

Online Younger Parkinson's Event 2021 Programme



“Hello - I warmly welcome you to our online Younger Parkinson's Event 2021. I attended this event for the first time last year and found it highly informative, highly enjoyable, and immensely beneficial to someone like me who had been relatively recently diagnosed. Hearing the experiences of others greatly helped me. It was also a great way to meet people with Parkinson's and their carers, hear from a wide variety of specialists in the condition, ask questions, exchange tips, and have a laugh.”

Brendan Hawdon, Younger Parkinson's (YP) volunteer

We've designed the programme to be as flexible and accessible as possible - **you can dip in and out at times that suit you.**

Welcome session - same session repeated 3 times - please attend once

Date	Time	Session format	Session details
Thursday 18 November	7 - 8.30pm	Small group discussion facilitated by YP volunteers	Welcome <ul style="list-style-type: none"> ● setting the scene ● providing a flavour of what's to come ● a chance to speak with others We're looking forward to meeting you.
Friday 19 November	2 - 3.30pm		
Saturday 20 November	10.30am - 12pm		

Workshops & Presentations - please choose which sessions you would like to attend

Date	Time	Session format	Session details
Monday 22 November	11am - 12pm	Practical workshop	High intensity workout with Ruth Mackenzie A high intensity Parkinson's specific workout including strength and balance exercises. All exercises can be adapted to suit participants who require support when standing or seated.

Monday 22 November	3 - 4.30pm	Presentation with Q&As	Navigating your Health Service who do I need to know about and how can they help me? Session facilitated by: Maureen Campbell - YP volunteer, Mary Ellmers - Service Improvement Manager and Marion Lorimer - Parkinson's Adviser
Tuesday 23 November	11am - 12pm	Practical workshop	Dance for Parkinson's Taster with Shaper Caper join us for a fun and gentle introduction to a Dance for Parkinson's class. Suitable for people with no dance experience, this session will explore balance, flexibility, coordination, gait and social isolation.
Tuesday 23 November	2 - 3.30pm	Informative, reflective session with Q&As	Parkinson's & Mental Health whilst the physical, motor symptoms of Parkinson's are challenging enough to cope with, the non-motor symptoms of anxiety and depression can have an equally huge impact on our lives. Reflecting on his own recent experiences, Mark Brown shares practical ways of what can be done to help.
Tuesday 23 November	7 - 8.30pm	Presentation with Q&As	Employment with Parkinson's this interactive session will cover some of the most commonly asked questions such as: "Do I have to tell my employer?" and "What are reasonable adjustments and what can I ask for?" from Shona Lawson - Parkinson's Adviser, alongside the sharing of real life experiences of being employed following a Parkinson's diagnosis from Mark Coxe.
Wednesday 24 November	10.30 - 11.30am	Presentation with Q&As	Sleep & Parkinson's sleep and night-time problems are common in Parkinson's. They can affect you at any stage of the condition and may leave you feeling tired and drowsy. Lorna Gillies - Parkinson's nurse, will explain more about the issues and how you can manage them.
Wednesday 24 November	3.30 - 5pm	Presentation with Q&As	Exercise: Getting started and keeping going this session will include why exercise is important, what are the key ingredients that your exercise programme should contain, and top tips on getting started and staying active. Session facilitated by: Brendan Hawdon - YP Volunteer and Julie Jones - Clinical Academic Fellow.

Thursday 25 November	11am - 12.30pm	Group discussion facilitated by YP volunteers	Hints 'n' Tips for everyday living with Parkinson's this popular interactive session focuses on sharing 'must-know' and 'useful to know' hints and tips on living with Parkinson's. It covers areas such as benefits, concessions and discounts; driving; travel and holidays; technology and everyday life. Handouts will be available.
Thursday 25 November	3.30 - 5pm	Presentation with Q&As	What benefits am I entitled to? David Goldthorp - Parkinson's Local Adviser - will explain the different welfare benefits that exist for people with Parkinson's and carers. David will also cover additional benefits such as Blue Badges, the Motability Scheme, travel and leisure discounts, etc.
Thursday 25 November	7 - 8pm	Group discussion	Family, friends and carers "in it together" an opportunity specifically for family, friends and carers to discuss common questions, gain useful information, share experiences and access support. Session facilitated by Linda Brown - YP Volunteer, and Lorna Fraser - Parkinson's Adviser
Friday 26 November	10.30 - 11.30am	Interactive practical workshop	Qigong with Susanne Lin Jensen this session will work with mindfulness in movement and meditation using a simple set of relaxing Qigong moves. Qigong is a very beneficial exercise form that will support health and wellbeing. The hour will be a combination of standing and sitting (or the whole session can be done seated).
Friday 26 November	1.30 - 3pm	Interactive group Q&A	An update on Parkinson's Research Dr Beckie Port - Research Communications Manager, and David Rigg - YP volunteer, will provide an update on the latest research. We'll be hearing about real-life experiences of taking part in research and finding out what's going on here in Scotland. This will be an interactive session, led by the audience, so bring along your questions about stem cell research, the subtypes of Parkinson's, that latest CBD trial or anything else you want to know about, and we'll see where the session takes us.

Saturday 27 November	10.30 -11.30am	Informal drop in	Online YP Cafe facilitated by 2 YP volunteers. A chance for an informal chat over a cuppa.
Monday 29 November	11 - 12pm	Interactive practical workshop	Singing for Parkinson's with Rachel Hynes a fun session of singing, moving, breathing and lots of laughter, where you will also learn helpful techniques to help you manage Parkinson's. Singing can help strengthen your mind, body and also your speaking voice, and make you feel energised and happy.
Monday 29 November	1.30 - 3pm	Presentation with Q&As	Parkinson's Medication & Treatments Parkinson's Nurses Nick Bryden and Carol Vennard will provide an overview of Parkinson's medications, treatments and possible side effects.
Monday 29 November	7 - 8pm	Interactive practical workshop	Feel better through relaxation with Nicki Beveridge stress, anxiety and depression affect many people with Parkinson's. Being able to relax is easy, right? If only we could make time for ourselves and knew how to do it? Relaxation helps you feel calmer, more patient, with more energy and more in control of life - being relaxed helps you feel better! Try out some simple techniques, in a safe and friendly setting. Enjoy a little bit of quiet time just for you.
Tuesday 30 November	10.30am - 12pm	Presentation with Q&As	Parkinson's & Occupational Therapy in this session, Occupational Therapists Tom McBryde and Victoria Fulton will cover the typical journey from referral to assessment and discuss potential aids/adaptations that could help.
Tuesday 30 November	4 - 5pm	Informal drop in	Online YP Cafe facilitated by 2 YP volunteers. A chance for an informal chat over a cuppa.
Tuesday 30 November	7 - 8.30pm	Presentation with Q&As	Parkinson's & Nutrition NHS Dietician Anna Bruce will cover various topics related to nutrition and Parkinson's and the evidence behind them. Topics will include: a healthy balanced diet, key nutrients, nutritional supplements, management of side effects, timings of medications/ interaction with meals, and more!

Wednesday 1 December	11am-12pm	Presentation with Q&As	The role of the Speech & Language Therapist in Parkinson's Speech and Language Therapists specialise in assessing, advising, supporting and treating all aspects of communication and swallowing difficulties in Parkinson's. Arlene Ritchie will provide an overview of the services they provide and how a Speech and Language Therapist can help people with Parkinson's and their family and friends.
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'Over to you' session - same session repeated 2 times - please attend once

Date	Time	Session format	Session details
Wednesday 1 December	2.30 - 3.30pm	Small group discussion facilitated by YP volunteers	Over to you - we're all ears 🧠! <ul style="list-style-type: none"> • So what's next? • What will you do differently moving forwards? • What did you think about the event? We'd love to know - honest!
Thursday 2 December	10.30 - 11.30am		

And to finish off - join us for some fun

Date	Time	Session format	Session details
Thursday 2 December	7 - 8pm	Informal fun gathering	Online YP party fun and laughter with our favourite volunteer Zoom party host, Heather Kirk. Definitely one not to be missed.

For booking details, please contact Chloe on 0300 123 3679 or at scotland@parkinsons.org.uk.

Looking forward to seeing you online soon!