

Online Younger Parkinson's Event 2020 Programme

“Welcome to our 12th Young Person’s Event for people with Parkinson’s of working age and those closest to them. For the first time, the event is online, as we have adapted to the current pandemic. As volunteers and staff organising this event, we take on board feedback from the previous year to improve and shape what we do. This year is no different. We hope that you will find the programme informative, enjoyable and worthwhile.”



Dave Wilson, 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 5 times - please attend once

(If you would prefer a Welcome phone call instead, this option will be available on the booking form)

Date	Time	Session format	Session details
Wednesday 11 November	10.30am - 12pm	Small group discussion	<p>Welcome</p> <ul style="list-style-type: none"> • setting the scene • providing a flavour of what's to come • a chance to speak with others <p>We're looking forward to meeting you.</p>
Thursday 12 November	3 - 4.30pm		
Thursday 12 November	7 - 8.30pm		
Friday 13 November	2 - 3.30pm		
Saturday 14 November	10.30am - 12pm		

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

Date	Time	Session format	Session details
Monday 16 November	11am - 12pm	Informal drop in	Online YP Cafe facilitated by 2 YP buddies (volunteers affected by Parkinson's). A chance for an informal chat over a cuppa.
Monday 16 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?
Tuesday 17 November	10.00 - 11am	Small group discussion	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 to download and print.
Tuesday 17 November	4.30 - 5.30pm	Interactive practical workshop	Singing for Parkinson's 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.
Wednesday 18 November	2 - 3.30pm	Presentation with Q&As	Parkinson's Medication & Treatments Jacqui Kerr, Parkinson's Nurse from the Lightburn service in East Glasgow, will provide an overview of Parkinson's medications, treatments and possible side effects.
Thursday 19 November	11am - 12pm	Interactive practical workshop	Laughter Yoga a great way to boost endorphins, energy levels, the immune system and overall well-being. Join us in this playshop for some laughing, clapping and fun. There are no actual yoga poses involved - just some stretching and breathing. We finish with a relaxing meditation.

Thursday 19 November	4 - 5pm	Informal drop in	Online YP Cafe facilitated by 2 YP buddies (volunteers affected by Parkinson's). A chance for an informal chat over a cuppa.
Thursday 19 November	7 - 8pm	Small 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.
Friday 20 November	10 - 11am	Presentation with Q&As	What benefits are you 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.
Friday 20 November	1.30 - 3pm	Presentation with Q&As	An update on Parkinson's Research Dr Katherine Fletcher, Research Communications Officer at Parkinson's UK, will provide an update on the latest research and advise on the variety of ways to get involved. There will be plenty of time for questions, so bring them along.
Saturday 21 November	10am-12pm	Presentation, interactive practical tasters, small group discussion	Parkinson's Active - Exercise, are you getting your daily dose? we all know that we need to be active, but what exercises are best? This session will include: <ul style="list-style-type: none"> ● a summary of some key evidence surrounding exercise and Parkinson's; ● three 20 minute taster sessions that can be done both seated and standing involving: Qigong, Dance for Parkinson's and a circuit-based exercise demo ● small group discussions sharing tips on keeping active and any barriers to being active.
Monday 23 November	11 - 12pm	Interactive practical workshop	Mindfulness & Relaxation This session will work with mindfulness in movement and meditation using a simple set of relaxing Qigong movements. 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 if you prefer).
Tuesday 24 November	1 - 2pm	Informal drop in	Online YP Cafe facilitated by 2 YP buddies (volunteers affected by Parkinson's). A chance for an informal chat over a cuppa.
Tuesday 24 November	7 - 8pm	Small group discussion	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 to download and print.
Wednesday 25 November	10am - 11am	Small 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.
Wednesday 25 November	7 - 8pm	Small group discussion	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 Local Adviser, alongside the sharing of real life experiences of being employed following a Parkinson's diagnosis from Janet Kerr.
Thursday 26 November	11am - 12pm	Interactive practical workshop	Found sounds: uncover your inner drummer join in with this fun and creative musical session. Bring your playful self and if possible find something to play from your home. Bucket, wooden spoon, casserole dish, pair of spoons, use a table, clap your hands, use your voice, make a simple shaker. If it sounds nice to you, please bring it! We will share themes and ideas to create our own rhythms. No experience necessary.

Thursday 26 November	7 - 8pm	Presentation with Q&As	An interview with Annie Macleod, Scotland Director at Parkinson's UK Scotland find out about what we do, how we can help and how you can get involved?
Friday 27 November	10 - 11am	Informal drop in	Online YP Cafe facilitated by 2 YP buddies (volunteers affected by Parkinson's). A chance for an informal chat over a cuppa.

Follow up session - same session repeated 4 times - please attend once

Date	Time	Session format	Session details
Friday 27 November	2 - 3.30pm	Small group discussion	So what's next? <ul style="list-style-type: none"> • the chance to think ahead • identify positive steps forward • share feedback about this event • ask any questions
Saturday 28 November	10 - 11.30am		
Tuesday 1 December	10.30am - 12pm		
Tuesday 1 December	7 - 8.30pm		

And to finish off - join us for some informal fun

Date	Time	Session format	Session details
Wednesday 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 further details and to request a booking form, please contact Chloe on 0300 123 3679 or at scotland@parkinsons.org.uk.

Looking forward to seeing you online soon!