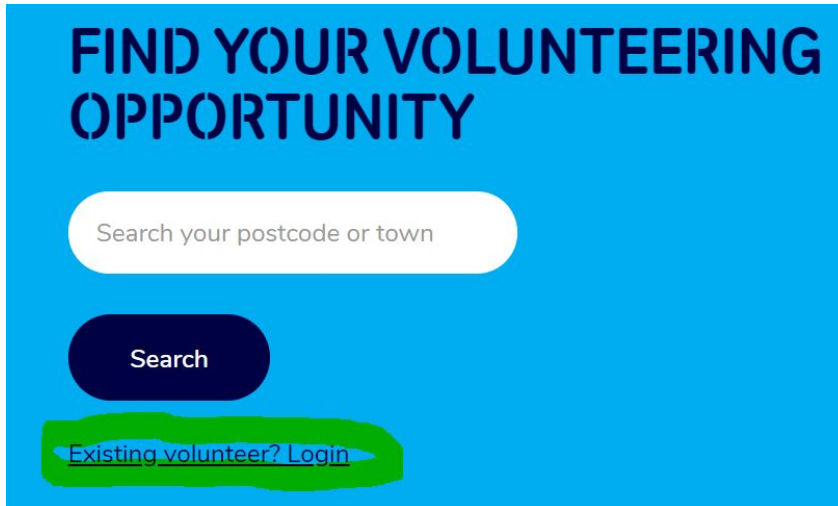
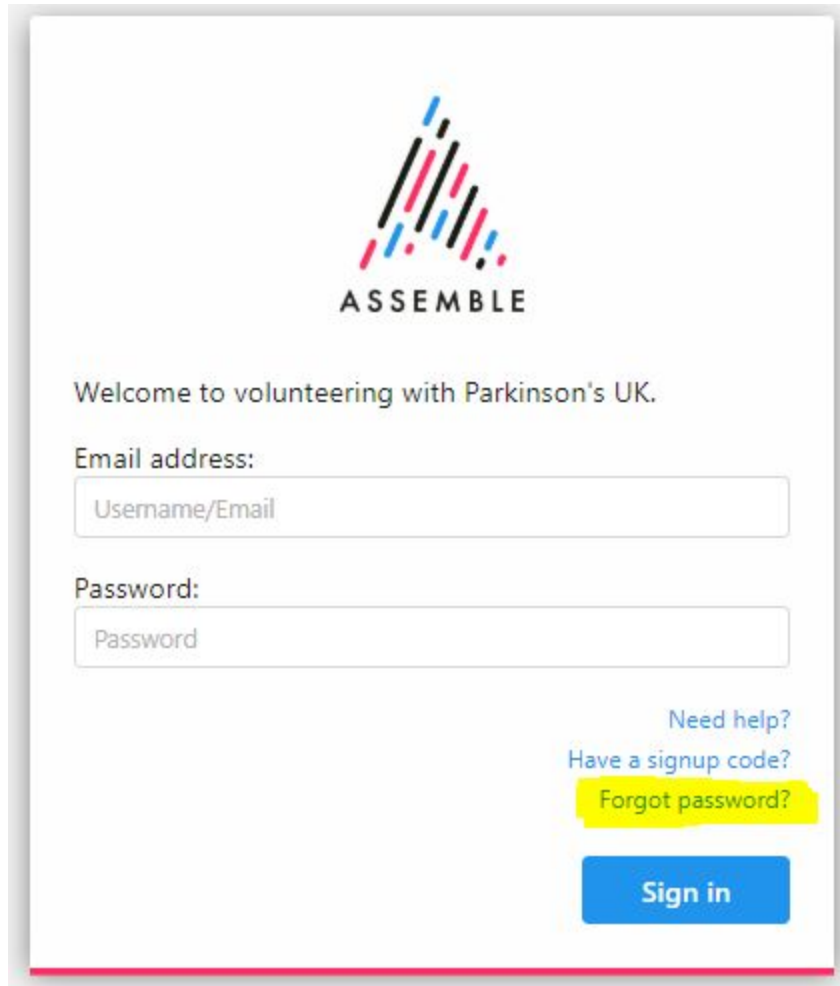


## How to log in for the first time:

1. Visit [www.volunteer.parkinsons.org.uk](http://www.volunteer.parkinsons.org.uk) (it might be worth adding this to your favourites, for quick access)
2. You'll see text that says 'existing volunteer? Log in'



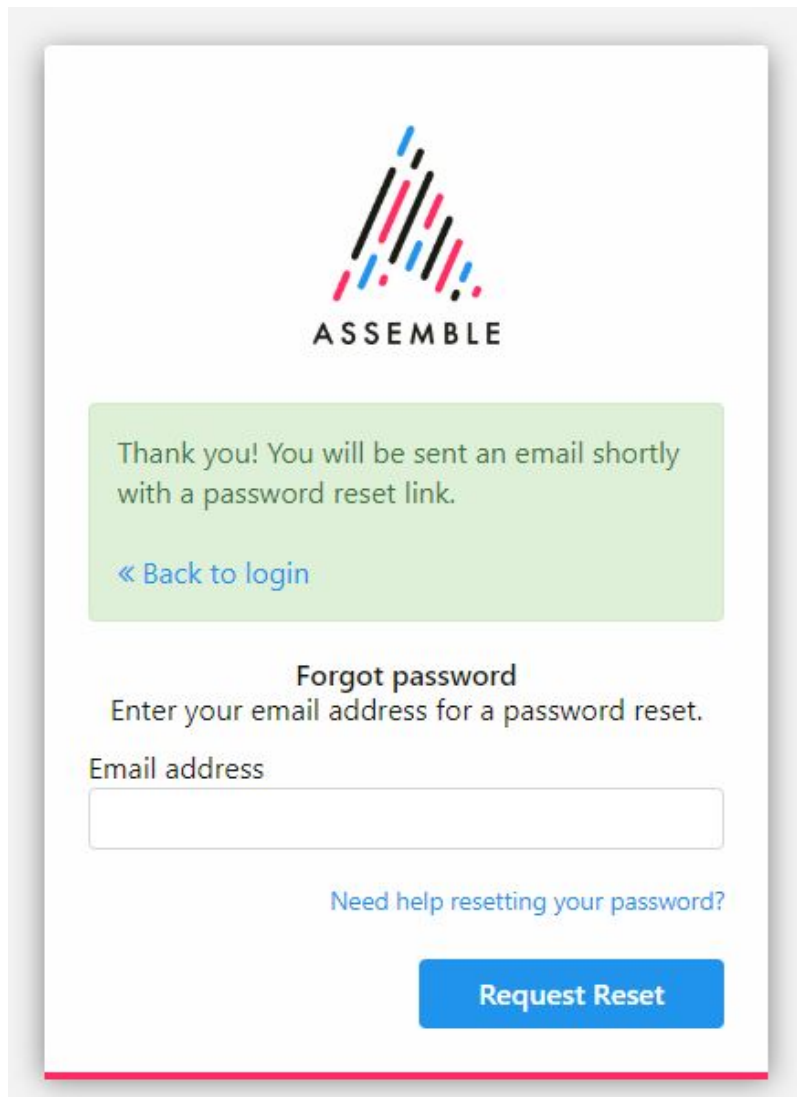
3. Hit this, to be taken to this screen:




The screenshot shows a login interface for 'ASSEMBLE'. At the top center is a logo consisting of several vertical bars of varying heights and colors (black, red, blue) forming a triangular shape, with the word 'ASSEMBLE' in black capital letters below it. Below the logo, the text 'Welcome to volunteering with Parkinson's UK.' is displayed. There are two input fields: 'Email address:' with a placeholder 'Username/Email' and 'Password:' with a placeholder 'Password'. To the right of the password field, there are three links: 'Need help?' in blue, 'Have a signup code?' in blue, and 'Forgot password?' in black with a yellow highlight. At the bottom right, there is a blue button labeled 'Sign in'.

4. Click 'forgot password'
5. Enter the email address you normally use with Parkinson's UK. (please note, if your email is not recognised, check you are entering the one you received this email to, or please contact [volunteering@parkinsons.org.uk](mailto:volunteering@parkinsons.org.uk) - we can check the email we hold for you, and change it if required).

6. You'll then receive an email to your inbox with a link to **reset your password**



  
ASSEMBLE

Thank you! You will be sent an email shortly with a password reset link.

[« Back to login](#)

**Forgot password**  
Enter your email address for a password reset.

Email address

[Need help resetting your password?](#)

[Request Reset](#)

7. Follow the link and choose a new password
8. You're now live on Assemble!
9. All done - welcome to Assemble! Take a look around - do we have your details correct? Check out the news stories, and 'How do I...?' folder in Assemble for training resources to help you get started. Why not send a message to a staff member or volunteer in your group?

**If you have any questions, let us know [volunteering@parkinsons.org.uk](mailto:volunteering@parkinsons.org.uk)**