

Theme
Community
Support

THE EXERCISE PROFESSIONALS HUB: A NATIONAL EDUCATION AND PEER SUPPORT NETWORK FOR PROFESSIONALS.

Beccy Oliver, Thorpes Neuro Rehab, Hampshire; Dr Julie Jones, Robert Gordon University, Aberdeen; Dr Bhanu Ramaswamy OBE, Sheffield Hallam University [Hon Visiting Fellow]; Dr Katherine Baker, Northumbria University, Newcastle; Joanna Eastough, Parkinson's Professionals, Bromsgrove.

“ Exercise is vital in Parkinson's management and people with Parkinson's value seeing professionals with condition-specific expertise. ”
Dr Julie Jones

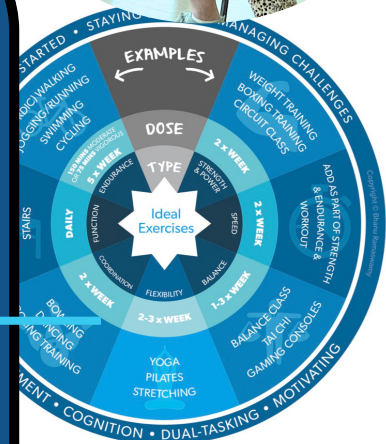


OUR AIM
To raise the profile and quality of exercise provision for people with Parkinson's.

- As a HUB we support our members with:**
- 1 Monthly Zoominars.** Consistently expert content across a spectrum of learning eg. DBS, Pickleball, balance...
 - 2 Annual Conferences.** Inviting national & international experts to share expertise and key opportunities for members to network across the UK to share best practice.
 - 3 Platform for new technologies** through our zoom and inperson events
 - 4 Electronic presence** Our X (Twitter) and Basecamp feeds are key places for discussion and information dissemination

As a HUB we collaborate with ParkinsonsUK to drive improvements for people with Parkinson's and their families

- 1 Provide key publications such as The Exercise Framework** used across the UK in clinical practice.
- 2 Provide filmed exercise resources** during the pandemic to keep the Parkinsons community moving.
- 3 Provide experts to consult** on projects such as Moving Medicine and We Are Undefeatable campaigns
- 4 Provide signposting to events and courses** driving up quality of exercise prescription across the UK eg. PWR!, PD Warrior, Rock Steady Boxing, MSA Study Day etc

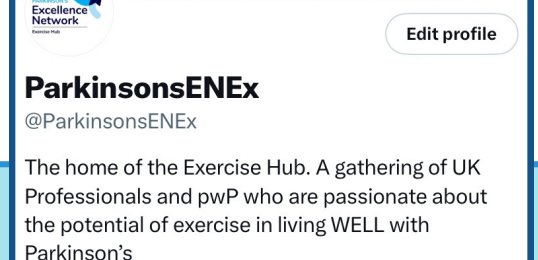
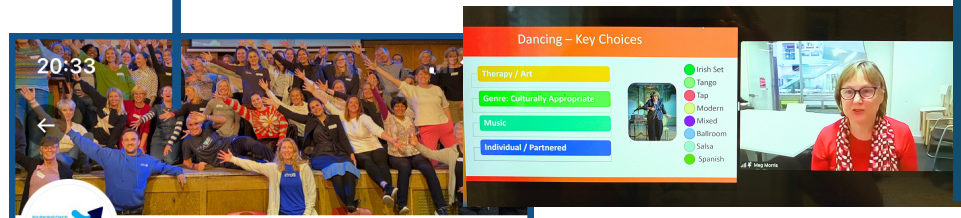


A community of peer support enhancing the exercise experience for those with Parkinson's within their community.



- Key HUB Announcements**
- LG Extra tickets added: Exercise Hub Study Day 2023
 - LG Exercise Professionals Hub webinar: Physical activities for Parkinson's
 - BC First Steps programme - courses now available
 - "Big Tri 2023" Get involved to raise awareness and funds for Cure
 - Guest speaker opportunity in North London
 - Neuro Heroes Community Exercise

“ Our wide audience ensures a far reaching impact in the community, membership includes professionals across the health, voluntary, sports and leisure sectors and has grown from 15 people when established in 2015 to 508 registered members in 2023. ”
Dr Bhanu Ramaswamy



References:

Information from poster available through the 'Exercise' and 'Professionals' tabs of the Parkinson's UK website
OLIVER, B. and JONES, J. 2021. Exercise and Parkinson's update: are your patients getting the right dose? In touch [online], Spring 2021, Physio First.

Contact details Co-Chairs: Beccy Oliver: beccy.oliver@thorpesphysiotherapy.com or Julie Jones: j.c.jones@rgu.ac.uk

