



What is MoveMe?

It's an exciting group exercise programme for people with Parkinson's led by specialist Physiotherapists. The classes are supported by Parkinsons.Me, a charity that focuses on supporting people with Parkinson's and their families.

How can it help me?

Research has shown that exercise is beneficial for the management of Parkinson's symptoms at any stage of the condition.

All MoveMe classes are circuit based and aim to incorporate a range of exercises including aerobic, strength, flexibility and balance training. In particular, there is a focus on large amplitude exercises (big movements) and dual tasking (cognitive training) to target and improve some of the specific challenges typically seen with Parkinson's.

.....But above all, the classes aim to be engaging, sociable and fun!!



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?

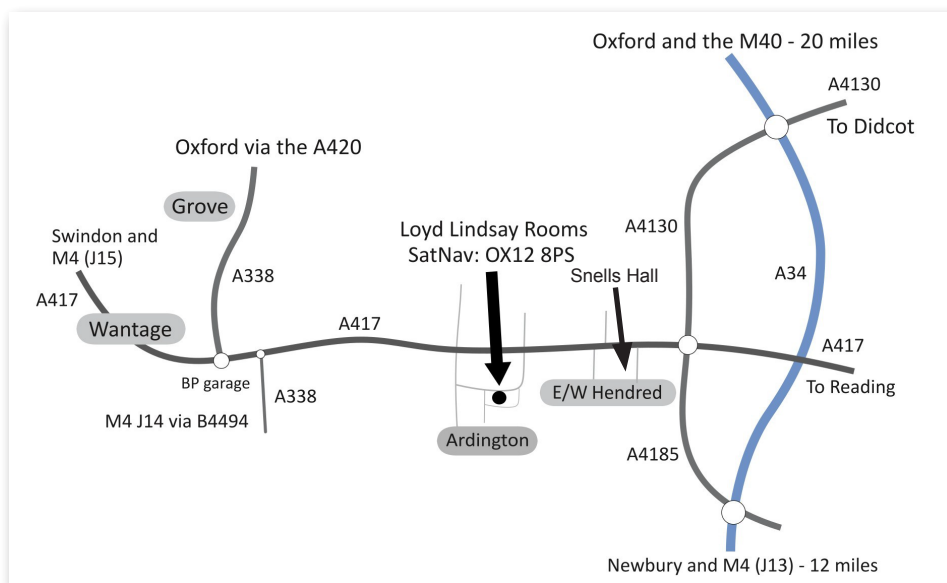
Parkinsons.Me is all about families, so we're organising refreshments for carers and partners in another room while you work hard on your exercises. This will be a chance to share experiences and have a chat, but we're also hoping to organise talks on specific topics as the classes progress.

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 hall based class costs just £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 in the class, 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 and others at Snells Hall in East Hendred, both in Oxfordshire, and others online using Zoom. 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 LLR 13th Zoom
20th No group 27th No group

August

3rd LLR 10th Zoom
17th LLR 24th Zoom
31st Zoom

September

7th LLR 14th Zoom
21st LLR 28th Zoom

October

5th LLR 12th Zoom
19th LLR 26th No group

November

2nd Zoom 9th LLR
16th Zoom 23rd LLR
30th Zoom

December

7th LLR 14th Zoom
21st LLR 28th No group

Need more help or information?

Please email moveme@parkinsons.me