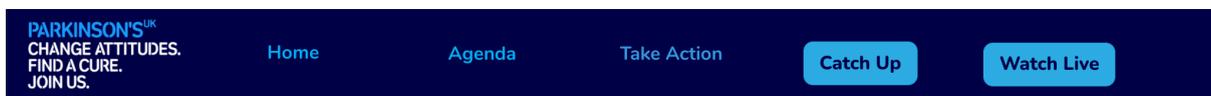


## How to use and navigate the Par-Con 2021 website

### Contents:

- [Site navigation](#)
- [Logging in](#)
- [Watching live sessions](#)
- [Using the chat box](#)
- [Using the Q&A](#)
- [Watching catch up sessions](#)
- [More help](#)

### Site navigation



**[Home](#)**: If you access another page on the site, clicking this will take you back to the homepage.

**[Agenda](#)**: This page shows the timings for each day, as well as descriptions about each session, and information about the speakers. You can also find further reading for each session here.

**Take action:** This page shows further things you can do after Par-Con, like taking part in research, campaigning or fundraising for Parkinson's UK.

**Catch up:** This page includes all the previous sessions that you can watch on demand for 30 days (until 21 November) after the end of Par-Con.

**Watch live:** This page allows you to watch the live sessions, ask questions to speakers in the live Q&A sessions, and chat with fellow attendees.

## Logging in

All you need is a computer, laptop or other device, and an internet connection. The conference works best on a laptop or desktop using one of the following internet browsers: Google Chrome, Safari, Firefox or Microsoft Edge

1. Go to <https://www.digitalevents.uk/par-con-2021/Home>



2. Select 'Watch Live'.
3. This will take you to the login page. You will need to sign in to be able to access the content.

# Improving lives through research

19-21 October 2021



Log in to review or edit your registration details

Email Address \*

Password \*

Password cannot be blank.

Login

4. Type in the email address and password you used to register and click Login. Once Par-Con has started – at 10am on Tuesday 19 October – you'll be able to start watching the live sessions, using the chat box and using the Q&A.
5. If you have forgotten your password, you can reset it below.

Not registered yet? Click [here](#) to register

Forgot your password? Click [here](#) to reset

7. To reset your password, type the email address that you used to register. If you have forgotten this, please email [researchevents@parkinsons.org.uk](mailto:researchevents@parkinsons.org.uk). Press Submit. You should receive a password reset email in your inbox. Please check your spam/junk folder too. The email will be from Parkinson's UK - Par-Con 2021 - Reset your Par-Con 2021 password.

Enter your email address below, and we'll send you a link to reset your password.  
If you don't receive the link shortly, please check your Spam/Junk folder.

Email Address \*

Submit

Not registered yet? Click [here](#) to register

Dear Tinuke,

A password reset was requested for this email address. To reset your password, click the link below.

[Click here to reset your password.](#)

This will allow you to create a new password after which you can log in to modify or complete your registration. Please note, the link expires in 12 hours

8. Click the link on the email so you can reset your password. This will take you to a page where you can reset your password.

## Reset Your Password

Choose a new password

Password \*

Repeat Your Password \*

Cancel

Submit

9. Once you've set the password, click Submit. You can then log in as normal.

## Watching live sessions

1. Once you have logged in, click 'Watch Live'. Please note you'll only be able to watch live sessions when they're running – see the [Agenda](#) page to find out all the timings for Par-Con.

Watch Live

2. This will take you to a new page which will include the video player, a chatroom box and a Q&A box.

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

How to watch a live or catchup session

If you're watching a live session, the video will start playing when you open the page. If you're watching on-demand click this button to start and pause the video.

If you're watching on-demand you can click and drag along this bar to move forward or back in the session.

You can use this icon to turn the volume up and down.

You can click on this cog wheel to change the quality of the video you're watching (this may be helpful if your internet connection isn't good and the video appears to stutter or lag).

This icon lets you view the video in full-screen mode.

3. Press the play button to begin the live video. You can press the play button again to pause the live video. Please note that since this is a live video, when you resume it will skip to the current place in the video.

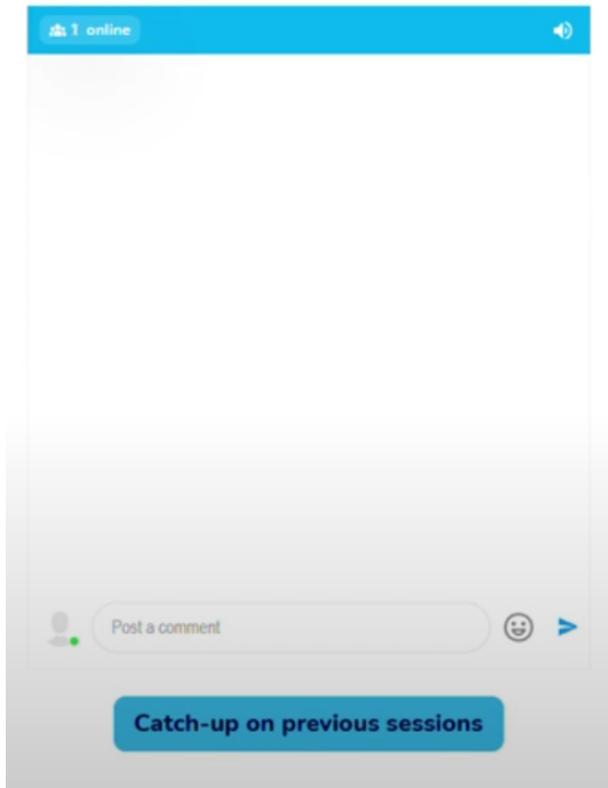
4. The 4 bars on the left will allow you to increase or decrease the volume.

5. The cog allows you to change the quality of your video. You can leave this as auto, and the quality will change depending on the strength of your internet connection. Or you can set it manually yourself. 720p is the highest quality (for strong internet connections) and 240p is the lowest quality (for weak internet connections).

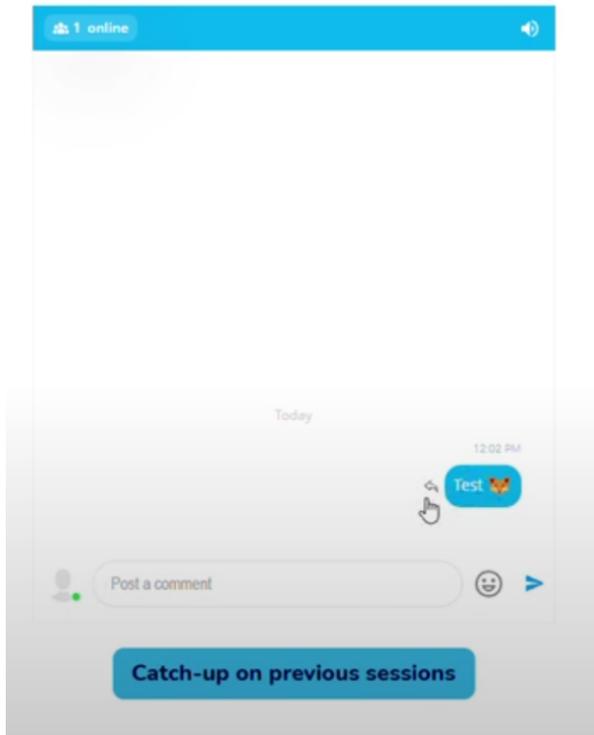
6. The four arrow icon allows you to view the video in fullscreen.

## Using the chat box

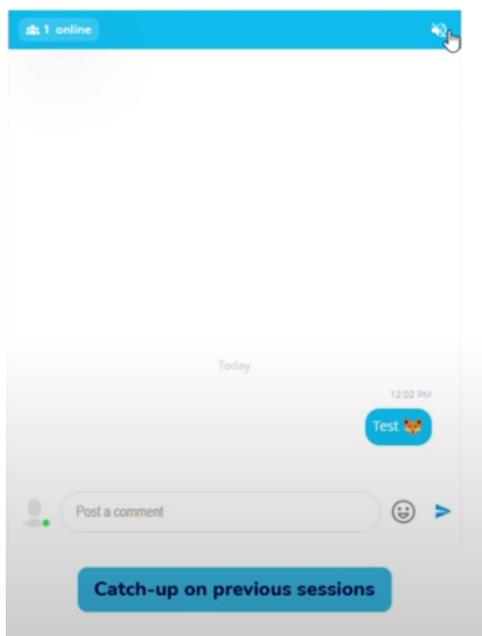
1. The chat box is located on the right hand side during live sessions. Use this box to chat with your fellow attendees or leave any comments you have about the conference.



2. Type your comment in the 'post a comment' box and use the blue arrow on the right to send the message. You can also add an emoji using the smiley face icon!



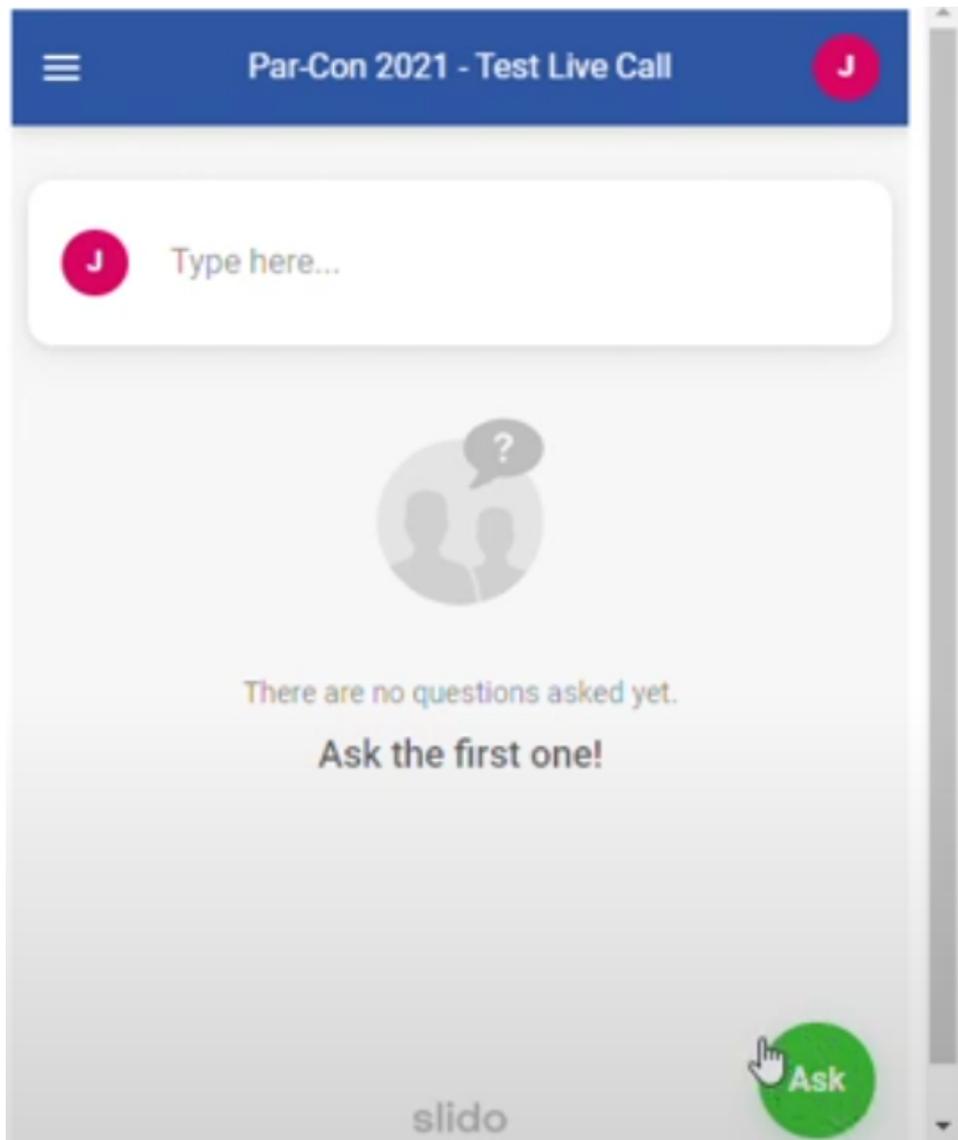
3. If you would like to directly reply to someone else's message, you can hover over the message and click the arrow on the right. Write your comment and click the blue arrow to send it.



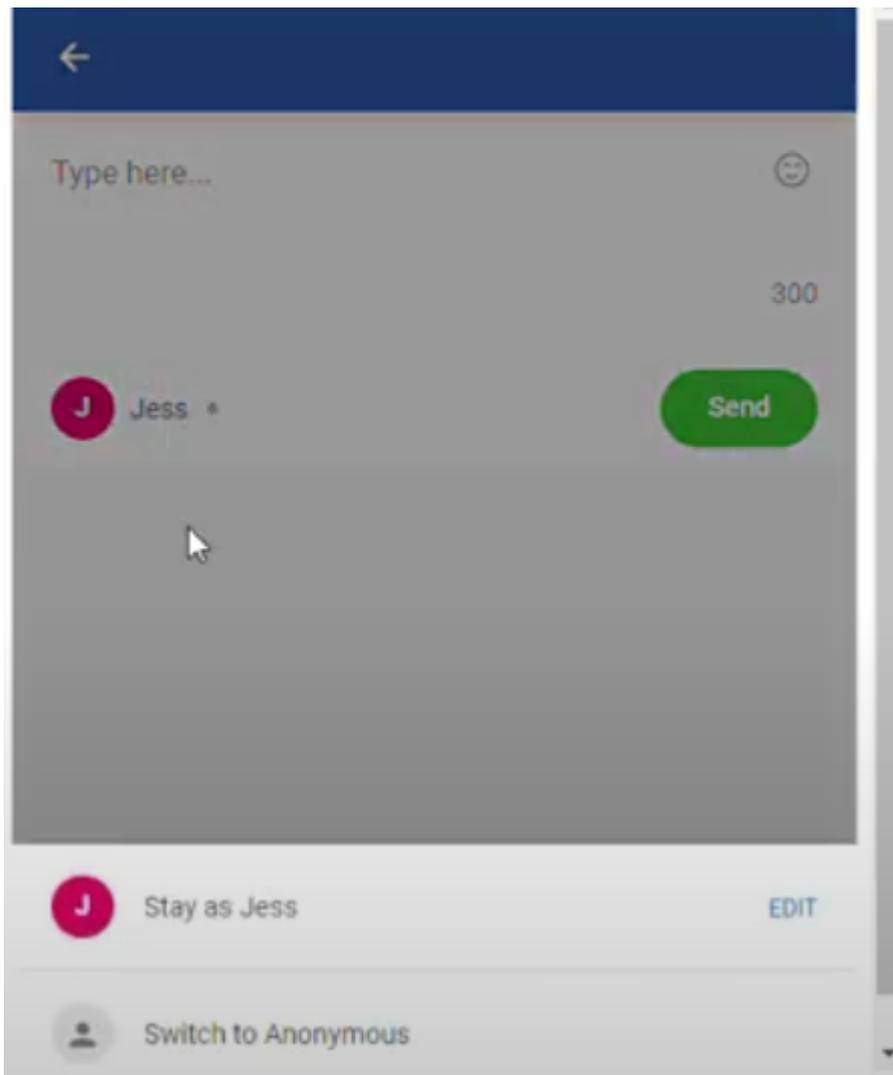
4. You can also mute the chat sounds using the icon in the top right corner.

## Using the Q&A

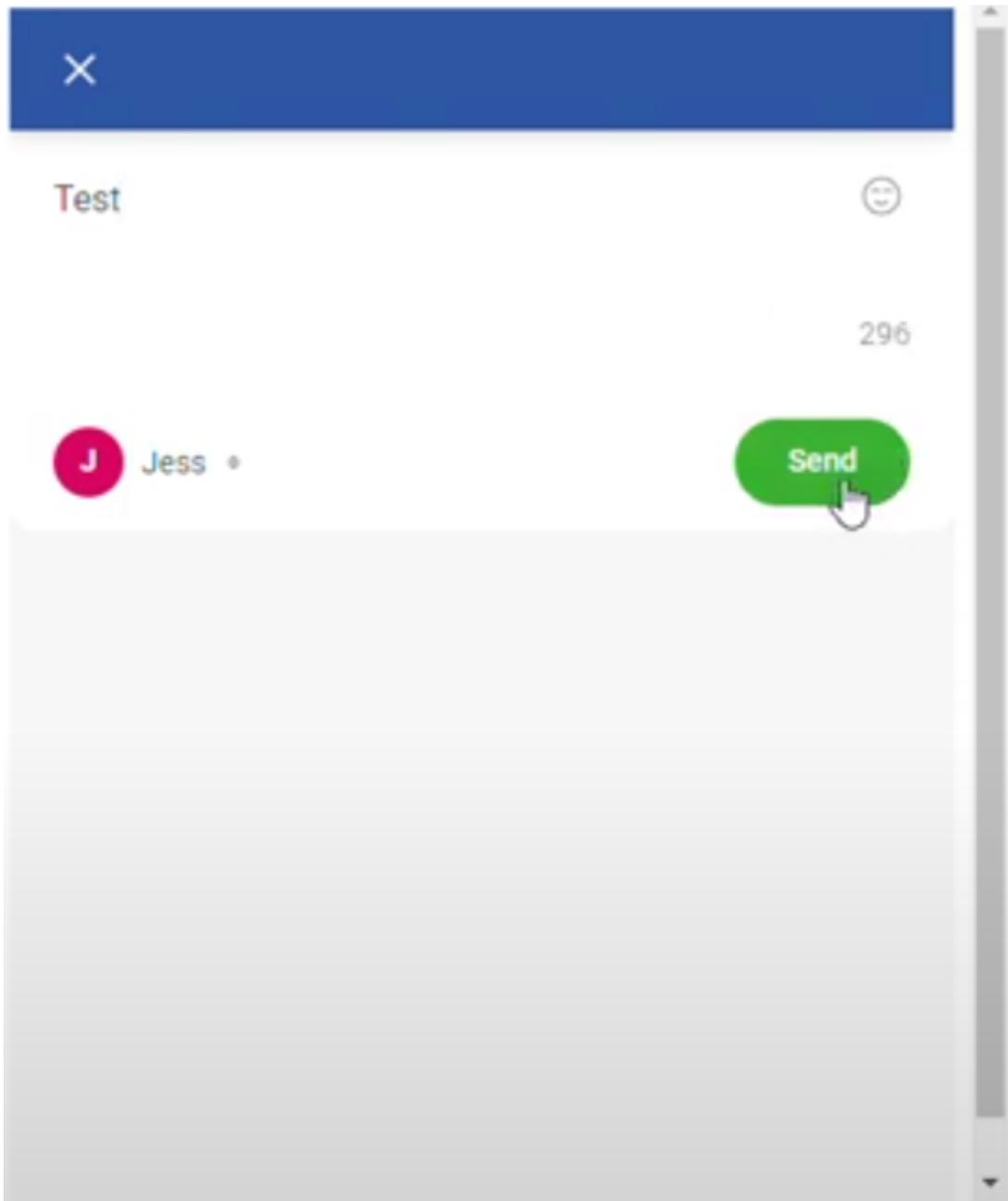
This appears to the left of the page.



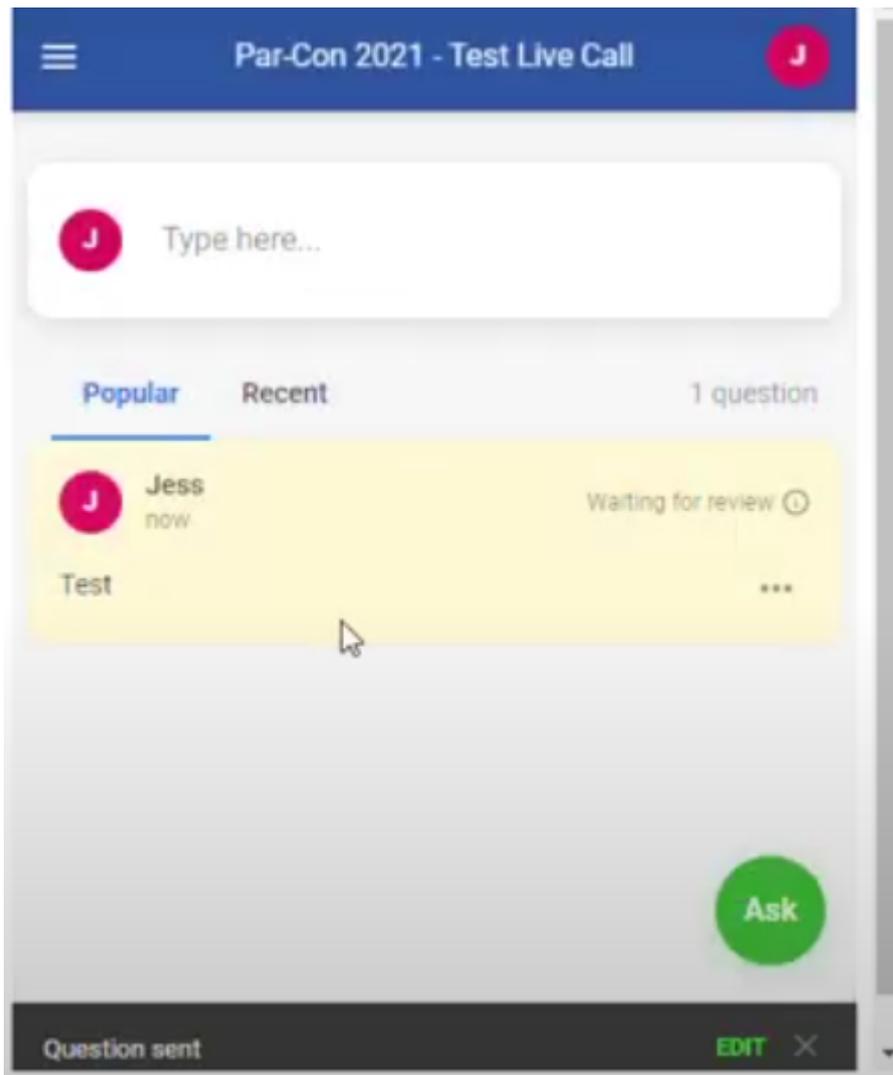
1. To ask a question, select 'Ask.'



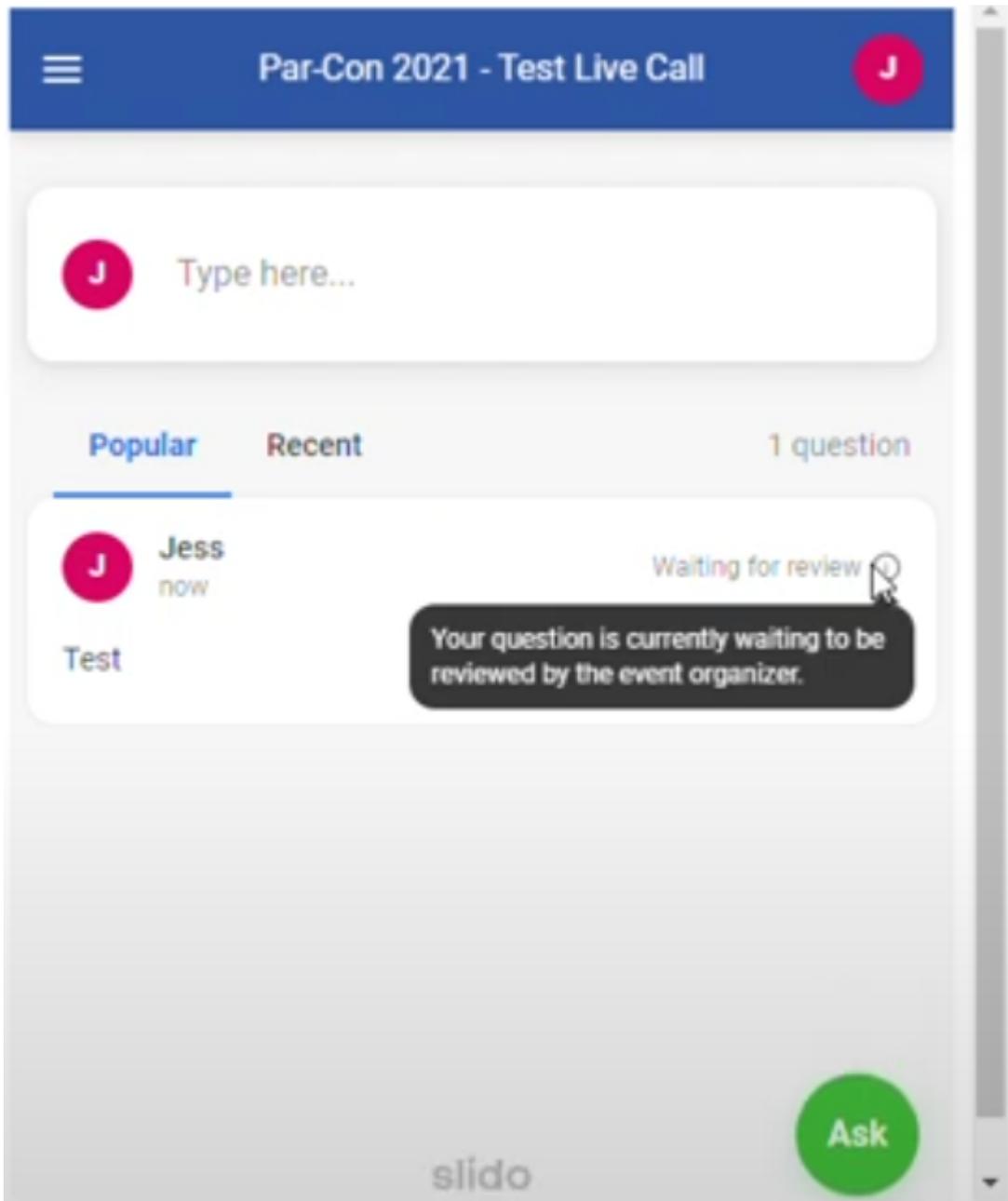
2. You can choose to include your name or ask a question anonymously.



3. Type your question in the comment box and click Send.



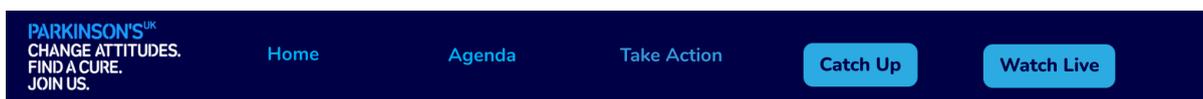
4. A pop up will appear confirming your question has been sent. It will also give you the option to edit your question.



5. Due to the large number of attendees, questions will be moderated before being put to speakers. Unfortunately our speakers won't be able to answer all questions, but if you need an answer please email [research@parkinsons.org.uk](mailto:research@parkinsons.org.uk) and one of the team will try to help.

## Watching catch up sessions

1. Select Catch Up.



2. Scroll down to find the session you want to watch and press 'Watch Recording'.

Once Par-Con 2021 is live, you will be able to catch up on any sessions you missed below.

| Day 1 - 19 October A learners guide to Parkinson's research |  |                 |
|---|--|-----------------|
| 10:15am   | Session 1:<br>What is Parkinson's and what causes it?                  | Watch Recording |
| 11:30am   | Session 2:<br>How do current treatments help?                          | Watch Recording |
| 1:30pm  | Session 3:<br>What new treatments are currently in development?        | Watch Recording |
| 2:45pm  | Session 4:<br>Why isn't there a cure yet? And what can we do about it? | Watch Recording |
| Day 2 - 20 October Improving lives today                    |  |                 |

3. This will come up with a video, where you can click the play button. You can also use the mouse to select where you want to play the video from on the timeline.



4. If you want to know more about the controls, and how to use the video player, check the [Watching live sessions](#) section.

If you need any more help or are having any issues, please contact us on [researchevents@parkinsons.org.uk](mailto:researchevents@parkinsons.org.uk).