



SPORT PARKINSON'S

KEEP HEALTHY AND STRONG

TILL A CURE COMES ALONG



OUR GOALS

- Sport Parkinson's CIC is leading the charge for Parkinson's battlers to:

“KEEP HEALTHY AND STRONG,
TIL A CURE COMES ALONG”

- We do this by staging marquee events throughout the year to encourage people of all abilities, experience and Parkinson's Disease (PD) progression to try new sports and exercise regimes, to find the courage to continue or re-start sports you may have given up because they have Parkinson's.

- All in a safe, inclusive and welcoming environment.





YEAR ONE: STRONG FOUNDATIONS

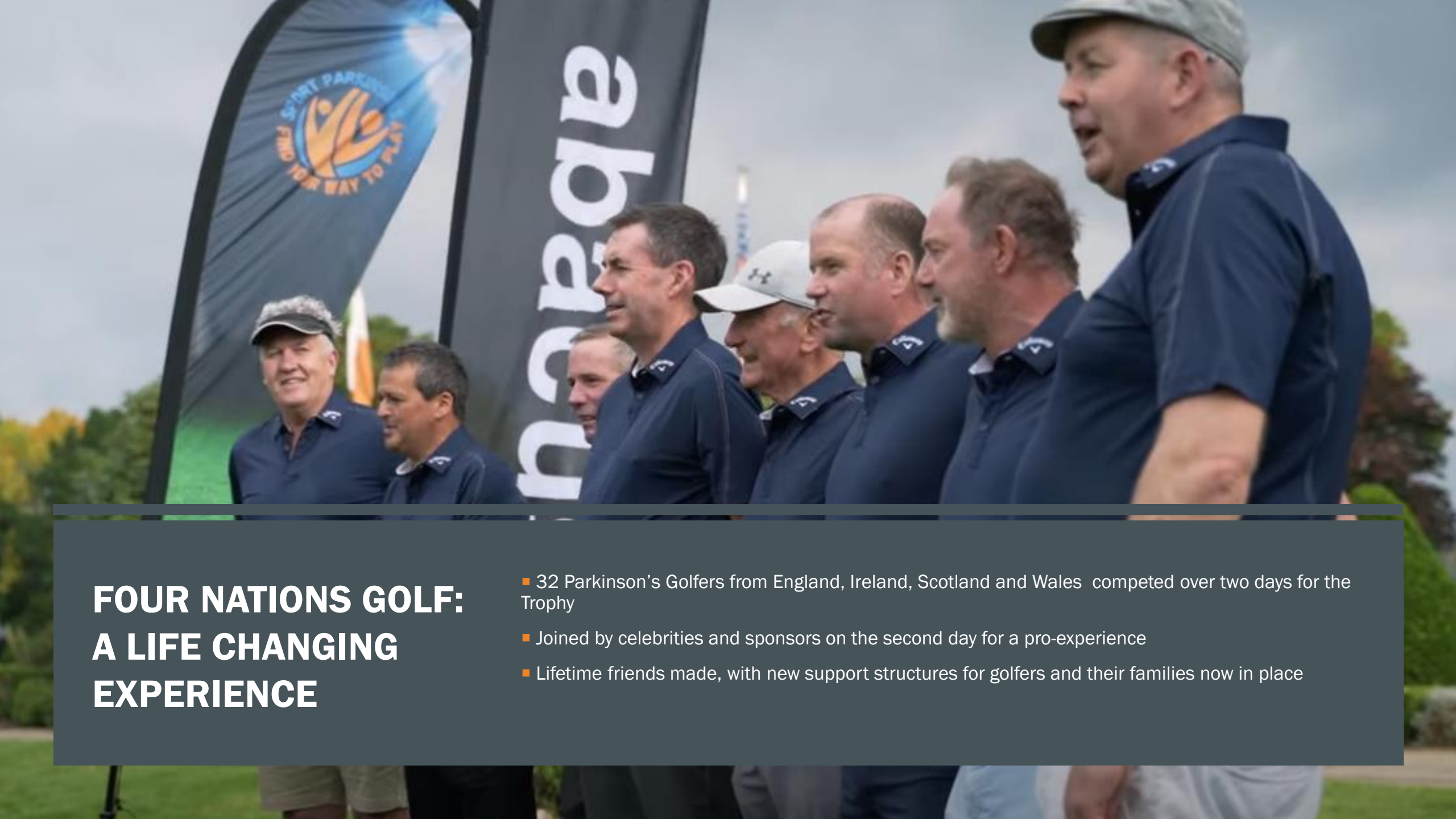
- Identifying need: We went out and consulted the Parkinson's community and actively listened to what they needed.
- Based on this we provided high quality inspirational and motivational events
 - Sport Parkinson's Try-Athlon:
<https://www.youtube.com/watch?v=xl7ddZSpnOs>
 - Sport Parkinson's Four Nations Golf Tournament
<https://sportparkinsons.org/2021/11/12/sp4ng21videoshots/>



THE TRY-ATHLON: ENABLING AND INCLUSIVE

- Over 400 attendees despite Covid restrictions
- Wide range of activities and sports to try for all levels of ability
- Football tournament
- Access to experts in Neurophysiology, Rehabilitation and Parkinson's health and welfare





FOUR NATIONS GOLF: A LIFE CHANGING EXPERIENCE

- 32 Parkinson's Golfers from England, Ireland, Scotland and Wales competed over two days for the Trophy
- Joined by celebrities and sponsors on the second day for a pro-experience
- Lifetime friends made, with new support structures for golfers and their families now in place

2022: THE RIGHT EVENTS DONE RIGHT

- Recognizing limited available resources
- Playing to our strengths: still listening and doing what works well, working exceptionally and effectively to fill gaps in provision
- Focus on involving key groups:
 - Beginners
 - Return to sport
 - Keeping people exercising



2022: EVENT CALENDAR

- Walking Football – St George's Park, Saturday 12th March
- Sport Parkinson's Golf Open – The Vale, Tuesday 3rd May
- Sport Parkinson's Try-Athlon – Worcester Warriors' Sixways Stadium, Saturday 9th July
- Sport Parkinson's Golf Day at Surbiton GC 15th July,
- Sport Parkinson's Four Nations Golf – The Belfry, 11-13th October.
- Specific Event for Women' with PD TBA



2022: WHAT ABOUT THE CURE?

- Focus on supporting the Ambroxol Trial for Cure Parkinson's
- Ambroxol a potential repurpose of an existing drug to slow or halt the progression of PD
- <https://cureparkinsons.org.uk/ambroxol/>



WE NEED YOU

We need to raise money to continue to be able to stage the requested events and to cover the costs of running the company (staffed purely with volunteers and one part-time employee) with all surplus income going to Cure Parkinson's and the Sport Parkinson's Healthy and Strong grant fund where people who have Parkinson's, organisations and teams, can go to funding for sport and exercise in and for the PD community.

