

3 April 2019

To Whom It May Concern:

I have funded Deniz Paradot from the Centre of Integrated Qigong for Health and Wellness CIC to deliver a programme called Integrated Qigong for Parkinson's in two 10 week sessions, one in Norwich and one in Dereham. The first one in Norwich demonstrated to me that the programme works well for people with Parkinson's in helping them to manage their condition, as feedback on the course was very good, and this led to Parkinson's UK funding the second series in Dereham. Feedback from this second series is also excellent; fifteen people started the Dereham course and fifteen finished, and all but one wish to continue. The one who has decided against has done so only because of a scheduling issue. I am in discussion with Deniz Paradot regarding a train the trainer programme for qigong for Parkinson's.

There is good evidence that tai chi benefits people with Parkinson's with respect to balance, strength and functional reach, and qigong has similar benefits to tai chi. This qigong course is taught specifically with Parkinson's symptoms in mind, and participants have reported to me that the practice has helped them with their balance, strength and mental wellbeing. 67% reported that it helped them manage their physical symptoms quite a lot or very much, and 92% said it had been good for their mental wellbeing. As Parkinson's is a condition that causes depression due to low dopamine levels, mental wellbeing can be as important an outcome as physical improvement.

Deniz Paradot has in my experience been very proactive at suggesting how to structure the classes, he has known exactly what he plans to achieve with the participants and in what timescale. This has made him a good person to partner with on these projects as the objectives and requirements are clear. In discussing the instructor training, I have found that he is forming a clear picture of how this can run and how people with Parkinson's might take part. In other projects that we fund I sometimes find that the ideas have to come from me, but this has not been the case with the qigong as Deniz has clearly thought a lot about how to structure the programmes and what will work.

Don't hesitate to contact me should you have any further questions.

Yours sincerely



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