

# Bring Me Sunshine - Moving Well with Parkinson's



## Join us for a FREE Educational Seminar

Dalton Community Church, Market Street, Dalton, Barrow  
on

**Monday 25<sup>th</sup> November 2024, 2-4 pm**

**Led by Daphne Cushnie, Dr Melanie Brierley and Penny Collinson**

Book your place!

[www.eventbrite.co.uk/bring-me-sunshine](http://www.eventbrite.co.uk/bring-me-sunshine)

**Come join us for an informative and engaging seminar at Dalton Community Church**

The educational seminar '*Bring Me Sunshine: Moving Well with Parkinson's*' explores a novel and evidence-based approach to workshops in which people dance and move together as a creative response to life with Parkinson's and Lewy Body Dementia.

Starting in Dalton on 7<sup>th</sup> October, and running each Monday for a 6-week pilot, these new classes are for those living with these conditions, their families and carers. Sessions are sensory and creative whilst promoting social interaction and connection, and will address

- motor challenges
- proprioception
- speech
- cognition
- perception
- mood
- anxiety
- social isolation

### **Who is the seminar for?**

The seminar is suitable for health and social care professionals and providers, dementia care workers, community care teams, arts and health practitioners, and anyone with an interest in the relationship between the arts and medicine. Research shows that dance and movement have multi-dimensional benefits for people with Parkinson's and Lewy Body Dementia on physical, social, emotional, and cognitive levels.

### **What to expect in the seminar?**

1. The two-hour educational seminar will share our workshop intentions, describing somatic movement and how it informs our practice. We will explain how artistic, improvisatory and imaginative approaches have several valuable effects, including:
  - a sense of agency and self-identity
  - connection with others
  - self-efficacy
  - embodiment
  - mastery of movement
  - managing tasks of daily life
  - cultivating calm and relaxation
2. We will watch a short film with Dr Melanie Brierley and her Parkinson's dance group in Chorley
3. Experience a taster session
4. Reflect on our 6 classes in Dalton
5. Look at the evidence-based research on dance for people with Parkinson's and Lewy Body Dementia, considering the short and longer-term benefits
6. Discuss funding implications and potential partnerships

### **The Facilitators**

The educational seminar will be delivered by Daphne Cushnie (Neuro-physiotherapist), Dr Melanie Brierley (Dance & Health specialist) and Penny Collinson (Somatic Movement Educator/Therapist). They have worked together for many years within the field of dance and health. Melanie and Daphne co-led the first ever Dance and Movement for Parkinson's project in the UK at the Lanternhouse Centre in Ulverston in 2007 and subsequently helped to co-found the Dance for Parkinson's Network UK in 2010. The three of them have in common a shared love of movement, years of experience and dedicated practice, and a passion to build compassionate models of healthcare for the Parkinson's and Lewy Body Dementia communities.

**BOOK NOW for this FREE event**

**Donations for the Bring Me Sunshine dance and movement sessions on the day**

[www.eventbrite.co.uk/-bring-me-sunshine](http://www.eventbrite.co.uk/-bring-me-sunshine)

**Find further information** about the seminar or the workshops in Dalton, please email

[daphnjecushnie@gmail.com](mailto:daphnjecushnie@gmail.com) or phone 07580 243127.

## Who We Are

Daphne Cushnie is a Parkinson's specialist neurological physiotherapist with a complementary degree in dance studies. She has studied the moving body, and the workings of the brain and nervous system in some depth. She has also learned what really works and what people living with Parkinson's have said matters to them during a long NHS career. Daphne's response has been to combine the clinical eye and the artistic eye in an integrated creative approach to movement for Parkinson's.



Dr Mel Brierley leads Dance and Movement for Parkinson's workshops and classes across the Northwest, and her group work, entitled 'Connect and Flow' encourages participants to connect to their own body and mind, to each other, and to the wider environment. Her PhD explored one-to-one home-based movement practice and found that being supported in this way enabled many people to develop a 'can do' attitude in the face of Parkinson's.

Penny Collinson is a highly experienced dance and health practitioner. She is a movement artist, somatic movement educator and therapist. She was senior lecturer at the University of Central Lancashire (UCLan) for 23 years and led the ground-breaking MA course in Dance & Somatic Wellbeing: Connections to the Living Body for over a decade.



Penny and Melanie are co-founders of the newly registered *Shoreline, Health in Movement Community Interest Company* whose work will advocate for the field of dance and health, and support its participants through workshops, training, mentoring, and networking.

We look forward to welcoming you to the educational seminar.

Daphne Mel and Penny

