

Order form

Information resources

How to order

Just complete this order form in **BLOCK CAPITALS** and send to:

Sharward Services
Westerfield Business Centre
Main Road
Westerfield
Ipswich
Suffolk IP6 9AB

or fax to: **01473 212 114**

You can also call to place an order on **01473 212 115**
or email resources@parkinsons.org.uk

Our resources are **free of charge**, with free delivery for up to 49 items. If you'd like more, or you do not live in the UK, please contact Sharward Services for prices.

Payments

If you're ordering any items you need to pay for, we accept payment by Maestro, Mastercard and Visa.

Or you can send a cheque or postal order made payable to **Parkinson's UK Sales Limited**.

Cheques should have your address (including postcode), cheque card number and card expiry date written on the back.

Do not send cash through the post.

Title Surname First name

Address

City County

Postcode Country

Telephone Email

We usually expect orders to be delivered within 14 days, but it may take longer in times of high demand.

Resources in other languages and audio and large print versions on page 5.

Description	Code	Quantity
Pages 3–4 About Parkinson's		
A quick intro to Parkinson's	L001	
Being there DVD	V012	
Diagnosis and scans	FS48	
Dr James Parkinson	FS75	
Drug-induced parkinsonism	FS38	
Juvenile Parkinson's	FS85	
My Parkinson's information (folder only)	L028folder	
My Parkinson's information (folder and resources)	L028pack	
Parkinsonism	FS14	
Parkinson's alert card	M014	
Parkinson's and you	B181	
Vascular parkinsonism	FS92	
Pages 4–6 Symptoms and lifestyle		
Anxiety and Parkinson's	FS96	
Clothing	FS31	
Communication and Parkinson's	FS06	
Computers, the internet and useful websites	FS60	
Dementia with Lewy bodies	FS33	
Dental and oral health in Parkinson's	FS98	
Depression and Parkinson's	FS56	
Parkinson's and diet	B065	
Driving and Parkinson's	B064	
Eating, swallowing and saliva control in Parkinson's	FS22	
Ecstasy and Parkinson's	FS47	
Equipment and disability aids	FS59	
Parkinson's and eyes	FS27	
Falls and Parkinson's	FS39	
Fatigue and Parkinson's	FS72	
Foot care and Parkinson's	FS51	
Freezing in Parkinson's	FS63	
Hallucinations and delusions in Parkinson's	FS11	
Impulsive and compulsive behaviour in Parkinson's	FS77	
International travel and Parkinson's	FS28	
Intimate relationships and Parkinson's	B034	
Keeping a diary: people with Parkinson's	FS69	
Keeping moving – exercise and Parkinson's	B074	
Keeping moving DVD	V011	
Living alone with Parkinson's	FS29	
Living with Parkinson's	B077	
Looking after your bladder and bowels when you have Parkinson's	B060	
Low blood pressure and Parkinson's	FS50	
Mild memory problems	FS95	
Motor fluctuations in Parkinson's	FS73	
Muscle cramps and dystonia	FS43	

Total quantity ordered from this page – page 1

Resources in other languages and audio and large print versions on page 5.

Description	Code	Quantity
Symptoms and lifestyle (continued)		
Pain in Parkinson's	FS37	
Parkinson's dementia	FS58	
Pregnancy and Parkinson's	FS19	
Preparing for end of life: an emotional guide	B092	
Preparing for end of life: a practical guide	B093	
Restless legs syndrome and Parkinson's	FS83	
Retiring abroad	FS82	
Skin, scalp and sweating problems in Parkinson's	FS40	
Sleep and night-time problems in Parkinson's	FS30	
Talking to children about Parkinson's	FS66	
Talking to people about Parkinson's	FS88	
Tremor and Parkinson's	FS94	
Writing and publishing	FS76	
Page 6–7 Treatments and therapies		
Apomorphine	FS26	
Coenzyme Q10	FS74	
Complementary therapies and Parkinson's	B102	
Conductive education	FS41	
Drug treatments for Parkinson's	B013	
Non-motor symptoms questionnaire	B117	
Occupational therapy and Parkinson's	FS97	
Parkinson's medication card	M001	
Parkinson's medication record	B145	
Physiotherapy and Parkinson's	FS42	
Speech and language therapy and Parkinson's	FS07	
Surgery and Parkinson's	B123	
Talking to your doctor	FS71	
Page 8 Family and carers		
Carer's Allowance	WB08	
The carer's guide	B071	
Keeping a diary: for carers	FS70	
My dad has Parkinson's	B089	
My gran has Parkinson's	B086	
My grandad has Parkinson's	B087	
My mum has Parkinson's	B088	
Our mum has Parkinson's	B038	
Parkinson's: the facts	B085	
Pages 9–10 Going into hospital		
Anaesthesia and Parkinson's	FS36	
Get It On Time booklet	B104	
Get It On Time flyer	B105	
Get It On Time poster (A4)	P055	
Get It On Time washbag	B150	

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Resources in other languages and audio and large print versions on page 5.

Description	Code	Quantity
Going into hospital (continued)		
Get It On Time washbag promotional postcard	B146	
Going into hospital	FS61	
Patient Opinion leaflet	B164	
Page 10 Money, work and practical matters		
Attendance Allowance	WB02	
Council Tax Benefit	WB12	
Disability Living Allowance	WB03	
Employment and Support Allowance (ESA)	WB16	
General information about benefits	WB01	
Help with getting around	WB10	
Housing Benefit	WB13	
Incapacity Benefit	WB06	
Income Support	WB07	
Insurance	WB18	
Jobseeker's Allowance	WB19	
National Health Service costs	WB09	
Pension Credit	WB05	
The Social Fund	WB15	
Where to get financial advice	WB17	
Working Tax Credit	WB04	
Pages 10–13 Resources for professionals		
Caring for your patient with Parkinson's	B030	
Caring for your resident with Parkinson's	B114	
Drug treatments for Parkinson's: a pocket guide	M023	
Drug treatments for Parkinson's: A2 poster	P003	
Essence of care	B110	
Get It On Time – Medicine management for patients with Parkinson's DVD	V015	
Get It On Time – Medicine management for residents with Parkinson's DVD	V014	
Parkinson's – a signs and symptoms guide DVD	V013	
Parkinson's information for professionals	L029	
Parkinson's: key information for hospital pharmacists	L036	
Parkinson's Mardeno Atlas	B009	
Parkinson's training for professionals	L003	
Pointers for Parkinson's – guidelines for commissioning in a new era	L010	
The professional's guide to Parkinson's	B126	
The keeping moving Parkinson's exercise programme	FS79	
Page 14 Parkinson's research		
Four decades of discovery - finding a cure for Parkinson's A4	B201	
Four decades of discovery - finding a cure for Parkinson's A5	B202	
The Parkinson's UK research strategy 2010–2014	B355	
Progress	B118	

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Resources in other languages and audio and large print versions on page 5.

Description	Code	Quantity
Pages 14–15 About Parkinson's UK		
Introduction to Parkinson's UK	L021	
Information resources catalogue	B027	
Information resources order form	B029	
Resources guide for newly diagnosed people with Parkinson's	B023	
Support and information leaflet	L025	
Pages 16–18 Getting the word out		
Join us poster	P077P	
Every penny counts poster	P078P	
Find out poster	P096P	
Welcome poster	P102P	
Drop in poster	P104P	
Fancy a chat poster	P108P	
Hello poster	P112P	
Learn more about Parkinson's poster	P114P	
Come along poster	P116P	
Questions about Parkinson's? poster	P118P	
Coffee morning poster	P120P	
Need information about Parkinson's? poster	P122P	
Parkinson's UK posters (enter number required in the box) <input type="checkbox"/> Bob 1 P079 <input type="checkbox"/> Dennis 1 P080 <input type="checkbox"/> Karen 1 P081 <input type="checkbox"/> Dennis 2 P082 <input type="checkbox"/> Mike P083 <input type="checkbox"/> John P084 <input type="checkbox"/> Bob 2 P085 <input type="checkbox"/> Greig P086 <input type="checkbox"/> Hywel P087 <input type="checkbox"/> Linda P088 <input type="checkbox"/> Barry P089 <input type="checkbox"/> Ashwani P090 <input type="checkbox"/> Julia P091 <input type="checkbox"/> Aimee P092 <input type="checkbox"/> Richard P093 <input type="checkbox"/> Karen 2 P094 <input type="checkbox"/> Alun P095		
Parkinson's UK postcards (enter number required in the box) <input type="checkbox"/> Bob M008 <input type="checkbox"/> Dennis M009 <input type="checkbox"/> Karen M010 <input type="checkbox"/> Thanks M007		
Pages 18–19 Fundraising		
In celebration cards (pack of 10)	B142	
In memoriam cards (pack of 10)	B144	
Legacy booklet	B168	
Legacy leaflet	B169	
Recycling envelope	B141	
Unity lottery leaflet	B143	

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Description	Code	Quantity
Resources in Welsh		
Bwyta, llyncu a rheoli poer yn Parkinson's (Eating, swallowing and saliva control in Parkinson's)	FS22W	
Cefnogaeth a gwybodaeth (Support and information)	L025W	
Clefyd Parkinson a chi (Parkinson's and you)	B181W	
Syrthio a Parkinson's (Falls and Parkinson's)	FS39W	
Cyfathrebu a Parkinson's (Communication and Parkinson's)	FS06W	
Cyflwyniad i Parkinson's UK (An introduction to Parkinson's UK)	L021W	
Cyflwyniad sydyn i glefyd Parkinson (A quick intro to Parkinson's)	L001W	
Dementia Parkinson's (Parkinson's Dementia)	FS58W	
Iselder a Parkinson's (Depression and Parkinson's)	FS56W	
Blinder a Parkinson's (Fatigue and Parkinson's)	FS72W	
Problemau cwsg anosol Parkinson (Sleep and night-time problems in Parkinson's)	FS30W	
Rhithiau a Lledrithiau yn Parkinson's (Hallucinations and delusions in Parkinson's)	FS11W	
Y mddygiad gwthiol a chymhellol yn Parkinson's (Impulsive and compulsive behaviour in Parkinson's)	FS77W	
Resources in community languages		
Parkinson's and you (enter number required in the box) <input type="checkbox"/> Bengali B181B <input type="checkbox"/> Gujarati B181G <input type="checkbox"/> Hindi B181H <input type="checkbox"/> Polish B181POL <input type="checkbox"/> Punjabi B181P <input type="checkbox"/> Urdu B181U		
Support and information leaflet (enter number required in the box) <input type="checkbox"/> Bengali L025B <input type="checkbox"/> Gujarati L025G <input type="checkbox"/> Hindi L025H <input type="checkbox"/> Polish L025POL <input type="checkbox"/> Punjabi L025PN <input type="checkbox"/> Urdu L025U		
Audio versions		
The carer's guide	B71C	
Parkinson's and you	B181AUD	
Large-print versions		
Parkinson's and diet	B65B	
Driving and Parkinson's	B64B	
Drug treatments for Parkinson's	B13B	
Intimate relationships and Parkinson's	B34B	
Keeping moving – exercise and Parkinson's	B74B	
Looking after your bladder and bowels when you have Parkinson's	B60B	

					Quantity	Total £	
Total number of items ordered (enter quantity for each page in boxes below and total in Quantity column on right)							
<input type="text"/>	Page 1	<input type="text"/>	Page 2	<input type="text"/>	Page 3	<input type="text"/>	
<input type="text"/>	Page 4	<input type="text"/>	Page 5	<input type="text"/>			
Cost of postage and packing (tick appropriate box below and enter amount in Total column on right)							
<input type="checkbox"/>	1-49 items (free)	<input type="checkbox"/>	50-99 items (£6.80)	<input type="checkbox"/>	100-199 items (£14.40)	<input type="checkbox"/>	over 200 items (£22.50)
Please note: Extra P&P may be necessary if order exceeds two parcels							
Donation Please enter the amount you wish to donate in the column on the right. All donations are gratefully received. Please sign the box below if you wish to give via Gift Aid.							
					Total payment		
* Where applicable, prices shown are inclusive of VAT. VAT Registration Number 524016486.							

Gift Aid declaration: increase the value of your gift, at no extra cost.

I want Parkinson's UK to treat all donations I have made during the previous four years, and all donations I make from the date of this declaration as Gift Aid donations, until I notify you otherwise. I understand that I must pay an amount of UK income tax and/or capital gains tax at least equal to the tax that the charity reclaims on my donations in each tax year (currently 25p for every £1 given).

Signature

Date

Notes for Gift Aid declaration: From April 2009 the UK government will add an extra 3p for every £1 donated under Gift Aid, which means the charity will receive 28p for every £1 donated. You can cancel this declaration at any time by notifying us. If your circumstances change in the future and you no longer pay sufficient tax, you should cancel the declaration by notifying us. If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return. If you are unsure whether your donations qualify for Gift Aid tax relief, please refer to the HM Revenue and Customs website www.hmrc.gov.uk/charities/giftaid/basics.htm#1. Please notify us if you change your name or address.

Methods of payment

I wish to pay by Maestro / Mastercard / VISA and authorise you to debit my account with the purchases on this form.

(Please note there is a £5 minimum payment when paying by credit card)

PLEASE TICK BOX



Card number

Your card number is the largest number across the centre of your card.

Valid from / Expires end /

Maestro (only) issue no.

Name as appears on card

Security code Last 3 digits on the signature strip on the back of your card and compulsory to complete.

Cheque payment

I enclose a cheque for £

payable to **Parkinson's UK Sales Limited**

Date of order

Delivery address (if different from front cover)

Please fill in your details here if you wish your order to be delivered to **another** address

Title..... Initials.....

Surname.....

Address.....

.....

.....

Postcode.....

Complete if cardholder is different from main order form on front cover

Title..... Initials.....

Surname.....

Address.....

..... Postcode.....

Telephone number (will help in case of enquiries)

Please include area code.

Day.....

Evening.....

DATA PROTECTION Parkinson's UK will use your personal information to provide you with the services, products and information you have requested, for administrative purposes and to further our charitable aims. We would like to keep you informed of our important work.

Please tick this box if you would prefer **not** to receive future communications about the activities of Parkinson's UK.

Please tick this box if you would prefer us **not** to pass your details on to other charities that are supportive of our aims and objectives.

Prices and availability Prices correct when going to press but may change. Items subject to availability.

Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ

Tel 020 7931 8080 Fax 020 7233 9908 Helpline 0808 800 0303 Email hello@parkinsons.org.uk Website parkinsons.org.uk

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Code B029