

# Leisure centres boost for people with Parkinson's

## Initiative offers free membership to help support those living with condition

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**LEISURE** centres across West Berkshire are offering free membership to people living with Parkinson's.

Northcroft Leisure Centre and Lido, Hungerford Leisure Centre, Kennet Leisure Centre, Cotswold Sports Centre, Willink Leisure Centre, Downland Sports Centre and Lambourn Centre offer the initiative, co-designed with the charity Parkinson's UK.

The facilities are run by award-winning operator Everyone Active in partnership with West Berkshire Council.

The membership entered its fourth year on World Parkinson's Day on Friday, providing access to gym, swim and group exercise, as well as online Syn-ergy Dance classes.

A free membership can be given to up to three carers to provide additional support, if needed.

Everyone Active currently supports 64 people in West



Free membership is being offered to people living with Parkinson's

Berkshire living with Parkinson's.

It is the fastest-growing neurological condition in the world and there is currently no cure.

Parkinson's affects around 145,000 people in the UK and there are more than 40 symptoms, from tremor and pain to anxiety.

Being physically active can play an important role in living

well with Parkinson's.

Those living with the condition can find various activities, such as swimming, walking and dance beneficial in managing their symptoms.

Everyone Active's contract manager Richard May said: "We're immensely proud to be partnering with Parkinson's UK for the fourth year running."

"We truly believe the mem-

bership makes a real difference to those living with the condition and their carers.

"We want to provide a safe and welcoming environment where the whole Parkinson's community feel supported, and are confident we have an activity for all, no matter what your age, ability or fitness level."

For further information or to join, visit [everyoneactive.com/promotion/parkinsons](http://everyoneactive.com/promotion/parkinsons)

Those with underlying health conditions such as heart problems, diabetes or breathing issues should contact their GP before starting any new activity.

**"We truly believe the membership makes a real difference to those living with the condition and their carers"**

## Society celebrations

**NEWBURY Building Society** has been celebrating the 250th anniversary of the building society movement, writes Ace Beattie.

The first known building society was set up in 1775 to help working people to own their homes and provide a place for their savings.

Newbury Building Society (NBS) was set up in 1856 and provides services, including help for people wanting to save and those wanting to buy their own homes.

Most of the growth in the mortgage market is provided by building societies, the society said, accounting for 89 per cent of all UK mortgage growth in September 2024.

They provide support and innovative products to overcome the barriers faced by first-time buyers to keep their original key aims close.

Director of proposition and distribution at NBS Dean Scott said: "We've never lost sight of our overarching mission – to be the trusted provider of savings and mortgages in our community."

Helping people to build fin-



Newbury Building Society

ancial resilience and make the most of their money is equally as important to building societies as supporting home ownership.

Their current share of UK high street branches is 30 per cent, higher than the original 14 per cent in 2013.

"We're excited to be marking the 250th birthday of the first building society with some exciting additions to three branches in Newbury, Abingdon and Basingstoke," said Mr Scott

## Car keyed in Thatcham

**VANDALS** have damaged a parked car.

The offender, or offenders, keyed the entire passenger side of a black Ford Tourneo overnight on Sunday.

The incident happened in Urquhart Road, Thatcham.

If you have any information, contact the Police Enquiry Centre on 101 and quote crime reference 43250182694.

## What's on

### THURSDAY

**Maundy Thursday Communion Service at St Mary's Church, Speen, 7.30pm.**

Until April 27, **Basildon Park Easter Adventures – a mansion makeover**, 10am-5pm Lady Iliffe saved Basildon Park from ruin, can you do the same? Check out the miniature mansion. Choose colours from the colour wheel and puzzle the mansion floor plan back in order. Games, activities and a chocolate egg. Basildon Park is perfect for families with 400 acres of parkland, garden and woodland to explore.

Until Monday **Hebborn's Family Funfair – Victoria Park.**

Until Tuesday – **Easter egg picture hunt, Newbury Library**, throughout opening hours.

Until Saturday, **Picture hunt at Theale Library** throughout opening hours, with Easter prizes for all who complete the hunt.

Until Tuesday, **Easter treasure hunt at Pangbourne Library** throughout opening hours, with prizes for every successful find.

### FRIDAY

**Thatcham Easter Market, High Street, 8am to 2pm.** Browse local produce, Easter treats and everything you need for your Easter Sunday lunch. Plus Easter treasure hunt for the little ones. Hot



**Crofton Pumping Station** is steaming up on Sunday and Monday cross buns.

**Royal British Legion, Pelican Lane, Newbury, family disco . 5pm-late .**

**Easter service at St Mary's Church, Speen, 2pm Good Friday hour at the Cross.**

### SATURDAY

**Easter Kids at St Mary's Church Centre Shaw-cum-Donnington, 10am-noon.** Come and join in the fun – crafting, Easter egg hunting, listening to the Easter message. Primary school aged children accompanied by an adult. [www.shawchurch.org](http://www.shawchurch.org)

**Royal British Legion, Pelican Lane, Newbury, Country & Western band The Shure Thing, 7.45pm-10.45pm. Entry £6.**

### SUNDAY

And Monday, **Great Easter Steam Up at Crofton Beam Engines** from 10.30am. 1812 Boulton & Watt and 1846 Harvey Beam Engines doing their original job back pumping the Kennet and Avon

Canal. Easter egg trail, duck race and make your own or bring an Easter bonnet. Prizes for completing the trail, the fastest and slowest duck in the race and best bonnet for both children and adults. Last admissions to station 3.30pm.

**Easter Morning Communion service at St Mary's Church, Speen, 10.30am.**

**Weekly bingo, Thatcham Rugby Club.** Every Sunday, doors open 6.30pm and eyes down around 7.30pm. All cash prizes and a raffle. Everyone welcome. Contact Caroline 07766 388154.

### MONDAY

**Bruce Boats Easter Fayre and Open Day, Great Bedwyn, 2pm-4.30pm.** Fun for all the family; see inside the wheelchair-accessible canal boats, take a mini boat trip, Easter egg hunt, tombola and craft stalls, children's activities and steam engines.

**Crofton Beam Engines in steam.** Why not visit them in the morning and Bruce Boats Easter Fayre in the afternoon for a great Easter day out?

**■ If you are organising a charity or community event and would like to be included in these free listings, please email details – type of event, time, venue, date and contact – to [report@newburynews.co.uk](mailto:report@newburynews.co.uk)**

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50% of profits go to Mary Hare School