

Fighting Fit

Typical Programme Itinerary

Day One – Friday

Timing	Topic	Description
13:00	Welcome	Meeting and greeting participants
14:00	Introductions and agenda,	Welcome to the FF weekend
14:30	Getting to know each other	'Speed dating' - 2 min talks with other people
14:45	Hopes and fears – Part I	Sharing expectations and concerns about the weekend
15:45	Break	
16:15	Exercise taster 1	Pilates
17:00	'Self-help – what's out there?'	Finding reliable information
17:30	End of Day One	Quick review and plan for the evening
18:30	Social: Singing for all	
19:30	Dinner	

Day Two – Saturday

Timing	Topic	Description
08:45	Intro to Day Two	Brief review of yesterday and plan for today
09:00	Exercise and neuroplasticity	The importance of exercise as medication
10:00	Break	
10:30	Exercise taster 2	PD Power exercise session
11:30	Nutrition and diet	You are what you eat
12:30	Lunch	
13:30	Skills for everyday life	Developing tactics to support day-to-day activities.
15:00	Exercise taster 3	Clock Yourself
15:30	Break	
16:00	Psychological wellbeing	Coping with apathy, anxiety and depression
17:15	Round Up Day Two	
18:30	Dancing for all	
19:30	Dinner	
20:30	Quiz	

Day Three – Sunday

Timing	Topic	Description
08:45	Intro to Day Three	Brief review of yesterday and outline of today
09:00	Living well with Parkinson's	Medication and treatments (Parkinson's Nurse)
10:15	Break	
10:30	Research update	Latest Parkinson's research landscape
11:45	Exercise taster 4	Box Positive
11:45	Partner discussion	Wellbeing discussion
12:45	Lunch	
13:30	"It's all about me"	Video
13:45	Hopes and fears – Part II	Review of Day One post-its
14:15	How can you help?	Next steps
14:45	Programme feedback	Completion of programme feedback forms
15:00	Participants depart	