



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?

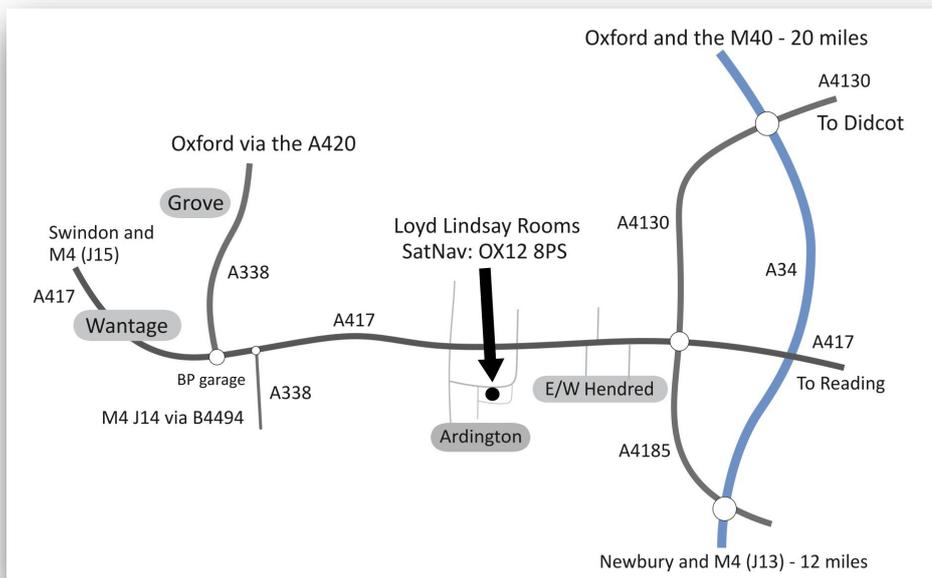
Parkinsons.Me is all about families, so we're organising refreshments for carers and partners in another room while you work hard on your exercises. This will be a chance to share experiences and have a chat, but we're also hoping to organise talks on specific topics as the classes progress.

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 Mike Ayre at 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. At the Loyd Lindsay Rooms, car parking is available right next to the building and access is easy:



What are the dates for the 2022 classes?

The dates for the classes will normally be on Thursday mornings, alternating between the Loyd Lindsay Rooms (LLR) and on Zoom. We will also be holding some classes at Snells Hall in East Hendred on some dates this year— please check the list 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 6th - LLR, January 13th - Zoom, January 20th - LLR, January 27th - Zoom, February 3rd - Zoom, February 10th - LLR, February 17th - zoom, February 24th - LLR, March 3rd - zoom, March 10th - LLR, March 17th - zoom, March 24th - LLR, March 31st - Zoom, April 7th - LLR, April 14th - no group, April 21st - zoom, April 28th - zoom, May 5th - LLR, May 12th - Zoom, May 19th - LLR, May 26th - Zoom, June 2nd - No group, June 9th - LLR, June 16th - Zoom, June 23rd - LLR, June 30th - Zoom, July 7th - Zoom, July 14th - Snell's Hall, July 21st - Zoom, July 28th - Snell's Hall, August 4th - Zoom, August 11th - Snell's Hall, August 18th - No Group, August 25th - Snell's Hall, Sept 1st - Zoom, Sept 8th - LLR, Sept 15th - Zoom, Sept 22nd - Zoom, Sept 29th - LLR, Oct 6th - Zoom, Oct 13th - LLR, Oct 20th - LLR, Oct 27th - No group, November 3rd - Zoom, November 10th - Snell's Hall, November 17th - Zoom, November 24th - Snell's Hall, December 1st - Zoom, December 8th - Snell's Hall, December 15th - Snell's Halls, December 22nd - No Group

Please make sure you wear comfortable clothes and trainers suitable for exercise and bring bottle of water to make sure you keep hydrated!

Need more help or information?

Please email Mike Ayre on moveme@parkinsons.me

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

Oxford Health 
NHS Foundation Trust

 Parkinsons.Me
Supporting you and your family