

PRESS RELEASE
APRIL 2018



Hobbs Rehabilitation hosts the first UK Parkinson's Boot Camp for people newly diagnosed with Parkinson's Disease.

'Living Well with Parkinson's' is a 1 week intensive course held in partnership with the [Parkinson's.Me](#) charity, for those in early stages of the disease who want to slow the progression of symptoms through a therapeutic approach.

Running 14th to 18th May, the course aims to target specific problems whilst educating participants with an interactive program of discussions, classes and workshops, led by a team of specialist rehabilitation professionals including a physiotherapist, occupational therapist, nutritionist, speech and language therapist and health psychologist.



The event brings attention to the growing body of evidence

from neuroscience research that exercise and healthy lifestyle drives neuroplasticity and neuroprotection.



Clinical practice indicates the huge potential of the impact of healthy lifestyle and seeing exercise as medicine.

The Boot Camp program will run for four hours each afternoon over five consecutive days at Hobbs Winchester. There will be a follow up session to reassess baseline measurements and track progress four weeks later.



Lizzie Udy, neurological physiotherapist (pictured here running her weekly Parkinson's exercise group) comments, "It's clear that changing lifestyles and starting new habits is not easy and is often a barrier to reaching full potential. We know that each person is going to need to find the approach that works for them and we hope that this week of intensive therapy will set people up for success in making positive and powerful lifestyle changes to take control of their Parkinson's symptoms."



Parkinsons.Me
Supporting you and your family

Note to Editors:

The [Parkinson's.Me](#) charity provides positive support and advice to families affected by Parkinson's disease. Their aim is to help families create a 'new normal' by looking after each member's emotional and physical health in mutually supportive ways. Contact them via their [website](#).

For more information about Hobbs Rehabilitation, please email Kirsti Pretty at

kirsti@hobbsrehabilitation.co.uk

Founded by **Nicky Ellis** and **Helen Hobbs**, **HOBBS REHABILITATION** offers inpatient and outpatient rehabilitation with a team of over 70 specialist clinicians including physiotherapy, occupational therapy, psychology and more, across the south of England.

Hobbs Rehabilitation are proud winners of several awards including the SEHTA awards for their Partnership with the NHS and a recent nomination for the Excellence Network Award from Parkinson's UK, the largest charity funder of research into Parkinson's in the UK.

Experts in clinical education, Hobbs Rehabilitation runs national training for some of the specialist neurotechnology they have available and regularly participate in clinical trials and case studies both nationally and internationally.

For more information please visit hobbsrehabilitation.co.uk