

Get in touch

You can get involved and support us in a variety of ways, and we're here for you, when and if you need our support. Call us, whatever your question.

Our free* confidential helpline is staffed by specialist nurses and advisers who can answer your questions. It is open Monday to Friday 9am–8pm, Saturday 10am–2pm.

Call us free on **0808 800 0303** (interpreting is available) or contact us by Text Relay on **18001 0808 800 0303** (for textphone users only).

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

As well as providing information on all aspects of Parkinson's and how to support us, there's an online community where you can chat and share your stories. You can also find us on Facebook and Twitter.

Visit us online at parkinsons.org.uk
Drop us a line at hello@parkinsons.org.uk



Richard and Patricia

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, our 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

215 Vauxhall Bridge Road
London SW1V 1EJ

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



Karen

We're Parkinson's UK – the UK's biggest Parkinson's support and research charity. We're committed to finding a cure and improving life for everyone affected by Parkinson's.

What's Parkinson's?

People with Parkinson's don't have enough of a chemical called dopamine because some nerve cells in their brain have died. Without it, people can find that their movements become slower so it takes longer to do things. A lack of co-ordination can also be a problem.

Parkinson's can cause some people's hands and bodies to shake. This can make everyday activities such as eating, getting dressed, or using a phone or computer, difficult or frustrating.

What do we do?

We do lots of different things including providing information and support, funding research and campaigning. Here's a bit more detail...

Information and support

Because we're here, no one has to face Parkinson's alone.

We provide information and support through our UK-wide team of Information and Support Workers, our website parkinsons.org.uk, free confidential helpline **0808 800 0303**, publications and other resources.

We bring people with Parkinson's, their carers and families together via local groups and an online community.

We also offer training and develop resources for health and social care professionals to help improve services for people affected by Parkinson's.

Research

We fund groundbreaking research to advance our understanding of Parkinson's and what causes it. Our research also improves treatments to make life easier for people living with Parkinson's. We're determined to overcome the symptoms and find a cure as quickly as we can.

Campaigning

We campaign to make sure people living with Parkinson's are treated fairly, with access to the support they need. We want everyone to get high quality health and social care, including help from a specialist Parkinson's nurse. We also improve understanding of Parkinson's by changing attitudes and challenging myths.

Fundraising

Without the generosity of people like you, our work wouldn't be possible. Supporters and volunteers are as vital to us as researchers and nurses. There are lots of ways for people to get involved and support us – from holding a party or coffee morning, to walking, running or even sky diving – depending on how adventurous you are. Every penny counts, whether it's a one-off or monthly donation, sponsorship from an event or leaving a legacy in your Will.



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