

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



PARKINSON'S INFORMATION AND SUPPORT



A DIAGNOSIS OF PARKINSON'S CAN TURN YOUR LIFE UPSIDE DOWN - TURN TO US

If you have Parkinson's, or you know someone who has, you've probably got a lot of questions and perhaps some worries. That's where Parkinson's UK comes in.

We provide a range of information and support for everyone affected by Parkinson's. We're here for you whenever you need us, and however you want to get in touch.

This leaflet explains all the different ways you can access information and support about Parkinson's. Choose what suits you best and then let us support you as you find out a little more about life with the condition.

I want to find out about Parkinson's using the internet.
Go to pages 6, 8 and 11

I've got lots of questions, can I talk to someone locally?
Go to pages 5 and 7



Where can I find information I can trust?
Go to page 8



Can I call and speak to someone?
Go to pages 5 and 7



I'd like up-to-date news about Parkinson's.
Go to page 10

To access any of our information and support call **0808 800 0303** or visit [parkinsons.org.uk/supportnetworks](https://www.parkinsons.org.uk/supportnetworks)

INFORMATION AND SUPPORT FROM THE PARKINSON'S UK TEAM

Give someone a call today,
or talk to someone locally

Helpline

Our specialist nurses and advisors are at the end of the phone to provide information about all aspects of living with Parkinson's.

This includes managing symptoms and medication, tips for daily living, social care, employment, benefits, and much more.

You can also get in touch if you just want to talk to someone about living with Parkinson's or if you know someone with the condition – perhaps a friend, family member or colleague.

The helpline is free* and confidential. An interpreting and text relay service is available.

*Calls are free from UK landlines and most mobile networks.

Local information and support workers

Our information and support workers provide confidential, one-to-one information about Parkinson's and local services.

They support anyone affected by the condition – including family and friends. They can help you get your needs met by local support services and by liaising with health and social care professionals, if needed.

From information about benefits to emotional support, our information and support workers are here to help.



Find out more by calling **0808 800 0303**
(text relay **18001 0808 800 0303**) or
visiting [parkinsons.org.uk/supportnetworks](https://www.parkinsons.org.uk/supportnetworks)

SOMEONE WHO UNDERSTANDS

Talking to other people affected by Parkinson's

Website forum

Our forum is a great way to share experiences of Parkinson's, and chat to others affected by the condition on the web. The forum is for people with Parkinson's, and family and friends of those affected.

You can use the site to share thoughts and experiences about a range of issues, such as reactions to diagnosis and tips to make daily life a bit easier.



Peer Support Service

If you'd like to talk on the phone with someone affected by Parkinson's who has faced similar issues, we can put you in touch with a trained peer support volunteer.

You can discuss anything to do with Parkinson's, such as personal experiences of treatments, ways of coping with the condition, and ways of caring for someone with Parkinson's.

Our volunteers are also happy to help if you just want to talk to someone else affected by Parkinson's. The service is free and confidential. Our volunteers will phone at a time convenient for you.

Local groups

Find support and friendship, and meet other people affected by Parkinson's at one of our local groups.

Local groups come in all shapes and sizes, and there are some specifically for younger people with Parkinson's.

As well as friendship and support, many groups offer a range of activities, such as exercise classes and dancing, day trips and talks about various topics to do with Parkinson's.

Find out more by calling **0808 800 0303** or visiting parkinsons.org.uk/supportnetworks

EVERYTHING YOU NEED TO KNOW

Information you can trust

Information resources

Our up-to-date resources meet recognised quality standards for information. They are a great way to find out more about all aspects of living with Parkinson's.

Our resources cover a range of topics, including information about what Parkinson's is and how it's treated. They also look at emotional issues and how the condition affects daily life. And we have resources for family and friends too.

All our resources are free to order or download. You can also access them in other languages.

Website

Our website is packed with information about Parkinson's. You can find out more about the condition and what it's like to live with it, as well as keeping up-to-date with the latest Parkinson's research.

You can also find contact details for all of our information and support services, including your nearest information and support worker and local group.



Local information events

We organise a range of information events across the UK, throughout the year. You can drop in and find out more about what local support and services are available for you, and meet your local Parkinson's UK team.

You'll also be able to get information about living with Parkinson's. Anyone affected by the condition is welcome to come along to our information events.

Find out more by calling **0808 800 0303** or visiting [parkinsons.org.uk/supportnetworks](https://www.parkinsons.org.uk/supportnetworks)

KEEPING IN TOUCH

Get all the current news
and hear from others affected
by Parkinson's

Parkinson's UK membership

If you'd like us to get in touch regularly with information, support and news, why not become a member of Parkinson's UK?

Members receive our quarterly magazine, *The Parkinson*. Each issue is full of stories and experiences of people living with Parkinson's and current information about the condition.

You'll also get *Progress* magazine, with updates on breakthroughs in Parkinson's research.

And we'll send you information about what's going on in your area, including news and events, and stories from local people.

Parkinson's UK membership costs just £4 a year.

Visit parkinsons.org.uk/supportnetworks
or give us a ring on **020 7932 1344** to find
out more.

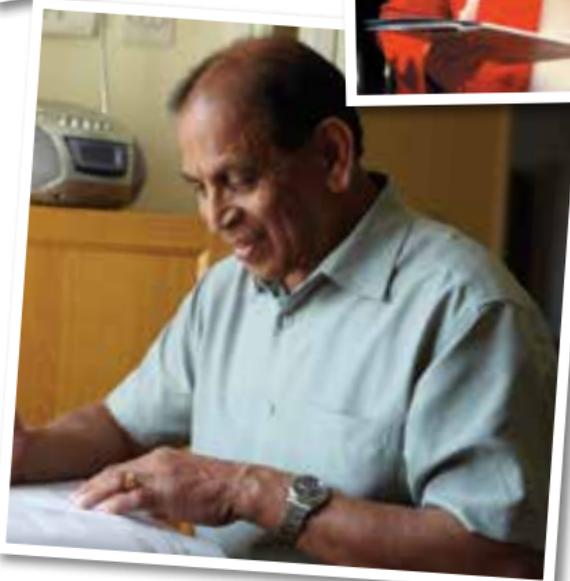
Social media

If you use the web, get regular updates about the charity, research breakthroughs and other Parkinson's news on the 'microblogging site' Twitter.

Use Facebook to keep up-to-date with the latest news and events and share your experiences with other people affected by Parkinson's.

 www.facebook.com/parkinsonsuk

 www.twitter.com/parkinsonsuk



Every hour, someone in the UK is told they have Parkinson's. Because we're here, no one has to face Parkinson's alone.

We bring people with Parkinson's, their carers and families together via our network of local groups, website and free confidential helpline. Specialist nurses, our supporters and staff provide information and training on every aspect of Parkinson's.

As the UK's Parkinson's support and research charity we're leading the work to find a cure, and we're closer than ever. We also campaign to change attitudes and demand better services.

Our work is totally dependent on donations. Help us to find a cure and improve life for everyone affected by Parkinson's.

Parkinson's UK

Free* confidential helpline **0808 800 0303**

Text Relay **18001 0808 800 0303**

Monday to Friday 9am–8pm,

Saturday 10am–2pm. Interpreting available.

*calls are free from UK landlines and most mobile networks.

parkinsons.org.uk/supportnetworks

hello@parkinsons.org.uk



© Parkinson's UK, August 2012. Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554).