

Aquatic Therapy Programme

For those Living with Parkinsons

Information Sheet



What does it involve?	This is a weekly aquatic therapy class/programme for individuals living with Parkinsons, whether that be newly or long-term diagnosis of the condition. This is aimed at individuals who are inactive, doing less than 30 minute planned physical activity. The aquatic classes will offer a range of aquatic style physical movement to enhance both the individual's confidence, and work on components such as strength, coordination, balance, and flexibility. Activities would include aquatic circuits, meaning the individuals would enter the water and maintain their head above water at all times. They would submerge their lower body and parts of upper body to conduct a range of movement with or without aids. Landing Page Link
You Tube Video	Please click the link to view our 5-minute YouTube clip explaining a little more about the classes – Aquatic Therapy Programme for Parkinson's – What is it?
Where does it take place?	This class will take place at West Lindsey Leisure Centre, The Avenue, Gainsborough, Lincs, DN21 1EP
Day and Time?	Classes will take place on a Thursday morning from 11am-11.50pm followed by a social tea/coffee 12.15-12.45pm.
How long is the programme?	This is a subsidised programme funded by Parkinsons UK and will be delivered for a minimum of 12 weeks, with a view to sustain the programme beyond the funded period.
What are the benefits?	The programme/classes will provide opportunity for those living with Parkinsons, to take part in a range of movement that is supportive, positive, and low impact that will aim to enhance mobility, functional strength, coordination, balance, flexibility, and cognition. The classes will also include a social aspect within the community with refreshments, for peers to engage and share lived experiences to support each other.
Who is delivering the programme?	The project is being managed by Chris the Mindset Coach CIC, and being delivered in partnership with Everyone Active

	Chris Duncan, the Mindset Coach has 25 years of experience working in the leisure, health, and fitness sector. Over the past 5 years has dedicated his time to supporting individuals with both physical and mental health conditions. To learn more about Chris the Mindset Coach visit https://christhemindsetcoach.com/profile Everyone Active colleagues and Exercise Referral specialists Charlotte Clarke and Amy Minikin will be supporting the weekly delivery of classes.
Does it cost anything?	There is a small fee of £3.25 per class per participant for the first 12 weeks of the programme. We will inform participants of the class the price of activities to continue their movement beyond the 12 weeks.
Do I need anything?	Participants are required to come in appropriate swimwear, towel, and water bottle to stay hydrated. Participants can bring any suitable aids which will help them make their way throughout the building but would require advance notice should mobility aids be needed on poolside.
What about confidentiality?	All bookings are made through a secure online bookings system called 'Bookaby' where personal information is stored securely. We respect your privacy at all times. You will be required to complete a referral form prior to joining the classes. As part of the T&Cs and for participant safety, we are required to share your information with the aquatic therapy and exercise specialists with Everyone Active. You will then be sent a unlisted link to book the sessions separately. It will be requested that you inform the coach of any additional physical or mental constraints other than the primary condition so that we can make provisions ensure safety and accessibility at all times.
What are the outcomes of the class for participants?	The participants will feel empowered with a sense of connection and community with class peers. They will enhance their functional strength, coordination, and mind & body cognition to support 'active daily living'.
Eligibility criteria	To be eligible for the scheme you MUST be: - • Inactive – doing less than 30 minutes planned physical activity per week • Controlled and managed condition • Normal blood pressure • BMI <39 • Stable and controlled cardiovascular condition • Not undertaking acute medical care • Stable and cleared to exercise by your healthcare professional or GP

How do I book onto the classes?	You will be required to complete a referral form to express your interest in the programme and for us to check you are eligible for the programme. This will also give us an opportunity to understand your requirements, and to be able to have a conversation on how we can support you. The referral can be made by a healthcare or social care professional, a loved one or unpaid carer, or the individual themselves. Here is a link to the 'Online Referral Form' Should you be eligible for the programme, we will be in touch to provide details on how you can book these classes on a weekly basis.
What happens when I've booked onto a class for the first time?	You will receive a call/email from Chris the Mindset Coach CIC as an introduction and be welcomed to your first class. We will explain what to expect as they enter the venue, location of the swimming pool area, and what to expect from the class and other class participants. From there we hope that the participant will enjoy the classes and start to make some positive steps to helping manage their condition 😊