

# An Introduction to *Mindfulness for Parkinson's*

A chance to be introduced to mindfulness, some of the key practices and the thinking behind them, as well as meet other people affected by Parkinson's, who come with some experience of mindfulness.

Tuesday, March 31, 1:45 – 3:45

St Peter's Wolvercote, First Turn, Upper Wolvercote, Oxford, OX2 8AQ.

Cost: covered by the Community Fund

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**Back ground:** *Mindfulness for Parkinson's is a project that was started as a trial last May in response to a need identified by Michele Hu (Consultant Neurologist) and Jo Bromley (Team Lead / Community Neurology Advanced Nurse Practitioner Parkinson's disease). Community Based Mindfulness CIC, with the help and support of the Oxford Parkinson's UK first started with bi-monthly maintenance sessions for people who had completed the 8-week course run by the Dept of Neurology. We are now including people with Parkinson's and their partners who have not done the 8-week course.*

The *Mindfulness for Parkinson's* Project is developing a mindfulness programme adapted for the unique needs of people with Parkinson's. To make it as accessible as possible, the programme will:

- operate bi-weekly on a rolling, drop-in basis allowing people to attend as and when they can/want
  - in a range of locations for people who find travelling into Oxford an obstacle
  - at a variety of times to allow for people who either work during the week, or can't make weekends
- explore how to make mindfulness more relevant and effective for people facing Parkinson's (i.e. adapting some of the practices and approaches)

There will be a strong emphasis placed on mindful walking and movement.

**About us:** *Community Based Mindfulness CIC is a social enterprise that has as its aim: "to identify parts of the community that could benefit from mindfulness-based programmes, but are currently being underserved". Azizë Stirling is a trained Mindfulness teacher, who did her Master's thesis on Mindfulness and Parkinson's Disease, and comes from a background of having worked with people with Parkinson's both as a Mindfulness teacher and as an Alexander Technique teacher. Members in our team include another AT/mindfulness teacher, a PT & yoga therapist, and a tango teacher, all with mindfulness backgrounds.*

Some quotes from people with Parkinson's who have completed the mindfulness 8-week course:

*"When I start to feel cross with my body and my tremor I liked the gentle and kind reminders of the course."*

*"I learned to use the breathing exercises when I feel anxious particularly at night which has helped me sleep."*

*"I acquired the ability to...deal with stressful times and recognise the initial key triggers that incite anxiety and deal with them before the compound into spiralling negative thoughts and...to learn that it is alright to just 'be'."*

*"With my PD I have noticed that resting and allowing the bustle of every day to be decreased by being mindful in meditation improves the visible symptoms I experience."*

*"The practices have helped me be more in the moment rather than thinking or worrying about what the future might hold. I feel much calmer generally and accepting of my situation."*

*"I am more aware of things around me and taking more time to be appreciative of everything and what's more important in life."*