

Sutton Shakers Tremor meetup

Friday 26th July

Holiday Inn, Gibson Rd, Sutton, Surrey.

We welcomed 14 people to our 3rd meetup including 3 new members.
Apologies from those on holiday or not well.



As well as a social meetup, topics discussed included PIP. Thanks to Paul for sharing his own experience and tips for applying and to Bob for his advice from experience working at CAB.

Another member demonstrated a collapsible straw attached to his keyring. It even had a little brush you could use to clean the straw!



Nordic Walking

The group were keen to know more about this activity and agreed it would be worth finding out where it takes place in Sutton. I've since investigated and found that Age UK run Nordic Walking groups in Sutton and also nearby in Carshalton. One of our group saw this poster in a doctors surgery.



Sutton Shakers is hosted by Jackie Farrell

The next meetup is Friday 27th September 2019
Holiday Inn, Gibson Road, Sutton, Surrey.

**For more information on our group please contact:
jackie@tremor.org.uk**