**Derby Self-Management Group**

*A Path through Parkinson’s* is a self-management programme designed to help you think about and plan how you want to navigate your life with Parkinson’s. It brings 8-12 people with [Parkinson's](http://www.parkinsons.org.uk/content/about-parkinsons), partners and [carers](http://www.parkinsons.org.uk/content/caring-someone-parkinsons) together for six sessions of discussion, activity and self-reflection.  It is free to attend and groups are led by trained volunteer facilitators with first-hand experience of Parkinson’s.

Find out more on the Parkinson’s UK Website [parkinsons.org.uk/selfmanagement](http://www.parkinsons.org.uk/content/self-management-programme-path-through-parkinsons) where there are short films to tell you more and an online registration form.

**Dates:       26 April, 3 May, 10 May, 17 May, 24 May & 31 May**

**Time:        10:30am – 1:00pm**

**Venue:      YMCA Derbyshire,** London Road, Derby DE24 8UT

For more information or to book a place people just need to email [**selfmanagement@parkinsons.org.uk**](mailto:selfmanagement@parkinsons.org.uk) or call 020 7963 3924.

**Severn Valley Railway Trip Monday 15 May**

The trip is now booked up. Just a few pickup details for you:

There will be one pick up point, at the far end of the Derby bus station where the coaches arrive,10.15am ready to leave at 10.30am.Remember there is no meal included in the price, but you can buy refreshments on the train, as well as in Bridgnorth itself.

**An opportunity to sing**

Derby-based Sinfonia Viva, the East Midlands’ only professional orchestra, is launching a new initiative to bring together local people who are carers for family and friends. The new Carers’ Choir will be open to people across Derbyshire and Nottinghamshire who will come together once a month to enjoy music and potentially have opportunities for performing. The choir is free to join. It will be led by award-winning choral conductor David Lawrence who will introduce a selection of choral favourites, songs from popular shows and pop favourites.

For more information, please contact Andrew Nesbitt at Sinfonia Viva, Tel: 01332 207602 or email [andrew@vivaorch.co.uk](mailto:andrew@vivaorch.co.uk)

**Coming up:** **7 October Symposium 2017 Royal Derby Hospital**

The organisers want you to suggest topics you may like to explore at this event. Contact Specialist Nurse Lisa Brown or Brian Greaves [b.greaves210@btinternet.com](mailto:b.greaves210@btinternet.com)

More details to follow nearer the time