

# Information resources

## Order form

February 2020

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

### How to order

You can help us to save money by reading our most up-to-date information online at [parkinsons.org.uk/information-support](http://parkinsons.org.uk/information-support).

If you're not online or would prefer printed copies, all our resources can be ordered free of charge, with free delivery in the UK. If you live overseas, please ask us about postage costs.

To order, complete this form in **BLOCK CAPITALS** and send it to:

**Parkinson's UK**  
**PO Box 637**  
**Wetherby Road**  
**York YO26 0EX**

Or, shop online at [shop.parkinsons.org.uk](http://shop.parkinsons.org.uk), email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk) or call **0300 123 3689**.

### Donations

Our resources are free of charge, but if you wish to make a donation, please enter your details on the back page. We accept donations by Maestro, Mastercard, Visa, cheque and postal order. **Please do not send cash in the post.**

### Large print versions

If you need our information in large print, please let us know when you place your order. To keep our costs down, we don't hold stocks of these, but we can produce them for you individually.

### Other languages

If you need one of our resources in another language that isn't listed on this form, call the helpline on **0808 800 0303** for advice.

Title ..... First name ..... Surname .....

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\*Providing your phone number or email address will help us to contact you quickly if we have a question about your order.

### Can we contact you?

We'd love to stay in touch about the work we're doing to lead the fight against Parkinson's, including our services, fundraising, campaigning, clinical research and volunteering, as well as opportunities to have your say. We will not sell your details to third parties.

Yes, you may use my email address to contact me

We would like to contact you by post, but if you don't want to hear from us in this way, or you would like to change your contact preferences, please let us know by calling us on 0800 138 6593.

At Parkinson's UK we want to be very clear about how we use, store and protect your personal data, which you can read about at [parkinsons.org.uk/privacy](http://parkinsons.org.uk/privacy).

Resources in other languages and accessible formats are listed together at the end of this form.

| Description   | Code    | Quantity |
|---|---------|----------|
| <b>About Parkinson's</b>  |         |          |
| A quick introduction to Parkinson's                             | PKL001  |          |
| Diagnosing Parkinson's  | PKFS48  |          |
| Easy read information about Parkinson's                         | PKB501  |          |
| Parkinson's alert card  | PKM014  |          |
| Parkinson's alert card for those with hearing difficulties      | PKM014D |          |
| Parkinson's and you (including PKB023 resources guide)          | PKB181  |          |
| Types of Parkinsonism   | PKFS14  |          |
| <b>Symptoms and lifestyle</b>                                   |         |          |
| Anxiety and Parkinson's   | PKFS96  |          |
| Daily living equipment for people with Parkinson's              | PKWB22  |          |
| Dementia with Lewy bodies                                       | PKFS33  |          |
| Depression and Parkinson's                                      | PKFS56  |          |
| Diet and Parkinson's  | PKB065  |          |
| Driving and Parkinson's   | PKB064  |          |
| Eating, swallowing and saliva control in Parkinson's            | PKFS22  |          |
| Eyes and Parkinson's  | PKFS27  |          |
| Falls and Parkinson's   | PKFS39  |          |
| Fatigue and Parkinson's   | PKFS72  |          |
| Foot care and Parkinson's                                       | PKFS51  |          |
| Freezing in Parkinson's   | PKFS63  |          |
| Hallucinations and delusions in Parkinson's                     | PKFS11  |          |
| Impulsive and compulsive behaviours in Parkinson's              | PKFS77  |          |
| Looking after your bladder and bowels when you have Parkinson's | PKB060  |          |
| Low blood pressure and Parkinson's                              | PKFS50  |          |
| Mild memory and thinking problems in Parkinson's                | PKFS95  |          |
| Monitoring your Parkinson's                                     | PKFS69  |          |
| Mouth and dental issues in Parkinson's                          | PKFS98  |          |
| Muscle cramps and dystonia                                      | PKFS43  |          |
| Pain in Parkinson's   | PKFS37  |          |
| Parkinson's dementia  | PKFS58  |          |
| Preparing for end of life: a practical and emotional guide      | PKB092  |          |
| Relationships, sex and Parkinson's                              | PKB034  |          |
| Restless legs syndrome and Parkinson's                          | PKFS83  |          |
| Skin and sweating problems in Parkinson's                       | PKFS40  |          |
| Speech and communication problems in Parkinson's                | PKFS06  |          |

Resources in other languages and accessible formats are listed together at the end of this form.

| Description   | Code   | Quantity |
|---|--------|----------|
| <b>Symptoms and lifestyle (continued)</b>                             |        |          |
| Sleep and night-time problems in Parkinson's                          | PKB070 |          |
| Talking to children about Parkinson's                                 | PKFS66 |          |
| Thinking about advanced Parkinson's                                   | PKB003 |          |
| Tremor and Parkinson's  | PKFS94 |          |
| Wearing off and involuntary movements (dyskinesia)                    | PKFS73 |          |
| Work and Parkinson's  | PKB103 |          |
| <b>Treatments and therapies</b>                                       |        |          |
| Apomorphine   | PKFS26 |          |
| Complementary therapies and Parkinson's                               | PKB102 |          |
| Drug treatments for Parkinson's                                       | PKB013 |          |
| Exercise and Parkinson's  | PKL039 |          |
| Non-motor symptoms questionnaire                                      | PKB117 |          |
| Occupational therapy and Parkinson's                                  | PKFS97 |          |
| Parkinson's medication card   | PKM001 |          |
| Physiotherapy and Parkinson's   | PKFS42 |          |
| Speech and language therapy and Parkinson's                           | PKFS07 |          |
| Deep brain stimulation for Parkinson's                                | PKB123 |          |
| Talking to your GP, specialist or Parkinson's nurse about Parkinson's | PKFS71 |          |
| <b>Family and carers</b>  |        |          |
| Keeping a diary: for carers   | PKFS70 |          |
| My Dad has Parkinson's  | PKB089 |          |
| My Mum has Parkinson's  | PKB088 |          |
| My Gran has Parkinson's   | PKB086 |          |
| My Grandad has Parkinson's  | PKB087 |          |
| The carer's guide   | PKB071 |          |
| <b>Money and benefits</b>   |        |          |
| Attendance Allowance  | PKWB02 |          |
| Carer's Allowance   | PKWB08 |          |
| Disability Living Allowance   | PKWB03 |          |
| Employment and Support Allowance                                      | PKWB16 |          |
| General information about benefits                                    | PKWB01 |          |
| Grants and loans  | PKWB15 |          |
| Help with Council Tax   | PKWB12 |          |
| Help with getting around  | PKWB10 |          |
| Help with health costs  | PKWB09 |          |
| Housing Benefit   | PKWB13 |          |
| Jobseeker's Allowance   | PKWB19 |          |
| Pension Credit  | PKWB05 |          |
| Personal Independence Payment   | PKWB20 |          |
| Universal Credit  | PKWB21 |          |

Resources in other languages and accessible formats are listed together at the end of this form.

| Description   | Code    | Quantity      |
|---|---------|---------------|
| <b>Going into hospital</b>  |         |               |
| Get It On Time clock poster (A5)  | PKB105A |               |
| Get It On Time clock poster (A4)  | PKB105B |               |
| Get It On Time stickers (A4, 35 per sheet)                                | PKB106  |               |
| Get It On Time stickers (A5, 15 per sheet)                                | PKB106A |               |
| Get It On Time washbag  | PKB150  | Maximum of 10 |
| Going into hospital when you have Parkinson's                             | PKB182  |               |
| <b>Resources for professionals</b>  |         |               |
| Caring for your patient with Parkinson's                                  | PKB030  |               |
| Caring for your resident with Parkinson's                                 | PKB114  |               |
| Emergency management of patients with Parkinson's                         | PK0135  |               |
| Parkinson's: a guide for home care workers                                | PKB500  |               |
| Signposting from diagnosis postcard                                       | PK0499  |               |
| <b>Parkinson's research</b>   |         |               |
| An introduction to taking part in research                                | PK0421  |               |
| Join us - Parkinson's research needs you                                  | PK0468  |               |
| <i>Progress</i> magazine (latest copy)                                    | PKB118  |               |
| <b>About Parkinson's UK</b>   |         |               |
| Customer feedback postcard  | PKM016  |               |
| Information resources catalogue   | PKB027  |               |
| Membership enquiry booklet and application form                           | PK0010  |               |
| Parkinson's information and support                                       | PKL025  |               |
| Recently diagnosed with Parkinson's? A guide to our information resources | PKB023  |               |
| We are Parkinson's UK   | PK0390  |               |
| <b>Fundraising</b>  |         |               |
| In memory flyer   | PK0411  |               |
| Jewellery recycling envelope  | PKB153  |               |
| A guide to making a Will and including a gift to Parkinson's UK           | PKB168  |               |
| Unity lottery leaflet   | PKB143  |               |

| Description  | Code    | Quantity |
|--|---------|----------|
| <b>Resources in other languages and formats</b>                      |         |          |
| A guide to making a Will – Welsh/English                             | PKB168W |          |
| Anxiety and Parkinson's – Welsh/English                              | PKFS96W |          |
| A quick introduction to Parkinson's – Welsh/English                  | PKL001W |          |
| Depression and Parkinson's – Welsh/English                           | PKFS56W |          |
| Eating, swallowing and saliva control in Parkinson's – Welsh/English | PKFS22W |          |
| Fatigue and Parkinson's – Welsh/English                              | PKFS72W |          |
| Falls and Parkinson's – Welsh/English                                | PKFS39W |          |
| Freezing in Parkinson's – Welsh/English                              | PKFS63W |          |
| Impulsive and compulsive behaviour in Parkinson's – Welsh/English    | PKFS77W |          |
| Tremor and Parkinson's – Welsh/English                               | PKFS94W |          |
| Signposting from diagnosis postcard – Welsh/English                  | PKO499W |          |

**Donations** **Total £**

Our resources are free of charge, but if you wish to make a donation, please enter the amount in the column on the right. All donations are gratefully received. Please sign the box below if you wish to give via Gift Aid.

**Boost your donation by 25p of Gift Aid for every £1 you donate**

I would like Parkinson's UK to treat all donations I have made during the previous four years and all donations I make in the future as Gift Aid donations, until I notify them otherwise.

I confirm that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

**Signature**

**Date**

Please notify us if you wish to cancel this declaration, change your name or home address, or no longer pay sufficient Income Tax and/or Capital Gains tax, by contacting our Supporter Services team on **0800 138 6593**.

**Methods of payment** **Cheque payment**

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

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Surname

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At Parkinson's UK we want to be very clear about how we use, store and protect your personal data, which you can read about at [parkinsons.org.uk/privacy](http://parkinsons.org.uk/privacy).

This form is up-to-date as of April 2019. Items are subject to availability, and may be withdrawn or replaced. If you'd like to check availability before placing your order, call **0300 123 3689** or email [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk).

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

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