

Speak to a Parkinson's local adviser

Our helpline can put you in touch with our team of 90 local advisers, who can give you more in depth and personal support wherever you live in England, Wales, Scotland and Northern Ireland.

We can also help you find support that's local to you - from ways to connect with other people living with Parkinson's, to walking and dance groups, to meditation classes.

Call **0808 800 0303** or email **hello@parkinsons.org.uk** today.

Or you can search for local support online by putting in your postcode at **parkinsons.org.uk/support**



We're Parkinson's UK,
the charity that's
here to support every
Parkinson's journey.
Every step of the way.

Free confidential helpline **0808 800 0303**

Monday to Friday 9am to 6pm,
Saturday 10am to 2pm
(interpreting available)

Relay UK **18001 0808 800 0303**
(for textphone users only)

hello@parkinsons.org.uk | parkinsons.org.uk

Parkinson's UK, 50 Broadway, London SW1H 0DB



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Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK 11/24 (10501)



Our support services

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



A whole community that's here for you

Whatever your journey with Parkinson's, you're not alone.

From the moment you or someone you care about is diagnosed, or whenever you're ready, we're here for you.

This leaflet explains all the different ways you can access support at Parkinson's UK.

Call our free, confidential helpline

Our friendly expert advisers include specialist Parkinson's nurses, care advisers, and benefits and employment advisers. We've got information and advice on all aspects of living with Parkinson's.

Symptoms, medication, work, money issues, local activities and services, relationships and family life, emotional support: whatever it is, we can help. And we can signpost you to other support too.

Call **0808 800 0303** or email **hello@parkinsons.org.uk** today.

Read our up to date, reliable health information

Whether you have Parkinson's or support someone who does, our website, booklets and magazines can help you better understand and manage the condition.

They're full of tips and advice on everything from symptoms, treatments and being active, right through to money, driving and travel.

Visit **parkinsons.org.uk/information-and-support** to read our information online.

Call **0330 124 3250** or visit **parkinsons.org.uk/shop** to order free printed information.

Get the support that's right for you

Get help managing your diagnosis

Have you or a loved one recently been diagnosed with Parkinson's? We have information packs, webinars, courses and support groups that can help answer your questions and build your community of support.

Find ways to get active, stay active and live well with Parkinson's

Whatever your fitness level, we'll help you find the right activities for you, from Parkinson's dance classes to videos of exercises you can do sitting down at home.



Connect with other people with Parkinson's, families, friends and carers

Across the UK, in your local area or online via our Forum and Facebook group. We'll help you meet others who understand what you're going through, because they're going through it too.

Visit **parkinsons.org.uk/information-and-support** or call **0808 800 0303** to find support that's right for you.