

Order form

Information resources

How to order

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

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

or fax to: **01473 212114**

You can also call to place an order on **01473 212115**
or email **resources@parkinsons.org.uk**

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

Payments If you're ordering any items that 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 be crossed and 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 pages 5 and 6.

Description	Code	Quantity	Retail price	Total £
Pages 3–4 About Parkinson's				
A quick intro to Parkinson's	L001			FREE
Being there DVD	V012			FREE
Diagnosis and scans	FS48			FREE
Dr James Parkinson	FS75			FREE
Drug-induced parkinsonism	FS38			FREE
Juvenile Parkinson's	FS85			FREE
My Parkinson's information (folder only)	L028 Folder			FREE
My Parkinson's information (folder and resources)	L028 Pack			FREE
Parkinsonism	FS14			FREE
Parkinson's alert card	M014			FREE
Parkinson's and you	B181			FREE
Vascular parkinsonism	FS92			FREE
Pages 4–6 Symptoms and lifestyle				
Anxiety and Parkinson's	FS96			FREE
Clothing	FS31			FREE
Communication and Parkinson's	FS06			FREE
Computers, the internet and useful websites	FS60			FREE
Dementia with Lewy bodies	FS33			FREE
Dental health and Parkinson's	FS98			FREE
Depression and Parkinson's	FS56			FREE
Parkinson's and diet	B065			FREE
Driving and Parkinson's	B064			FREE
Eating, swallowing and saliva control in Parkinson's	FS22			FREE
Ecstasy and Parkinson's	FS47			FREE
Equipment and disability aids	FS59			FREE
Parkinson's and eyes	FS27			FREE
Falls and Parkinson's	FS39			FREE
Fatigue and Parkinson's	FS72			FREE
Foot care and Parkinson's	FS51			FREE
Freezing in Parkinson's	FS63			FREE
Hallucinations and delusions in Parkinson's	FS11			FREE
Impulsive and compulsive behaviour in Parkinson's	FS77			FREE
International travel and Parkinson's	FS28			FREE
Intimate relationships and Parkinson's	B034			FREE
Keeping a diary: people with Parkinson's	FS69			FREE
Keeping moving – exercise and Parkinson's	B074			FREE
Keeping moving DVD	V011			FREE
Living alone with Parkinson's	FS29			FREE
Living with Parkinson's	B077			FREE
Looking after your bladder and bowels when you have Parkinson's	B060			FREE
Low blood pressure and Parkinson's	FS50			FREE
Mild memory problems and Parkinson's	FS95			FREE
Motor fluctuations in Parkinson's	FS73			FREE
Muscle cramps and dystonia	FS43			FREE

Total quantity ordered from this page – page 1

Total £

Description	Code	Quantity	Retail price	Total £
Symptoms and lifestyle continued				
Open Britain 2011	B155		£10	
Pain in Parkinson's	FS37			FREE
Parkinson's dementia	FS58			FREE
Pregnancy and Parkinson's	FS19			FREE
Preparing for end of life: an emotional guide	B092			FREE
Preparing for end of life: a practical guide	B093			FREE
Restless legs syndrome and Parkinson's	FS83			FREE
Retiring abroad with Parkinson's	FS82			FREE
Skin, scalp and sweating problems in Parkinson's	FS40			FREE
Sleep and night-time problems in Parkinson's	FS30			FREE
Talking to children about Parkinson's	FS66			FREE
Telling people about Parkinson's	FS88			FREE
Tremor and Parkinson's	FS94			FREE
Writing and publishing	FS76			FREE
Page 6-7 Treatments and therapies				
Antioxidants and Parkinson's	FS67			FREE
Apomorphine	FS26			FREE
Coenzyme Q10	FS74			FREE
Complementary therapies and Parkinson's	B102			FREE
Conductive education	FS41			FREE
Drug treatments for Parkinson's	B013			FREE
Gene therapy for Parkinson's	FS49			FREE
Non-motor symptoms questionnaire	B117			FREE
Occupational therapy and Parkinson's	FS97			FREE
Parkinson's medication card	M001			FREE
Parkinson's medication record	B145			FREE
Physiotherapy and Parkinson's	FS42			FREE
Speech and language therapy and Parkinson's	FS07			FREE
Surgery and Parkinson's	B123			FREE
Talking to your doctor	FS71			FREE
Page 8 Family and carers				
Carer's Allowance	WB08			FREE
The carer's guide	B071			FREE
Keeping a diary: for carers	FS70			FREE
My dad has Parkinson's	B089			FREE
My gran has Parkinson's	B086			FREE
My grandad has Parkinson's	B087			FREE
My mum has Parkinson's	B088			FREE
Our mum has Parkinson's	B038			FREE
Parkinson's: the facts	B085			FREE
Page 9-10 Going into hospital				
Anaesthesia and Parkinson's	FS36			FREE
Get It On Time booklet	B104			FREE
Get It On Time flyer	B105			FREE
Get It On Time poster (A4)	P055			FREE
Get It On Time washbag	B150			FREE

Total quantity ordered from this page – page 2

Total £

Resources in other languages and audio and large print versions on pages 5 and 6.

Description	Code	Quantity	Retail price	Total £
Going into hospital continued				
Get It On Time washbag promotional postcard	B146			FREE
Going into hospital	FS61			FREE
Patient Opinion leaflet	B164			FREE
Page 10 Money, work and practical matters				
Attendance Allowance	WB02			FREE
Council Tax Benefit	WB12			FREE
Disability Living Allowance	WB03			FREE
Employment and Support Allowance (ESA)	WB16			FREE
General information about benefits	WB01			FREE
Help with getting around	WB10			FREE
Housing Benefit	WB13			FREE
Incapacity Benefit	WB06			FREE
Income Support	WB07			FREE
Insurance	WB18			FREE
Jobseeker's Allowance	WB19			FREE
National Health Service costs	WB09			FREE
Pension Credit	WB05			FREE
The Social Fund	WB15			FREE
Where to get financial advice	WB17			FREE
Working Tax Credit	WB04			FREE
Pages 10–13 Resources for professionals				
Caring for your patient with Parkinson's	B030			FREE
Caring for your resident with Parkinson's	B114			FREE
Drug treatments for Parkinson's: a pocket guide	M023			FREE
Drug treatments for Parkinson's: A2 poster	P003			FREE
Essence of care	B110			FREE
Get It On Time – Medicine management for residents with Parkinson's DVD	V014			FREE
Get It On Time – Medicine management for patients with Parkinson's DVD	V015			FREE
Parkinson's – a signs and symptoms guide DVD	V013			FREE
Parkinson's: key information for hospital pharmacists	L036			FREE
Parkinson's Mardeno Atlas	B009			FREE
Pointers for Parkinson's – guidelines for commissioning in a new era	L010			FREE
The keeping moving Parkinson's exercise programme	FS79			FREE
The professional's guide to Parkinson's	B126			FREE
Page 13–14 Parkinson's research				
About our research	L027			FREE
Four decades of discovery - finding a cure for Parkinson's A4	B201			FREE
Four decades of discovery - finding a cure for Parkinson's A5	B202			FREE
Genetic testing	FS86			FREE
The Parkinson's UK research strategy 2010–2015	B355			FREE
Progress	B118			FREE
Stem cell research	FS78			FREE

Total quantity ordered from this page – page 3

Total £

Description	Code	Quantity	Retail price	Total £
Page 14 -15 About Parkinson's UK				
Introduction to Parkinson's UK	L021			FREE
Information resources catalogue	B027			FREE
Information resources order form	B029			FREE
Resources guide for newly diagnosed people with Parkinson's	B023			FREE
Legacy booklet	B168			FREE
Legacy leaflet	B169			FREE
Support and information leaflet	L025			FREE
Page 16-19 Getting the word out				
Join us poster (colour)	P077P			FREE
Join us poster (greyscale)	P107P			FREE
Every penny counts poster (colour)	P078P			FREE
Find out poster (colour)	P096P			FREE
Find out poster (greyscale)	P101P			FREE
Welcome poster (colour)	P102P			FREE
Welcome poster (greyscale)	P103P			FREE
Drop in poster (colour)	P104P			FREE
Drop in poster (greyscale)	P105P			FREE
Fancy a chat poster (colour)	P108P			FREE
Fancy a chat poster (greyscale)	P109P			FREE
Hello poster (colour)	P112P			FREE
Hello poster (greyscale)	P113P			FREE
Learn more about Parkinson's poster (colour)	P114P			FREE
Learn more about Parkinson's poster (greyscale)	P115P			FREE
Come along poster (colour)	P116P			FREE
Come along poster (greyscale)	P117P			FREE
Questions about Parkinson's? poster (colour)	P118P			FREE
Questions about Parkinson's? poster (greyscale)	P119P			FREE
Coffee morning poster (colour)	P120P			FREE
Coffee morning poster (greyscale)	P121P			FREE
Need information about Parkinson's? poster (colour)	P122P			FREE
Need information about Parkinson's? poster (greyscale)	P123P			FREE
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				FREE
Find out A5 flyer (colour)	F100P			FREE
Welcome A5 flyer (colour)	F102P			FREE
Welcome A5 flyer (greyscale)	F103P			FREE
Drop in A5 flyer (colour)	F104P			FREE
Drop in A5 flyer (greyscale)	F105P			FREE
Join us A5 flyer (colour)	F106P			FREE
Join us A5 flyer (greyscale)	F107P			FREE

Total quantity ordered from this page – page 4

Total £

Description	Code	Quantity	Retail price	Total £
Getting the word out continued				
Fancy a chat A5 flyer (colour)	F108P			FREE
Fancy a chat A5 flyer (greyscale)	F109P			FREE
Every penny counts A5 flyer (greyscale)	F111P			FREE
Hello A5 flyer (greyscale)	F113P			FREE
Learn more about Parkinson's A5 flyer (colour)	F114P			FREE
Learn more about Parkinson's A5 flyer (greyscale)	F115P			FREE
Come along A5 flyer (colour)	F116P			FREE
Come along A5 flyer (greyscale)	F117P			FREE
Questions about Parkinson's? A5 flyer (colour)	F118P			FREE
Questions about Parkinson's? A5 flyer (greyscale)	F119P			FREE
Need information about Parkinson's? A5 flyer (colour)	F122P			FREE
Need information about Parkinson's? A5 flyer (greyscale)	F123P			FREE
Coffee morning A5 flyer (colour)	F120P			FREE
Coffee morning A5 flyer (greyscale)	F121P			FREE
Parkinson's UK postcards (enter number required in the box) <input type="text"/> Bob M008 <input type="text"/> Dennis M009 <input type="text"/> Karen M010 <input type="text"/> Thanks M007				FREE
Page 19 Fundraising				
In memoriam cards (pack of 10)	B144			FREE
In celebration cards (pack of 10)	B142			FREE
Unity lottery leaflet	B143			FREE
Recycling envelope	B141			FREE
Resources in Welsh				
Bwyta, llyncu a rheoli poer yn achos (Eating, swallowing and saliva control)	FS22W			FREE
Cefnogaeth a gwybodaeth (Support and information)	L025W			FREE
Clefyd Parkinson a chi (Parkinson's and you)	B181W			FREE
Cwypmiadau a Parkinson (Falls and Parkinson's)	FS39W			FREE
Cyfathrebu (Communication and Parkinson's)	FS06W			FREE
Cyflwyniad i Parkinson's UK (An introduction to Parkinson's UK)	L021W			FREE
Cyflwyniad sydyn i glefyd Parkinson (A quick intro to Parkinson's)	L001W			FREE
Demensia a Parkinson (Dementia and Parkinson's)	FS58W			FREE
Iselder ysbryd a Parkinson (Depression and Parkinson's)	FS56W			FREE
Llesgedd a Parkinson (Fatigue and Parkinson's)	FS72W			FREE
Poen a Parkinson (Pain in Parkinson's)	FS37W			FREE
Problemau cwsg anosol Parkinson (Sleep and night-time problems in Parkinson's)	FS30W			FREE
Rhithiau a Parkinson (Hallucinations and Parkinson's)	FS11W			FREE
Ymddygiad orfodaethrol a Parkinson (Compulsive behaviour and Parkinson's)	FS77W			FREE

Total quantity ordered from this page – page 5

Total £

Resources in other 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		FREE
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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		FREE
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Audio versions

The carer's guide	B71C	FREE
Parkinson's and you	B181AUD	FREE

Large print versions

Parkinson's and diet	B65B	FREE
Driving and Parkinson's	B64B	FREE
Drug treatments for Parkinson's	B13B	FREE
Intimate relationships and Parkinson's	B34B	FREE
Keeping moving – exercise and Parkinson's	B74B	FREE
Looking after your bladder and bowels when you have Parkinson's	B60B	FREE

Total quantity ordered from this page – page 6

Total £

				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"/> Page 4		
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)		
Total for charged items (enter amount for each page in boxes below and total in column on right)					
<input type="text"/> Page 1	<input type="text"/> Page 2	<input type="text"/> Page 3	<input type="text"/> Page 4		

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 to Gift Aid declaration: From April 2009 the UK government will add an extra 3p for every £1 donated under Gift Aid, which means that the charity will receive 28p for every £1 donated. You can cancel this declaration at any time by notifying us. If in the future your circumstances change 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

Telephone number (will help in case of enquiries)

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

Surname.....

Address.....

..... Postcode.....

Please include dialling 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