

Derby Parkinson's Symposium

Saturday 7th October 2017, 10:00am-3:30pm

Education Centre, Royal Derby Hospital, Uttoxeter Road, 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
- Lisa Brown, Parkinson Nurse Specialist
- Suzanne Filon Parkinson's Nurse Specialist
- Rachael Stringer OT
- Karen Bown Parkinson's UK

Cost: £10 per person
Lunch and refreshments included

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