	6 week courses (10 person max) repeated as required	Simone Ridge-Cooke 8357 8909
SWALLOWING WELL - with Grace Copolla-McDonald 25 King William Rd Unley	3 week courses (10 person max) repeated as required	Simone Ridge-Cooke 8357 8909

NORTHERN TERRITORY

SUPPORT & EDUCATION GROUPS

DARWIN 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
ALICE SPRINGS 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