

## Branches & Support Groups



There are PDS branches and support groups right across the UK. They are run by volunteers, often people who have Parkinson's, their carers, families and friends, and are supported by PDS staff.

Branches and support groups meet regularly. Some have activities for particular groups, for example carers, or younger people. They provide an opportunity for people to meet up, chat, and share experiences and advice.

Many branches have voluntary welfare visitors, who can provide support to individuals and families by phone or face to face. The Information & Support Workers (ISW) can provide:

Up-to-date information on Parkinson's

Emotional Support to people with Parkinson's and their families

Information about links to local services, other PDS services, such as our Helpline, Website, information resources, benefits and help with the application process

A supporting voice if people need to complain or are having problems having their needs assessed.

Some branches have a programme of activities, as well as social event. These vary, depending on your area.

The Parkinson's Disease Society (PDS) was founded in 1969 by Mali Jenkins, a carer whose sister had Parkinson's. We are the UK's leading charity working exclusively to support all people with Parkinson's, their families and carers. The PDS's work includes:

The Society supports a national **network of staff**; a freephone **helpline** (0808 800 0303); **research** into the cause, cure and prevention of Parkinson's, and improvements in treatments and care; **information** on all aspects of Parkinson's; **resources** including information sheets, booklets, audio tapes and videos; A quarterly membership **magazine** about living with the condition; a national **education and training** programme; promoting the development of Parkinson's Disease **Nurse**

## Parkinson's Disease Society

### Specialists.

**Parkinson's Disease Society of the United Kingdom**, 215 Vauxhall Bridge

Road, London SW1V 1EJ

**Tel** 020 7931 8080 / **Fax** 020 7233 9908

**Helpline** (freephone) 0808 800 0303

(Monday-Friday; 9.30am - 9.30pm,

Saturday 9.30am – 5.30pm)

**E-mail** [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk)

**Website** <http://www.parkinsons.org.uk>

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## An Invitation

from the

## SPALDING SUPPORT GROUP

You can choose how much you wish to get involved. Our Group can be a great source of support – and fun!

**Supported by:**

## What is Parkinson's Disease?

Parkinson's is a progressive neurological disorder affecting learned voluntary movements such as walking, talking, writing and swallowing. There are three main symptoms: tremor, rigidity and slowness of movement, but not everyone will experience all three. Parkinson's results from the loss of the chemical messenger dopamine within the brain. The cause is, as yet, unidentified and there is no known cure.

## Who gets Parkinson's?

In the UK, one in 500 people – around 120,000 individuals – have Parkinson's. Although often perceived as an older person's condition, many are affected during their working life and of the 10,000 people diagnosed in the UK each year, one in 20 is aged under 40.

## How is Parkinson's treated?

The main treatment is drug therapy, which helps to control the symptoms. Because no two people with Parkinson's are exactly alike, the drug treatment has to be tailored to the individual and the timing of medication is as important as the dosage. Surgery is also sometimes used.



Good management of the condition also relies on physiotherapy, speech and language therapy, occupational therapy and self-help. Support and advice for carers is vital too.

## SPALDING SUPPORT GROUP

We are newly formed and already we have formed an enthusiastic Committee who are planning to provide a local support network and an interesting programme of speakers, visits and outings for all their members, carers and friends.

There are no expensive Membership Fees, but we just ask you to make a small contribution towards refreshments and a raffle at each monthly meeting to cover the costs.

We would also ask you to please become a Member of the Society. (It only costs £4 per annum!). You will get a lot of information and a quarterly magazine. It also provides us with Public Liability insurance for outside events.

Living with Parkinson's can be challenging if you don't know where to go for information, support and advice. There is no need for people in the South Holland area to be alone with the condition and we open the door to anyone who wants to know more about how we can help.

***" I have only been a member for 2 months and already feel more informed and comfortable"*** – a quote by a new member of the Spalding Support Group

***"I have been made very welcome and I feel much more confident now I can talk to other people about my problems"*** – new lady member.



The Spalding Support Group offers the chance for you to meet other people in your area, get information and take part in the activities we have on offer.

**We hold friendly meetings from 10.30am to 12.30pm on the third Thursday of each month at**

**Pinchbeck Village Hall  
Knight Street, Pinchbeck  
Spalding, Lincolnshire  
PE11 3RB**

**Local Contact: Ron Lomax**

**Tel: 01775766217**

(if no answer record your name and phone no, and you will be contacted ASAP)

**or**

**Email: [pdssg@btinternet.com](mailto:pdssg@btinternet.com)**

**Contact at Parkinson's  
Vina Shah – Branch & Volunteer  
Support Officer – East Midlands -  
0844 225 3624**