

World Parkinson's Day 2025 Guide

**For health and social
care professionals**

World Parkinson's Day
is Friday 11 April. We've
got everything you
need to make the
most of your plans.



Welcome

James Parkinson's 'Essay on the Shaking Palsy', published in 1817, recognised Parkinson's as a medical condition for the first time.

We mark his birthday every 11 April with World Parkinson's Day, a day to shine a light on Parkinson's and bring the community together.

World Parkinson's Day is your chance to raise awareness and create a greater understanding of the daily challenges faced by those living with Parkinson's, as well as their loved ones. Also an opportunity to raise awareness with colleagues, and let them know about the Parkinson's UK Excellence Network's support offer.

However you choose to raise awareness, you'll be changing the lives of people with Parkinson's, their carers and their loved ones.

Together we share one mission: to make life with Parkinson's better, today. That means campaigning for better health and care services. Building strong, supportive communities. Supporting the hundreds of local groups, run by volunteers, throughout the UK.

We're excited to see the fantastic ways you can help this World Parkinson's Day.



Raise awareness

This World Parkinson's Day, make positive change happen for people with Parkinson's by raising awareness.



Light up blue

Every year, we ask iconic buildings, landmarks and homes across the UK to light up blue for World Parkinson's Day to shine a light on people with Parkinson's, and the people who love and care for them.

Want to spread the word and get your local landmark involved? [Download our letter template to share with local businesses and buildings \(DOC, 430KB\)](#).

Or why not light up your own home with blue lights? Let us know you're taking part by taking a picture of your home lit-up in blue and send it to worldparkinsonsday@parkinsons.org.uk.

Could your workplace light up blue?

Spread the word on Parkinson's

Help raise awareness of Parkinson's by sharing information from Parkinson's UK Excellence Network. We have lots of leaflets and booklets to help educate and inform colleagues about the condition. [Visit our shop to order them for free.](#)

Our guides include:

- [Caring for your patient with Parkinson's](#)
- [Emergency management of patients with Parkinson's](#)
- [Caring for your resident with Parkinson's](#)
- [Get It On Time resources](#)

You can request these to display wherever you hold clinics. These resources help spark important conversations about Parkinson's, increasing understanding and support within your community.

Host an awareness stand

Could you host an awareness stand in your NHS clinic, care home, or hospital to share vital information about Parkinson's, support available, and local Parkinson's groups and activities?

Whether you're a medical professional or a member of the public, awareness stands are an excellent way to engage the community, raise awareness, and provide essential resources.

Invite your local politician

Inviting your local politician to your event is a great way to make them aware of the issues people with Parkinson's are facing.

If you need any help with contacting your local politician, get in touch with our Campaigns team by emailing campaigns@parkinsons.org.uk.

Make It Blue

Whether it's at the office, school, or your community centre, show your support and make a difference by making your event blue!

Using the colour blue as part of your raising awareness event is a great way to show you are raising awareness for the Parkinson's community.

Dyeing your hair blue

Go bold with a temporary blue hair dye!

Bake it blue

Make your coffee morning or bake sale blue by adding some blue food colouring to your sweet treats, paired with blue napkins or plates, or [download our blue cake toppers](#).

Share your blue-themed day with us on social media using **#WorldParkinsonsDay** and tag **@ParkinsonsUK**.



Shout about your event

Raise awareness of Parkinson's, share experiences, and highlight local activities with your plans.

Logos

Having the World Parkinson's Day logos on your posters, newsletters, or social media posts is a great way to help promote the cause and your event.

[Download the World Parkinson's Day logos and a guide on how to use them.](#)



List your event on the Parkinson's UK website

If you're hosting a community event that people can join virtually or in person, we can share details on our postcode lookup tool on the Parkinson's UK website so others can find out about it.

For the listing, we'll need to know the date, time, location, a brief description, and contact details for your event. [Use our online form to submit your activity to us.](#)

If you have any questions or would like support with adding an event, get in touch at localsupport@parkinsons.org.uk.

Inspiration

We were delighted with the variety and creativity of community events held on World Parkinson's Day 2024. [See our map of activities from last year for some inspiration.](#)



Social media

Shout about your activity and let us know what you're up to on social media.
Don't forget to tag us so we can see your posts!

Facebook

 UK: [@ParkinsonsUK](#)

 Northern Ireland: [@ParkinsonsUKNI](#)

 Scotland: [@ParkinsonsUKinScotland](#)

 Wales: [@parkinsonsukcymru](#)

X (formerly known as Twitter)

 UK: [@ParkinsonsUK](#)

 Excellence Network: [@ParkinsonsUKEN](#)

 Northern Ireland: [@ParkinsonsUK_NI](#)

 Scotland: [@ParkinsonsUKSco](#)

Instagram

Follow us on Instagram at [@ParkinsonsUK](#)
and tag us in your posts.

Whichever social media you use,
don't forget to use
#WorldParkinsonsDay in your posts!

Tell the local press

Approaching your local newspaper or radio station about your World Parkinson's Day event is a great way to help spread the word.

[A template press release is available.](#)

Please make a copy of the press release document then edit it to personalise your event before sharing with local media.

Our Media and PR team are here to support you and have created [a guide to promoting your event \(DOC, 501KB\).](#) If there's a World Parkinson's Day media opportunity you'd like to discuss, contact them on pr@parkinsons.org.uk.

Get in touch

If you have any questions or would like to share your World Parkinson's Day plans, get in touch at worldparkinsonsday@parkinsons.org.uk.





Feeling inspired by World Parkinson's Day?

In our 10th year of the Parkinson's UK Excellence Network, there are many ways you can get involved.

Sign up to our newsletter, browse our Learning Hub and resources, join your regional group or one of our Excellence Hubs.

[Find out how to get involved on our website.](#)

Thank you!

The World Parkinson's Day working group is made up of volunteers, people with Parkinson's, and colleagues from across Parkinson's UK, and has helped to shape our ideas for World Parkinson's Day 2025.

Thank you to everyone in the Parkinson's community who has worked with us and shared their ideas and feedback.

Contact

If you have questions about anything in this guide, please contact worldparkinsonsday@parkinsons.org.uk.

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)
NGT relay **18001 0808 800 0303**
(for textphone users only)
hello@parkinsons.org.uk
parkinsons.org.uk

50 Broadway, London, SW1H 0DB



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 01/25 (244229)

