

Parkinson's UK and Walking Tennis





**Activity -
write down something
you know about
Parkinson's**

Breakout room discussion

- Confidence levels when it comes to coaching people with Parkinson's
- Experience of coaching people with Parkinson's
- Personal and Professional Experiences

Parkinson's UK

What we do... .

Practical

Emotional

Medical

Financial

Campaigning

PARKINSON'S^{UK}



Parkinson's UK physical activity programme

Opportunities to be active

Educational resources

Educational courses

Grants



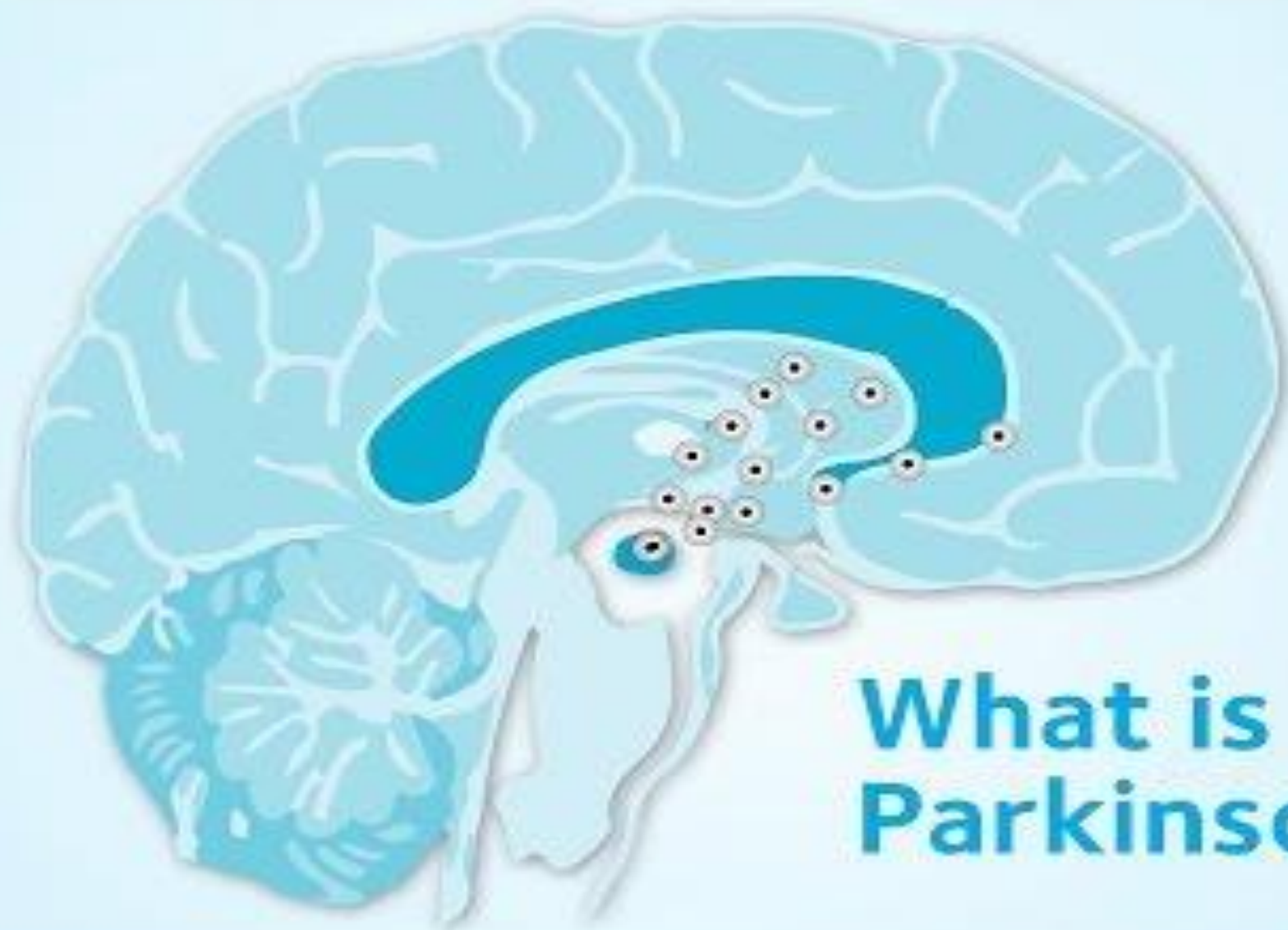
Current partnership work

British Canoeing

National Trust

Age UK





**What is
Parkinson's?**



Symptoms

Parkinson's Disease has over 40 symptoms & some of the physical symptoms include.....

TREMOR

RIGIDITY

FREEZING

BLADDER/BOWEL PROBLEMS

FATIGUE

DYSKINESIA

**LACK OF FACIAL
EXPRESSIONS**

Symptoms

And some of the mental and emotional symptoms include.....

APATHY

DEPRESSION

ANGER

HALLUCINATION

S

GUILT

ISOLATION

DELUSIONS

COMPULSIVE BEHAVIOUR

PARKINSON'S™
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



'WEARING OFF'

The problem with
Parkinson's medication

Group Task

After watching the previous videos what barriers do you think a person living with Parkinson's has to being active?

Think about the journey before arriving for a session

Why being active is important for people with Parkinson's

Research has shown that moderate to vigorous physical activity could potentially positively impact on common Parkinson's motor and non-motor symptoms. This is experienced as an improvement in overall physical and mental wellbeing.

"Being active has changed my life with Parkinson's"

"The Improved balance and strength give you confidence to remain independent"

"Being active is the one thing people with Parkinson's can do to help themselves"

The physical activity programme helps more people become and stay active, supports healthcare and activity providers with education and awareness, and we provide insight, knowledge and expertise to colleagues and teams.

Being active is the thing that people with Parkinson's can do right now to help them live well with the condition.

Being active for people with Parkinson's is as important as medication, and can have significant benefits.



**Physical activity
and Parkinson's**

Target postural control, large movement, rotation, and co-ordination through:

- Mod-vigorous activity, 30 mins, 5x weekly
- Progressive resistance, 2x a week
- Parkinson's specific activity 2x a week

INTENSITY



laa...
laa...
laa...
laa...

Talk Test



moderate

vigorous

Group Task

What considerations do you think you need to make when planning a session for a person living with Parkinson's?

(draw on any experience from working with people with Parkinson's or any other long term health conditions)

Break

Walking Tennis

- Started in Bristol in 2018 - acquired by the LTA as a format in 2021
- **Who is it for?**
 - Beginners
 - Returning from injury
 - People with long term health conditions and/or mobility issues
- **How is it played?**
 - Adaptable – smaller court and different equipment when needed
 - 2 bounces if needed (2nd must land inside court)
 - No running or jumping
- Can be coach-led (Level 2) or facilitated by volunteers

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Walking Tennis in H & W

Neil Bates

**H & W Open Court
Programme**

Droitwich Tennis @ Lido Park

Background

- Started due to older tennis players stopping! After research it was more than that!
- Facebook advert was purchased with a small group from local community attending.
- University of the 3rd Age relationship changed things!



Participation

- Over 60 people playing weekly now
- Across 6 venues in H & W



Droitwich Tennis @ Lido Park

Competition Development

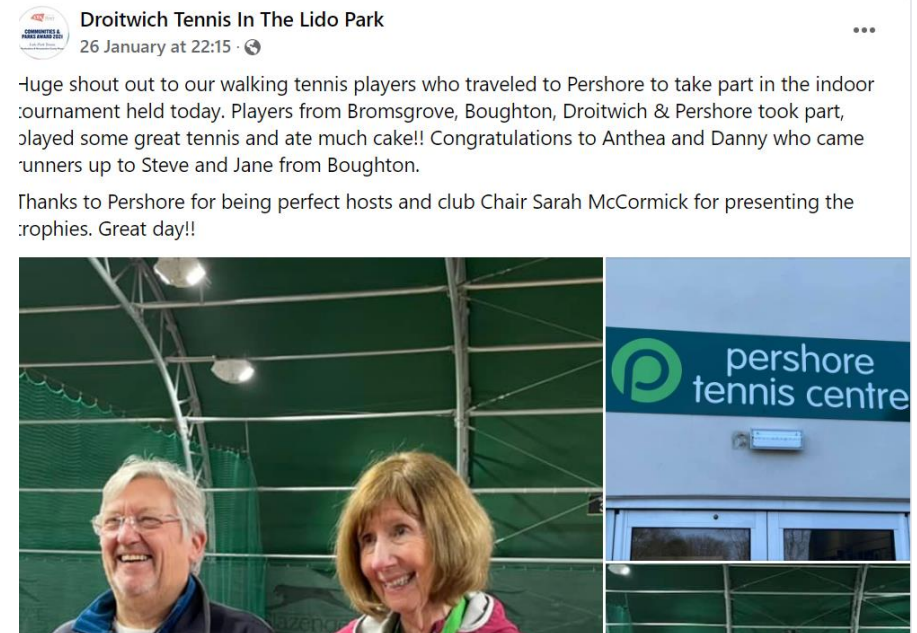
- Recreational competitions now set up
- More clubs coming on board

Benefits

- Not just the social aspect there is a bit of tennis!
- Increased participation, court usage and membership

How to get involved

- View LTA Walking Tennis resources on MyTennisToolkit
- Speak to DDP or Neil Bates (H & W)



Coach Q & A



Helen Abbott Bio

- Walking Tennis Pioneer!
- Level 2 Accredited Tennis Coach
- Developed a wide range of programmes in Avon for people with a disability and/or long term health condition

Opportunity to ask Helen some questions!

Group Task

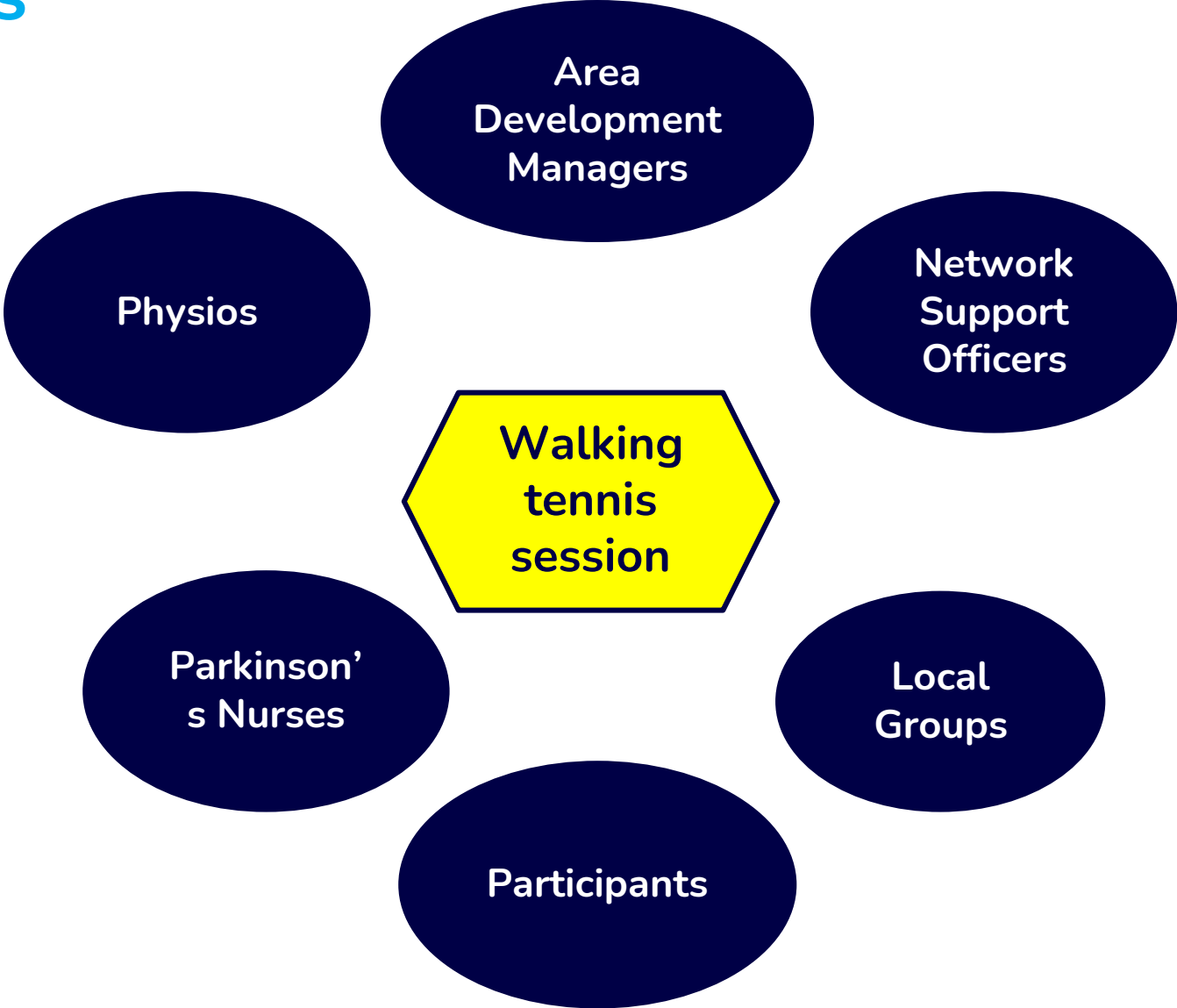
What benefits do you think walking tannis can bring to someone living with Parkinson's?

How will we link together?

Aim: We would like to see a minimum of 10 new Walking Tennis programmes linking directly with Parkinson's Community Groups



Community links



Role of the coach

Your role is to deliver a safe fun tennis session.

A level of empathy will be needed but you are not there to give advice on the condition or anything other than tennis coaching.

If a person does start to confide in you or asking for advice signpost straight to Parkinson's UK helpline

Next Steps

There are two ways in which you could engage with the project going forward

- 1) If you are interested in delivering a programme targeting people with Parkinson's in the Community
- 2) If you are interested in signposting your existing offers to people with Parkinson's in the Community

Thank You

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Follow on Survey – Need to know your feedback