

# Parkinson's: Let's Get Moving

Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB  
Saturday May 7<sup>th</sup> 2016

## Programme

|               |                                                                                                                                         |                                                      |                                  |                                               |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|----------------------------------|-----------------------------------------------|
| Venue:        | Islay Hall                                                                                                                              |                                                      |                                  |                                               |
| 09.30 – 10.00 | Coffee & registration                                                                                                                   |                                                      |                                  |                                               |
| 10.00 – 10.05 | Introduction & welcome: <i>David Adams, Branch Chair</i>                                                                                |                                                      |                                  |                                               |
| 10.05 – 10.50 | Talk by Professor Lynn Rochester ( <i>University of Newcastle</i> )<br><b>Exercise and Parkinson's: why bother?</b>                     |                                                      |                                  |                                               |
| 10.50 – 11.15 | Comfort break                                                                                                                           |                                                      |                                  |                                               |
| 11.15 – 12.00 | Talk by Julie Jones ( <i>Robert Gordon University</i> )<br><b>Parkinsonian gait - where the journey begins and where we can take it</b> |                                                      |                                  |                                               |
| 12.00 – 12.30 | Voice Work with Wendy. <i>Wendy Carle Taylor</i>                                                                                        |                                                      |                                  |                                               |
| 12.30 – 13.30 | Lunch                                                                                                                                   |                                                      |                                  |                                               |
| 13.30 – 14.00 | Panel session with PwP's speaking. Chair: <i>Ken Bowler</i>                                                                             |                                                      |                                  |                                               |
| 14.15 – 14.45 | Professionally-led taster sessions*                                                                                                     |                                                      |                                  |                                               |
| Venue:        | Islay                                                                                                                                   | Library                                              | Arran                            | Skye                                          |
|               | Dance<br><i>Jen Farmer</i>                                                                                                              | Physiotherapy<br><i>Carole Jackman</i><br><i>TBC</i> | Pilates<br><i>Sasha Baggaley</i> | Physios<br>Networking<br><i>David Hegarty</i> |
| 15.00 – 15.30 | Professionally-led taster sessions *                                                                                                    |                                                      |                                  |                                               |
| Venue:        | Islay                                                                                                                                   | Library                                              | Arran                            | Skye                                          |
|               | Dance<br><i>Jen Farmer</i>                                                                                                              | Tai Chi<br><i>Kevin Brown</i>                        | Pilates<br><i>Sasha Baggaley</i> | Physios<br>Networking                         |
| 15.35 - 16.00 | Wrap up session with panel. Chair: <i>Dr Gordon Duncan</i>                                                                              |                                                      |                                  |                                               |
| Venue:        | Islay Hall                                                                                                                              |                                                      |                                  |                                               |

\* Enrolment through sign-up sheets on the day for group taster sessions

## **Abstracts of Talks**

Professor Lynn Rochester: **Exercise and Parkinson's: why bother?**

This talk will use a broad framework to define what we mean by exercise and provide an overview of current evidence with respect to the framework. Consideration to the role of exercise for motor and non-motor symptoms will be given along with pragmatic recommendations about implementing exercise in order to achieve an active lifestyle.

Julie Jones: **Parkinsonian gait - where the journey begins and where we can take it**

This talk will explore the pathogenesis behind the parkinsonian gait considering the implications upon motor output and function. Further, this talk will aim to explore the role of Physiotherapy in the management of gait, and provide a synopsis on current research opinion, as well as recommendations so we are all heading in the right direction.

Both talks will be aimed at people with Parkinson's and professionals.

## **Voice Work with Wendy**

The morning session will end with a chance for all to exercise their voices under the guidance of singer and voice coach, Wendy Carle Taylor. Wendy directs Singing4Fun, a community singing group which has been meeting since April 2009 and is run by Parkinson's UK Edinburgh Branch members, Cathie Quinn and Heather Robertson. People with Parkinson's, carers, family, friends and everyone in the wider community are all welcome to join. Further details may be found on the Branch website and in Islay Hall on the day.

## **PwP Panel Session**

An opportunity to hear the experiences of panel members: *what works for me*. Chaired by Ken Bowler who leads the Research Interest Group of Edinburgh Branch.

## **Taster Sessions**

The afternoon will be devoted to a number of group taster sessions, running in parallel, with entry on the day by sign-up sheets on a first-come-first-served basis.

### **Dance: Movement with Music (14.15 and 15.00 in Islay Hall)**

Two sessions will be led by Jen Farmer, a professional dancer trained in the Dance for PD<sup>®</sup> approach, well-known to many through her leadership of the *Movement and Dance for PwP* activity for Branch members.

### **Physiotherapy (14.15 in the Library)**

A chance to work as a group with a specialist physiotherapist, Carole Jackman, of the Royal Northern Infirmary, Inverness, who understands the needs of people with Parkinson's (*to be confirmed*).

### **Pilates (14.15 and 15.00 in the Arran Room)**

Sasha Baggaley, a qualified neurophysiotherapist, who is currently running a ten-week pilot Pilates class for Branch members, will lead these taster sessions, giving you an opportunity to sample the benefits.

### **Tai Chi (15.00 in the Library)**

Kevin Brown is a professional instructor of Tai Chi, Chi Kung and meditation who regularly runs Tai Chi retreats at the Samye Ling Buddhist Centre. He is a Master Practitioner of Alternative Therapies. He will run a session introducing Infinite Tai Chi, both standing and seated.

### **Networking for Physiotherapists (14.15 and 15.00 in the Skye Room)**

In the first session, David Hegarty, Lecturer in Physiotherapy, Glasgow Caledonian University, who is the Scotland Regional rep for AGILE (<http://agile.csp.org.uk/about-us>), will run a short 'workshop' on the new European Guidelines for Physiotherapists working with people with PD.

The second session provides an opportunity for physiotherapists, healthcare professionals and those working in the fitness industry to meet and exchange ideas.

### **Final Panel Session**

This wrap-up session provides an opportunity to highlight ideas that have emerged in the course of the day and will be chaired by Dr Gordon Duncan, who is a consultant in medicine for the elderly at the Western General Hospital Edinburgh and honorary clinical senior lecturer at the University of Edinburgh, with a specialist clinical and research interest in Parkinson's.

### **Further Information**

There will be display tables in Islay Hall with flyers about the many activities of the Branch, including those represented in the taster sessions, and also others which we were unable to fit into the schedule, such as indoor bowling, swimming, hydrotherapy, art and the gentle exercise class. A quiet space will be provided for relaxation.

### **Parkinson's UK**

**PARKINSON'S**<sup>™</sup>  
CHANGE ATTITUDES. FIND A CURE. JOIN US.

Not a member? Join us! You can pick up a membership pack at the event from the display tables in Islay Hall or fill in a form on the Edinburgh Branch website:

[www.edinburghparkinsons.org](http://www.edinburghparkinsons.org)

### **Our Mission**

We aim to help people with Parkinson's, their families and friends in Edinburgh and Lothians in any way we can. We provide opportunities for members to meet, share experience and support each other. We act as a source of information about health and life style issues and organise group activities.

We also represent local Parkinson's interests to NHS Lothian and other agencies.

We want standards of care and medical facilities for Parkinson's in Lothian to be the best.