



What is MoveMe?

It's an exciting group exercise programme for people with Parkinson's led by Physiotherapists from the Oxford Health NHS Physical Disability Physiotherapy Service. The classes are supported by Parkinsons.Me, a charity that focusses on supporting people with Parkinson's and their families.

How can it help me?

Research has shown that large amplitude exercises, involving big movements, can help the symptoms of PD. The idea is to recalibrate the brain's concept of a "normal" sized movement, from the slow, small movements typically seen in PD. The MoveMe class uses these principles to create a circuit-based exercise programme.

The key is trying to incorporate these big movements into everyday life to really get the carryover from big exercise to big movement.

This is when the magic happens!



Will it be suitable for me?

To ensure the exercise is safe for you, you will need to complete and return an exercise screening form before you come to the class. This will be sent to you when you register your interest (see below). For example, you will need to be able to walk ten metres in ten seconds, indoors and without using any walking aids.

Can my partner come too?

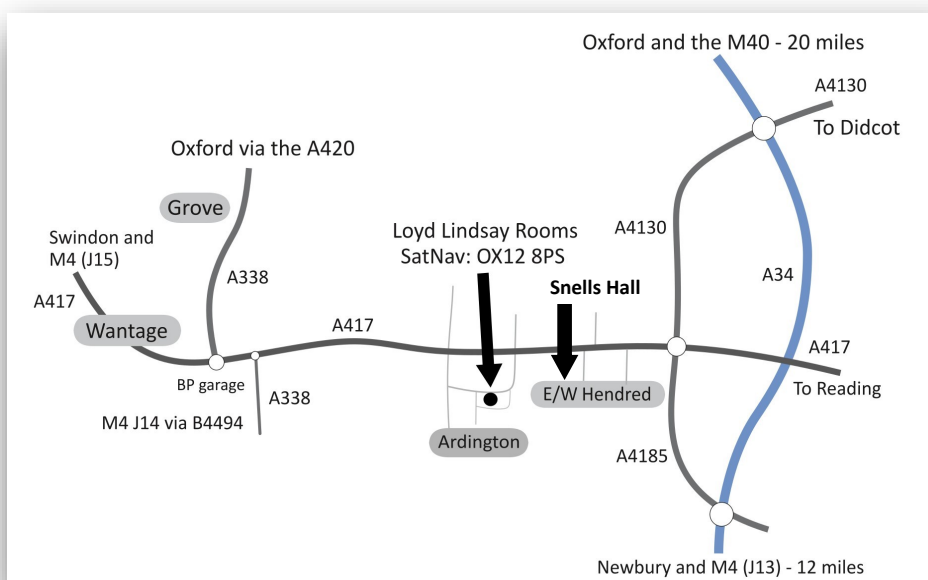
Parkinsons.Me is all about families, so we're organising refreshments for carers and partners in another room while you work hard on your exercises. This will be a chance to share experiences and have a chat, but we're also hoping to organise talks on specific topics as the classes progress.

How can I sign up and how much does it cost?

The cost of the classes is supported by Parkinsons.Me, which means that each class costs £5.00 per participant. To find out more, go to the Projects section of our website (www.parkinsons.me) and select the MoveMe item on the menu. To check if there is a place on the course, please email moveme@parkinsons.me

Where are the classes held?

Some classes are held at the Loyd Lindsay Rooms (LLR) in the centre of Ardington in Oxfordshire and others online using Zoom or at Snells Hall in East Hendred. At both Snells Hall and the Loyd Lindsay Rooms, car parking is available right next to the building and access is easy:



What are the dates for the 2023 classes?

The dates for the classes will normally be on Thursday mornings. In addition to the online Zoom classes, we will be meeting at two venues: Snells Hall for the first half of the year, and the Loyd Lindsay Rooms for the second half (see below). The classes will be held between 10.00 and 11.00. For the sessions at the LLR and Snells Hall, we have booked the rooms until 12.00, so there will be plenty of time for chat and socialising. The dates for the classes are:

January 5th Zoom/ 12th Zoom/ 19th Snells Hall/ 26th Snells Hall/ **February** 2nd Zoom/ 9th Snells Hall/ 16th – no group/ 23rd Snells Hall/ **March** 2nd Zoom/ 9th Snells Hall/ 16th Zoom/ 23rd Snells Hall/ 30th Zoom/ **April** 6th – Easter hols/ 13th – Easter hols/ 20th Zoom/ 27th Snells Hall/ **May** 4th Zoom/ 11th Snells Hall/ 18th Zoom/ 25th Snells Hall/ **June** 1st No group/ 8th Snells Hall/ 15th Zoom/ 22nd Snells Hall/ 29th Zoom/ **July** 6th Loyd Lindsay Rooms/ 13th Zoom/ 20th Jo holiday/ 27th Jo holiday/ **August** 3rd Loyd Lindsay Rooms/ 10th Zoom/ 17th Loyd Lindsay Rooms/ 24th Zoom/ 31st Zoom/ **September** 7th Loyd Lindsay Rooms/ 14th Zoom/ 21st Loyd Lindsay Rooms/ 28th Zoom/ **October** 5th Loyd Lindsay Rooms/ 12th Zoom/ 19th Loyd Lindsay Rooms/ 26th – No group/ **November** 2nd Zoom/ 9th Loyd Lindsay Rooms/ 16th Zoom/ 23rd Loyd Lindsay Rooms/ 30th Zoom/ **December** 7th Loyd Lindsay Rooms/ 14th Zoom 21st – Loyd Lindsay Rooms

Need more help or information?

Please email moveme@parkinsons.me

MoveMe is a collaboration between the NHS Oxford Health Physical Disability Physiotherapy Service (OH PDPS) and Parkinsons.Me

Oxford Health **NHS**
NHS Foundation Trust

 **Parkinsons.Me**
Supporting you and your family