

Western Isles – Parkinson's Physical Activity Opportunities

Online Exercise Options – available to everyone in Scotland

Scotland's Online Parkinson's Voice Exercise Group

Have fun using and strengthening your voices together! Every Wednesday, 10.45am – 12pm, on Zoom. Online sessions tailored for people with Parkinson's – family members welcome too. For further details, please see [our website](#) or contact Chloe at cmacmillan@parkinsons.org.uk or 0300 123 3679.

Dance for Parkinson's Online

Online class every Friday, contact dancehealth@scottishballet.co.uk or book online <https://scottishballet.co.uk/move-with-us/dance-classes/dance-for-parkinsons/>

Parkinson's Beats, Exercise Drumming

Online and hybrid classes where people can join in person (Elgin) and online on Zoom. For more information, contact jhollandparkinsons@gmail.com

Dance & Voice for Parkinson's

Weekly online specialised movement and voice/breath class for those living with Parkinson's. Julie Symmonds at jsymmonds36@gmail.com or 07496231913

Keep active on your own schedule with these on demand resources

- **Parkinson's UK YouTube Channel:** Access a range of home workouts, from chair-based exercises to high-intensity sessions. Check out the <https://bit.ly/3OkqvAr>
- **The Parkinson's Coach:** A new online programme led by personal trainer Katie Thompson, supported by Parkinson's UK. Learn more at theparkinsonscoach.co.uk.

New podcast – On the Move

The new podcast series from Parkinson's UK and content creators, Soundyard, features a range of accessible movements for people living with Parkinson's. Host and exercise instructor, Sonia, takes listeners through a variety of movements and activities in an accessible and engaging way. It is designed to be used as part of a person's daily routine and the aim is to encourage those with lower mobility or lower levels of activity to try something new. On the Move is available on all podcasting and streaming sites,

including Spotify, Apple Podcasts and Amazon Music, among many others. More information here - <https://www.parkinsons.org.uk/news/2026/on-the-move-podcast>

For more information on Physical Activity opportunities in Scotland contact Amanda McKay or Ruth Kelloe by email: parkinsonsactive@parkinsons.org.uk or telephone 0344 225 370