

For more information about Parkinson's UK in Barnsley or to join, please come along to one of our meetings at:

**Emmanuel Church,
Huddersfield Road,
Barnsley, S75 1DT**

Usually on the 3rd Tuesday of the month from 2.00pm - 4.00pm.

Visit the branch website for up to date information on meeting dates, newsletters, outings and much more.

barnsleyparkinsons.org.uk
or email
info@barnsleyparkinsons.org.uk

About Parkinson's UK

Free confidential helpline:
0808 800 0303

Interpreting available:
Textphone **0800 111 4204**

Visit us online at parkinsons.org.uk

Drop us a line at:
hello@parkinsons.org.uk

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CLINICAL NURSE SPECIALIST FOR PARKINSON'S

The Parkinson's nurse is the first point of contact for anyone affected by Parkinson's, patient, carer, family member or any professional involved in their care who needs help, advice, support, advocacy or education.

Telephone: 01226 645180

The Parkinson's nurse can also make referrals to other healthcare professionals such as local physiotherapy, occupational, speech and language therapy, exercise classes, counselling and support for carers.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Support for You in Barnsley

Advice	Activities
Exercise	Contacts
Respite	Meetings
Friendship	Events
Ideas	Counselling
Outings	Support

Parkinson's UK
Barnsley & District Branch

ABOUT PARKINSON'S UK IN BARNSELEY

The Barnsley and District branch of Parkinson's UK is a volunteer and member led group and we are here to help you, your family and friends.

You may have been recently diagnosed with Parkinson's or you could be a year or two down the line. It doesn't matter. We are here for you. There are around 140,000 people diagnosed, so take comfort. You are not alone.

You may not know much about Parkinson's, you may be feeling confused, bewildered, even angry or lost and don't know which way to turn. You might or might not want to talk about your diagnosis.

All these feelings are quite normal and most of us have been through them at some point. That is why there are people in the Barnsley branch who can help you.

So why not come along and see for yourself?

WHAT WE CAN OFFER YOU

Transport

Transport is available for members who have difficulty getting to and from the monthly meeting.

Monthly Meetings and Events

We provide a varied programme of informative and interesting talks and activities with other events suitable and accessible for all members eg. ten pin bowling, days out in the summer, afternoon tea, coffee mornings and short walks.

Parkinson's Local Advice Service

Telephone: 0808 800 0303

Newsletter

Published quarterly to keep members up to date with branch events and activities.

Fundraising

We arrange and take part in fundraising activities to raise sufficient funds to meet our aims and support research.

Holiday Experience

There is an annual draw for a week's break at a Blackpool hotel in the autumn. This is supported by Parkinson's UK and runs activities especially tailored for people with Parkinson's and their carers.

Exercise Class

Classes are held each week at the Emmanuel Church, Huddersfield Road.

Referral is needed. Contact the Local Advice Service on:

0808 800 0303

Help For Carers

A limited amount of respite care in the home is provided by a local care agency, enabling carers to have some time off. **Referral is needed as above.** We also hold an annual carers' day to participate in some pampering and relaxation.

Counselling

Confidential counselling is available for individuals or couples with or affected by Parkinson's. **Referral is needed. Contact the Clinical Nurse Specialist for Parkinson's on:**

01226 645180