



The Vision

Building Strength. Restoring Confidence. Creating Community.

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Everyone living with Parkinson's deserves the opportunity to stay active, maintain their independence and feel connected to others.

Stronger with Parkinson's was created to turn that belief into action.

Bringing together Nottingham West Primary Care Network and Liberty Leisure, the programme combines personalised strength training, supportive instruction and innovative EGYM technology with something equally important: a community where people living with Parkinson's, their partners and carers can connect, build confidence and support one another.

Our ambition is simple: to help people live well with Parkinson's, for as long as possible.

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The partners
delivering this
project...



The Journey: From need to impact

A shared vision. A community that was heard. A partnership determined to make a difference.

01 Recognising the opportunity

Following a visit from Parkinsons UK to Nottingham West PCN Board, the Board identified an unmet need for specialist strength and physical activity support for people living with Parkinson's across Broxtowe.

02 Listening to the people who matter

People living with Parkinson's, carers, local support groups and healthcare professionals helped shape the vision. Questionnaire feedback confirmed demand for a programme focused on strength, balance and mobility.

03 Bringing expertise together

Building on an established three-year partnership, Nottingham West PCN and Liberty Leisure worked together to develop a programme combining healthcare insight, specialist exercise support and personalised technology.

04 Determined to make it happen

When an application to Parkinson's UK was unsuccessful, the partners did not abandon the idea. Recognising the need remained, they committed to establishing the programme independently.

05 Turning vision into reality

The opening of Stapleford Community Pavilion Health Hub in October 2025 provided a suitable home for the programme. Stronger with Parkinson's launched in January 2026, bringing personalised exercise, peer support and carer inclusion together.

And this was just the beginning...

Within six months, the programme was reporting encouraging physical outcomes alongside increased confidence, social connection and participant satisfaction.

The Programme Process

Referral

Pre-exercise programme questionnaire

Assessment (health analysis & strength test)

Personalised EGYM programme

Weekly supervised exercise

Ongoing monitoring & progress reviews

Carers/spouses chat and social network

Coffee & conversation for participants/spouses/carers

Signposting to wider health & community support



How people get involved

A simple first step towards getting stronger

People living with Parkinson's in Broxtowe and surrounding areas can access specialist exercise, ongoing support and opportunities to connect with others.

1. Raising awareness

- 200+ letters and emails sent
- Nottingham West PCN worked with all 12 GP practices to let people with Parkinson's know about the programme and the support available.

2. Start a conversation

- Residents can contact Sarah at Liberty Leisure directly to arrange a visit to the Stapleford Community Pavilion Health Hub and explore whether the programme is right for them.

3. Find the right level of support

- At just £15 per month, membership includes the weekly Parkinson's exercise class and a Disability Swim session at Bramcote Leisure Centre. An upgraded membership is available for those wanting wider access to leisure facilities.

4. Keep moving, keep connecting

- It's not just about exercise; it's a supportive programme offering regular exercise, encouragement and opportunities for social connection.

E G Y M

Nottingham
West
Primary Care Network



Join our Strength-based eGym
class, every Friday 11-12pm
at Stapleford Community
Pavillion

Membership: £15 per month, includes Disability
swim sessions at Bramcote Leisure Centre

get active

Tel: 0115 9173572
Email: activelifestyles@lleisure.co.uk
www.lleisure.co.uk/get-active

Residents don't have to wait for a GP invitation/referral

The programme now welcomes self-referrals from people living in Broxtowe and surrounding areas.

In just 6 months we've reached...



18

referrals



9

participants
(Intentionally capped
class size)



113

attendances



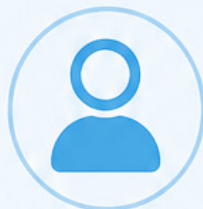
28

Number of
sessions delivered



72

Average age



60

years
Youngest
participant



91

years
Oldest
participant



6

Waiting list
number

The Health Impact Headlines



E G Y M

The results indicate that personalised strength training can have a significant positive impact on physical function, mobility, strength, and overall health outcomes for people living with Parkinson's.

Biological Age

Average improvement of 8.3 years

Participants are becoming physically fitter, healthier and more resilient.

Strength (Lower Body)

Average improvement of 8 years

Standing up from chairs, using the toilet and getting out of bed have become easier.

Mobility & Flexibility

Average improvement of 20.75 years

Greater confidence walking indoors and outdoors, dressing, washing and reaching have all become easier.

Overall Strength

Average improvement of 10.5 years

Supports independence, with gardening and daily tasks becoming easier.

Body Fat

Average reduction of 4%

Improved overall health and wellbeing, reducing risk of diabetes.

Why This Matters



Parkinson's is a progressive neurological condition that can impact many aspects of an individual's daily life, including:

- Reduced balance and stability
- Reduced coordination and movement control
- Increased risk of falls
- Reduced muscle strength
- Fatigue and reduced energy levels
- Loss of confidence
- Increased social isolation and loneliness
- Increased anxiety and depression
- Reduced independence in everyday activities



As symptoms progress, many people stop exercising, not because they don't want to, but because they no longer feel safe or confident in participating in physical exercise.

This can accelerate physical decline and increase demand on health and care services.

Stronger with Parkinson's was designed to change this.

This matters because maintaining strength, balance, and mobility can help people remain independent for longer and reduce the need for more intensive health and care support.

Summary of Pre-exercise programme questionnaire

At the start of the programme each participant underwent a pre exercise programme questionnaire, this included questions about mobility, daily activities, exercise, mental health, physical functions and Parkinson's symptoms.

The participants told us **mobility, balance, weakness, and fatigue** are the main challenges experienced. Difficulties with walking, turning, getting in and out of a chair, and negotiating uneven surfaces were commonly reported, although the severity of limitations varied across the group.

The most frequently reported Parkinson's symptoms were stiffness, balance problems, fatigue, weakness, tremor, shuffling gait, fine motor difficulties, and sleep disturbance. These symptoms are typical of Parkinson's disease and **have the potential to impact daily function and independence.**

Despite these physical challenges, participants generally reported positive mental wellbeing, with little evidence of significant anxiety or low mood.

Most participants felt confident moving their bodies, are willing to try new exercises, and demonstrated a positive attitude towards physical activity.



Main outcome of the questionnaire showed a high level of readiness to engage in exercise. While functional ability varied between individuals, **the findings suggest that participants are well placed to benefit from a structured exercise programme** focused on improving strength, balance, mobility, and overall quality of life.

The Story Behind The Numbers

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While the physical outcomes have been impressive, the development of an inclusive Parkinson's community has been equally important.

Participants reported improvements that cannot easily be captured by data alone.

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Increased confidence
Feeling Looking forward to
understood Fridays

Increased confidence using **New**
wider leisure facilities friendships

Reduced feelings of isolation

Greater independence Improved motivation

Voices of Stronger with Parkinson's



"I enjoy the tailored exercise to suit my needs. The supervision of the staff is most helpful and instructive"

Rob age 75



"I enjoy the company and support of like-minded people"

Diane age 69



"Rob looks forward to attending the class. I can see he feels safe and secure taking part. I can see a difference in Rob's physical strength and an improvement in his mental wellbeing especially after the class. It's also nice to have the opportunity to meet other people and discuss their journey with Parkinson's"

Jean - Wife of participant



"Excellent, helpful, and friendly, knowledgeable staff. I feel more confident walking, I started walking to and from the class"

Sid age 91



Helping communities to thrive today and in the future

By improving strength, mobility, balance, confidence and independence, the programme has the potential to reduce demand on NHS services and support better long-term health outcomes for people living with Parkinson's. Potential impacts include:

- Reduced falls and fall-related injuries, leading to fewer ambulance call-outs, A&E attendances and hospital admissions.
- Improved mobility and physical function, helping to slow physical decline and maintain independence.
- Reduced GP and outpatient appointments related to preventable deterioration in health and mobility.
- Better management of Parkinson's symptoms through regular exercise and physical activity.
- Improved mental wellbeing and reduced social isolation, which can help lower demand on primary care and mental health services.
- Delayed need for social care support, residential care or higher levels of community intervention.
- Supporting people to remain active, independent and living well at home for longer.

Social Value

The **Stronger with Parkinson's** programme delivers benefits far beyond physical health. Alongside improvements in strength, mobility and confidence, the programme is helping participants build meaningful social connections, improve overall wellbeing and reduce feelings of loneliness and isolation.

The programme provides a supportive environment where people living with Parkinson's can connect with others who share similar experiences, fostering a greater sense of belonging, purpose and community. Feedback also highlights the importance of the programme in helping participants maintain their independence and quality of life, while providing reassurance and support for spouses, carers and family members.

After just six months, participant feedback demonstrates positive outcomes across physical health, mental wellbeing, social connections, confidence and independence, highlighting the wider social value generated by the programme for both participants and those who support them.



World Parkinson's Day: Bringing the Community Together

Following feedback from a participant's spouse, the Liberty Leisure team and the PCN organised a World Parkinson's Day event at Stapleford Community Pavilion.

What started as a suggestion from a spouse developed into a highly successful community event, bringing together people living with Parkinson's, carers, families and local partners.

The event was very well attended and demonstrated the value of listening to participant feedback, while creating additional opportunities for social connection, peer support and community engagement beyond the weekly exercise sessions.

This is a great example of how the programme is not only supporting participants physically but also generating wider social value through community involvement and co-production.



Six-Month Questionnaire Participant Feedback

100% of participants are satisfied with the programme and would recommend it to others living with Parkinson's.

Key Outcomes:

- Improved strength, mobility and functional ability
- Increased confidence and independence
- Better overall fitness and motivation
- Improved wellbeing and mood
- Reduced social isolation through peer support
- High participant satisfaction and recommendation rates
- Support to maintain physical function despite the progressive nature of Parkinson's disease.

"Overall, my general fitness has improved"

"Feeling refreshed after class and motivated"

"Improved confidence"

"In my opinion exercise is key to maintaining mental and physical health"

"I look forward to coming to the sessions to socialise"

"I'm enjoying getting out and mixing with people"

Innovation in Action

EGYM



The EGYM partnership combines smart technology with instructor-led specialist Parkinson's support.

At the heart of **Stronger with Parkinson's** is an innovative partnership between Liberty Leisure Limited, Nottingham West PCN and EGYM, bringing together specialist exercise provision, personalised technology and measurable health outcomes.

Participants have access to EGYM's smart strength-training technology in a safe, supportive environment.

Unlike traditional gym-based exercise, EGYM creates a fully personalised strength training programme for every participant.

Using an initial assessment, the EGYM equipment automatically:

- Provides an initial strength test, repeated after every 6 sessions
- Tailors resistance levels to individual ability
- Automatically adjusts programmes as fitness and strength improve
- Provides guided exercise through easy-to-follow digital instructions
- Tracks progress continuously through real-time performance data
- Enables safe and controlled exercise for people with a range of symptoms and abilities



Stronger with Parkinsons member review

“ I am 91 years old and diagnosed with Parkinson’s disease several years ago. I have been attending Sarah’s weekly gym sessions since the new Stapleford facilities opened. I thoroughly enjoy the variety of exercises Sarah plans for me, and the classes have made a difference to my overall mobility. They help me stay active, maintain my wellbeing, and continue enjoying an independent and fulfilling lifestyle. I’m confident Sarah’s guidance and support will keep me mobile for many more years to come. ”



Stronger with Parkinsons

member review



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Having been diagnosed over 8 years my condition is managed by regular exercise and most importantly a strength focus. I have found the EGYM a very professionally managed and monitored exercise routine/group which helps me enjoy life to my fullest.

Rob.

”

Stronger with Parkinsons

Spouse review



Sarah Starbuck has been instrumental with Robs progress since joining the Egym; whilst in the gym I know he is safe and the machines are wonderful

I have been reassured by the professionalism care and understanding of the needs of Parkinson sufferers. For his hour he is in the Egym I can relax have a coffee and read a book or go for a walk. I am able to see Robs improvements too; his metabolic age has reduced, and his strength has increased.

After the hours exercise I can see the difference it has made to Rob by using the Egym. We can discuss his improvements together with information provided by the app, it is important we are both involved as the disease effects carers too.

Participants and carers meet together after the hour; where we sit and discuss events of the day; have a coffee and share information

Supporting Carers & Families

One of the most distinctive aspects of the programme has been the inclusion of carers and spouses. While participants take part in their personalised exercise programmes, carers/spouses have opportunities to engage in physical activity, social interaction and self-care. This resulted in opportunities for:

- Improved wellbeing for carers
- Dedicated time for self-care
- Reduced guilt
- Increased social connections between carers
- Better understanding between families

Whilst having a coffee after the session, a spouse of one of the programme participants, suggested organising a World Parkinson's Day event at Stapleford Community Pavilion. Her idea was warmly welcomed by the group and provided a valuable opportunity to raise awareness of Parkinson's, celebrate the local Parkinson's community, and engage both participants and their families.

A World Parkinson's Day awareness event was held on April 10 2026 in partnership with the PCN. Service providers in attendance included Parkinson's UK, Broxtowe Social Prescribing Link Workers, the PCN Mental Health Team, Bramcote Walking Football, and Nottinghamshire Carers Association.

The event was a great success, with the Pavilion buzzing throughout the day. Attendees had the opportunity to try the gym, take part in padel activities, and connect with a range of local organisations and support services. The positive response generated increased interest in the programme, with four additional people joining the waiting list following the event.

This is a great example of how participant and carer feedback can help shape meaningful community initiatives and extend the programme's impact beyond the weekly sessions.



Why Stronger with Parkinson's Is Different...



Strong partnership
between Liberty
Leisure Limited and
Nottingham
West PCN



Small supportive
group



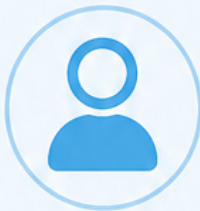
Consistent
weekly delivery
on a continuous
programme



Personalised
EGYM technology



Instructor-led
sessions delivered
by experienced
professionals



Delivery from
Stapleford Community
Pavilion Health Hub



Social connection



Active inclusion of
carers



Stronger
with
Parkinson's

Future Vision

The Future of Stronger with Parkinson's in the next 12 months...

Becoming a regional centre of excellence

Increase
capacity

Introduce
education
sessions

Develop falls
prevention
workshops in
partnership with
WISEMoves

Speech and
swallowing
advice
integrated with
NHS & partners

Nutrition
support from
PCN

Medication
optimisation
sessions
through PCN

Parkinson's
nurse drop-ins

Outdoor
activities, walks
and community
garden

Research
partnership with
universities

Replicate the
format with
other health
conditions and
target groups



Partnership Working

One of the most impressive parts of the story is that this programme only exists because multiple organisations came together around a shared goal.

The people and organisations behind the programme are:

- Liberty Leisure Limited
- Nottingham West PCN
- Stapleford Community Pavilion Health Hub
- EGYM
- Insight Community Kitchen
- Beeston Parkinson's Cafe
- Eastwood Parkinson's Exercise Group (EPEG)
- Long Eaton Support Group
- People living with Parkinson's
- Carers and family members

Every week, participants are showing that while Parkinson's is part of their journey, it does not define who they are or what they are capable of achieving.



People living with Parkinson's are becoming..
Stronger. More confident. More connected. More independent.



Stronger with Parkinson's has shown that when specialist exercise, innovative technology and community support are brought together, people living with Parkinson's can achieve meaningful improvements in health, confidence and quality of life.

Delivered from the Stapleford Community Pavilion Health Hub through a partnership between Liberty Leisure Limited and Nottingham West PCN, the programme is helping local people stay stronger, more independent and more connected.

For more information about the programme, please contact sarah.starbuck@lleisure.co.uk