

## Invitation to our **Cumbria** working together event: **9<sup>th</sup> May 2017**

Dear Volunteers,

The Working Together Events held last year were a great opportunity to meet and share experiences and knowledge. We celebrated the successes of our local groups and local development teams working together and helping each other to increase access to Parkinson's Links in the local area. We want to build on this!

We now invite you to your next **Working Together event in May**.

The theme of the event is: **Exercise, what are we delivering locally and for whom?**

Parkinson's UK has developed an evidence based exercise framework that gives us clear guidance as to what exercise is best for people with Parkinson's at different stages of the condition. It will position Parkinson's UK as leaders in advocating the benefits of exercise for people with Parkinson's.

Our local groups have been providing exercise opportunities locally for a number of years but as we move forward the framework will help us to feel confident that the exercise we plan for and provide will best suit the specific needs of people with Parkinson's living in the local area.

**Details of the event:** **Penrith Rugby Club, Winters Park, Penrith, Cumbria, CA11 8RQ**

**The event will start at 11am (refreshments served from 10.45am) and end at 2.45pm, with lunch at 12.30pm**

This invitation goes to all of our **Cumbria** lead volunteers, up to 4 or 5 per group, but if you would like more places, please just let me know. So that we can manage catering arrangements, please **complete and return the registration form below no later than Friday 28<sup>th</sup> April 2017**

These events are a great opportunity to come together, share successes, plan for the future and to get to know your local team and other volunteers. We look forward to seeing you there.

With best wishes

Viv, Linny, Susan and the North Team