

Our support services

Whatever your journey with Parkinson's, we're here for you

Need help?

Call our free, confidential helpline on 0808 800 0303

Get support from our friendly expert advisers, or connect with 90 Parkinson's local advisers across the UK for in-depth, personal support.

Symptoms, medication, work, money issues, local activities and services, family life. Whatever it is, we can help.

Recently diagnosed?

Get support today

Our resources, webinars and online and in-person events can help you understand your diagnosis and live well with the condition.

Keep moving!

Get active and stay active

Find activities for every fitness level, from dance groups and walking football, to seated exercise classes and at-home videos.

Connect with others

Join our local groups and online community

Meet others living with Parkinson's through local groups, events, Facebook groups and our online Forum.

Learn more about Parkinson's

Read our trusted information

Find information, tips, real life stories, Q&As with health experts and research news from our magazines, website and booklets.

Call **0808 800 0303**,
email **hello@parkinsons.org.uk**
or visit **parkinsons.org.uk/support**

