

About Bigger & Better

Emma Bracher is an independent occupational therapist based in Warwick, with over 17 years' experience working with people with Parkinson's. She has always enjoyed working with this client group, but it was her Dad's diagnosis in 2016 that encouraged her to do something proactive to encourage people to play a more active role in their disease management.

In 2017, she became an LSVT Big certified clinician and completed the PD Warrior training. Off the back of her training and experiences she developed 'Bigger & Better' – a range of exercises classes and therapy programmes specifically for people with Parkinson's in the early to mid-stages of the disease.

What we offer

In all our sessions we encourage high intensity and high frequency, to drive neuroplasticity (changes in the brain). We promote exercise as medicine, and encourage people to take their 'daily dose' alongside their Parkinson's meds. Parkinson's UK and other worldwide Parkinson's organisations are recommending 2.5 hours of intensive exercise a week to help slow down disease progression and fight back against your symptoms, and we aim to help you do this.

We target 'smallness' and 'slowness' of movement, as well as balance, mobility and flexibility. We teach people to think differently about how they move and how to maintain 'bigger and better' movement.

One-to-one therapy sessions

Every session will start with what we call our Core Exercises, and we encourage you complete these as part of your daily exercise medicine. We then work on specific functional tasks that are important to you – these might be things that you are finding difficult because of your PD symptoms, or that are important for you to remain independent with.

We use 'think BIG' strategies, and help you to change the way you move, the way you think about moving and the effort that you use to move. You will be given homework to complete in between our sessions. Therapy sessions are run by a qualified therapist.

Exercise classes*

Our classes are for active people with Parkinson's, to help to improve general strength, fitness and well-being. They all offer something slightly different so we advise that you give them all a try if you can.

1. **CrossFit for Parkinson's** – Mondays 11-12, Combat Sports Centre, Vulcan Road Solihull, B91 2JY
2. **Solihull PD Circuits** – Tuesday 10.30-11.30, Combat Sports Centre, Vulcan Road Solihull, B91 2JY
3. **Warwick PD Circuits** - Wednesdays 1.30-2.30, Chase Meadows Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT
4. **Stratford PD Circuits**– Thursdays 11am-12, Meon Vale Leisure Centre, Stratford-upon-Avon CV37 8QR
5. **Yoga for Parkinson's** – Thursdays 9.30-10.30, The Village Hall, Solihull Retirement Village, Victoria Crescent, Shirley B90 2FH (use B90 2EL for sat navs)
6. **Non-contact boxing circuits** - Friday 10.30-11.30, Combat Sports Centre, Vulcan Road Solihull, B91 2JY

**** All participants must be independently mobile and a pre-class screening assessment and pre-booking is essential***

Our classes are fun, motivating and supportive. There are no judgements. We understand that people can feel different day by day and even hour by hour. We understand that some weeks you will want to work harder than other weeks – the important thing is that you are there! All classes incorporate a mix of cardio, strength, balance, core and agility work. They are run by qualified fitness coaches who have received training in relation to exercising with Parkinson's.

Personal training

Our fitness coaches can work one-to-one with you to help you reach your fitness and well-being roles goals.

Costs

One-to-one therapy sessions (with your home)

£80 first session (1 hour, including assessment) and £65 follow-up sessions (45 minutes)

Group exercise classes

£3-£5 per session depending on class and location

Personal training sessions

£35 - £45 depending on venue and frequency of sessions.

Find out more

Facebook <https://www.facebook.com/biggerandbetterforPD/>

Website www.ebothery.co.uk

Or call or email on Emma Bracher 07715 884255 / otwarwick@gmail.com