

Derby Parkinson's Symposium

Sat. 7 October 2017, 10am-3:30pm Education Centre, Royal Derby Hospital, Utttoxeter Rd, Derby, DE22 3NE

Who should attend:

People with Parkinson's

Carers for people with Parkinson's

Talks to Include:

- My gut feelings - about Parkinson's
- Looking after your brain
- The use of technology in Parkinson's
- Maintaining healthy bones

Workshops:

- Looking after your bladder and bowels
- Dietary considerations for people with Parkinson's
- Coping with diagnosis; self-care and wellbeing
- Continuing to work with Parkinson's and benefit entitlements if you need them
- High Impact Exercise [restrictions apply]
- Music and Dance to improve movement
- Carers' workshop
- Impulsive and compulsive behaviours

Speakers to include:

Dr Richard Genever, Dr Christine Taylor, Dr Rob Skelly, Sue Hinds Osteoporosis Specialist Nurse
Caroline Bartliff, Specialist Speech and Language Therapist, Fiona Lindop Specialist Physiotherapist
Clare Johnson Specialist OT, Helen Widdowson Physiotherapist, Rachael Stringer OT
Lisa Brown, Parkinson Nurse Specialist, Suzanne Filon Parkinson's Nurse Specialist Karen Bown Parkinson's UK

£10 per person Lunch and refreshments included Contact **01332 254679** | dhft.ncore@nhs.net | www.ncore.org.uk
Booking form available from Parkinson's UK, Derby Branch, 210 Utttoxeter Rd, DERBY DE3 9AB

East Midlands Research Support Network Sixth Annual Forum

18 November Link Hotel, Loughborough
Topics include

- a new device that helps walking
- a new version of a medicine that should reduce 'freezing' and improve mobility.
- an exercise session specifically for people with Parkinson's
- Guest speaker with a broad knowledge of Parkinson's who is so confident of the advance of technology that he suggests this present generation will be the last that have to live with it.

Free event and includes refreshments and lunch Lionel Paulo Chairman EMRSN-Steering Group

To book your place(s) e-mail me at ljpauloz@ljpaulostk.plus.com with your name and any food requirements.

RSN BLOG

Why not visit the blog site of the East Midlands RSN, the Research Support Network of people with Parkinson's and researchers in our region. We provide a platform for you to hear about recent developments in Parkinson's research, express your views and opinions, and debate the implications and prospects. Latest blogs include:

- Disease of Kings – Does it have answers for Parky people?
- BREXIT and Parkinson's research
- Research breakthrough in Leicester To see these and much more go to:
www.eastmidlands-rsn.org