

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



## Living well with Parkinson's, MS and Dementia Event Programme

**Saturday 11 March 2023, 10.15am - 4pm**

Time	Topic	Speakers
10.15 - 11.15am	Registration, refreshments, and information stands	
11.15 - 11.25am	Welcome address, housekeeping, and ice breaker quiz	Cherie Nyota, Alzheimer's Society
11.25 - 11.55am	Information, support and activities on offer from Parkinson's UK, MS Society and Alzheimer's Society	Advisers from each organisation
11.55am - 12.10pm	Ask the advisers, REFRESHMENT BREAK & visiting information stands	
12.10 - 12.40pm	Taking part in research: <ul style="list-style-type: none"> <li>● A brief overview of research into the 3 conditions</li> <li>● What does taking part in research involve?</li> <li>● Why is taking part so important?</li> <li>● Where to learn more and find opportunities to get involved</li> </ul>	Dr Dayne Beccano-Kelly, Cardiff University and UK Dementia Research Institute
12.40 - 1.40pm	LUNCH & visiting information stands	

1.40 - 2.10pm	Neuro Heroes: The UK's first online neuro gym, delivering condition specific physical activity classes for those living with Parkinson's, MS, Dementia and other neurological conditions	Neuro Heroes physios, who will guide us through some seated activities
2.10 - 2.40pm	Panel discussion and audience Q&A: Living well with neurological conditions - our experiences	Chaired by Moise Roche, University College London  Panel members are people living with neurological conditions and their loved ones and carers
2.40 - 4pm	<b>Event closes, time for visiting information stands, chatting and refreshments</b>	

### **Information Stands - available to visit throughout the event**

1. MS Society, Parkinson's UK and Alzheimer's Society - chat to our Research Teams
2. Parkinson's UK - local activities, advice, information and support
3. MS Society - local activities, advice, information and support
4. Alzheimer's Society - local activities, advice, information and support
5. Healthcare professionals from King's College Hospital - Parkinson's clinician, nurse and pharmacist
6. Healthcare professionals from St George's Hospital, and the Lambeth and Southwark Memory Service
7. Parkinson's researchers - Dr Dayne Beccano-Kelly and Mouhammed Ramadhan
8. Dementia researchers - Moise Roche, Dr Olivia Luijnenburg and Annabel Farnood
9. MS researchers - MS Register, Refuel study, and ADAMS study
10. Carers' Hub Lambeth
11. Neuro Heroes
12. Lambeth Council and Age UK Lambeth's Dementia Service
13. Centre 70 - benefits advice (available from lunch onwards)