

‘Addressing Parkinson’s with Black communities in the UK’ Event Programme

DAY 1: Wednesday 8th May 2024

12pm to 4pm

Time	Topic	Speakers
12-12:10pm 10 minutes	Welcome	Alex Edwards Parkinson’s UK
12:10-12:40pm 30 minutes	Panel discussion: Experiences of being affected by Parkinson’s in Black communities	Mary Naa Kwartsoo Quartey-Papafio Toussaint Smith Jacqueline Reid
12:40pm-1pm 20 minutes	BREAK & opportunity to chat with other attendees	
1pm-1:30pm 30 minutes	Living well with Parkinson’s advice from professionals: <ul style="list-style-type: none"> ● General guidance for managing symptoms ● Medication and side effects ● Caring for someone with Parkinson’s ● Aids and adaptations ● Complementary therapies ● 10 minute question and answers for all professionals 	Miriam Parry Parkinson's Disease Nurse Consultant, Kings College London
1:30pm-1:45pm 15 minutes	BREAK & opportunity to chat with other attendees	
1:45pm-2:15pm	Research talk 1	Dr Mie Rizig

30 minutes	<ul style="list-style-type: none"> ● What is research? ● Genetics and Parkinson's ● Importance of genetics research for Black Parkinson's communities ● Introduction to the Research Support Network ● 10 minute question and answers 	Neurologist and Senior Clinical Research Fellow University College London
2:15pm-2:30pm 15 minutes	BREAK & opportunity to chat with other attendees	
2:30pm-3pm 30 minutes	Support on offer from Parkinson's UK <ul style="list-style-type: none"> ● Overview of helpline and local advisers ● Support with medical issues ● Local activities and how to find them ● Employment, money, grants and benefits advice ● Support for loved ones and carers ● 10 minute question and answers 	Tom Lee Parkinson's UK Helpline Adviser
3pm-3:30pm 30 minutes	Parkinson's exercise class session	Anna Kharin Neuroheroes
3:30pm-3:45pm 15 minutes	Event close	Alex Edwards Parkinson's UK
15 minutes	Event closes & opportunity to chat with other attendees	