

Connect and Conquer

A health, community and charity embedded partnership programme to increase exercise and physical activity provision for people living with Parkinson's.



Cornwall Partnership
NHS Foundation Trust

Objective

Active Cornwall and Cornwall Partnership NHS Foundation Trust are passionate about promoting and supporting physical activity and exercise for people living with Parkinson's. This not only allows us to deliver best practice within healthcare but strives to help our Parkinson's community to establish active lifestyles.

Through focus groups and workshops, people told us the best way to cater for their needs would be for activities to take place in the community and outside of the health sector.

Feedback from exercise providers

“ I can't wait to get out there and help people with Parkinson's be more active. How exciting!

“ Good discussion around barriers and how to reduce them.

“ Very insightful, learned a lot but at the same time confirmed that exercise is no different with or without Parkinson's.

“ Great to see an example of what's possible and the encouragement to push people harder.

Feedback from people living with Parkinson's

“ I'm looking forward to exercising because of this event.

“ Do not give up. This is going to change the way I manage my Parkinson's.

“ You are doing a brilliant job. I've never had anything like this. Keep it going to get more people involved!

“ A mine of information and shows the importance of exercise and having fun.

Intervention

Since 2019 we have been working in partnership to promote greater quality, choice, autonomy, and flexibility to the types of activities available for people with Parkinson's in the community.

Due to limited resources, we devised a free online training package with the help of people living with Parkinson's. This was offered to all our activity and exercise providers and includes 6 mini modules.



Course modules

Increase awareness of Parkinson's	Understand the condition and symptoms	How exercise changed my life
Learn how best to promote and support people with Parkinson's in a range of activities	Importance of being highly active for people with Parkinson's.	Living with Parkinson's

Project team



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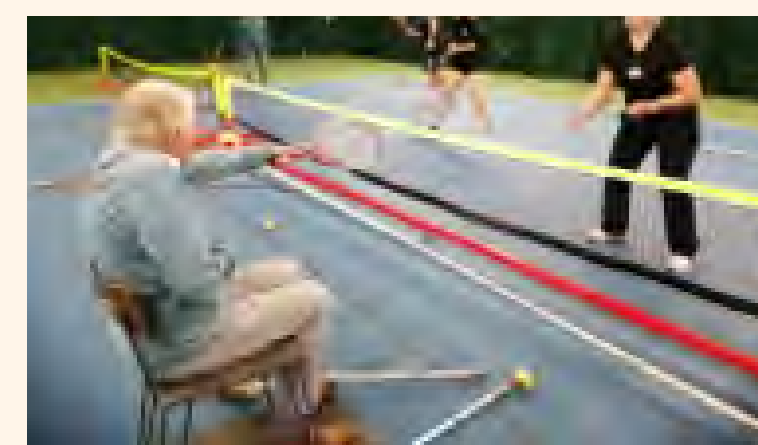
Outcomes and next steps

We are delighted to have completed 7 training sessions with over 50 providers now ranging from yoga, walking, surfing, dance, swimming, boxing, aerobics, climbing and many more.

A resource database of Parkinson's friendly activity providers is shared with all patients with Parkinson's through their healthcare contacts. Partnership with local Parkinson's UK hubs also allows us to offer up to 50% reduction in the cost of the activities for the first 12 sessions. This is a fantastic incentive for patients with Parkinson's to try new things, make new friends and hopefully embed the activity into their regular exercise routine.

We have now taken this training further, running Connect and Conquer events. This brings together all the trained providers and patients with Parkinson's in a local leisure centre to offer and take part in mini taster sessions, meet each other and build peer support within local communities.

We know that starting exercise or keeping going can be difficult but with the right information and help at the right time, and someone to go on the journey with, you can achieve a lot.



What we have achieved



The partnership between the NHS Trust and Active Cornwall has enabled us to grow a high quality, evidenced based and sustainable approach to continual training of new Parkinson's friendly providers.



It has also built greater awareness of Parkinson's and the importance of exercise within the exercise community.



Most importantly it has provided choice, opportunity, and access to a range of activities for patients with Parkinson's to self manage their condition in a highly active and enjoyable way.

