

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

**Facebook: Parkinson's Barnsley
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

Parkinson's UK is a company limited by guarantee.

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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 644575

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



For every Parkinson's journey

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 450 people in Barnsley and 153,000 people in the country 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, short walks, boxercise and golf driving range.

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.

Exercise Class

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

You can self-refer by contacting Bronia Warden of Healthy Bones for an assessment.

Telephone: 07895380615 or Email: Bronia@healthy-bones.co.uk

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.

Contact the Branch Secretary, Doris Wragg, on 01226 744670, or email: info@barnsleyparkinsons.org.uk for further information.

We also hold an annual Carers' Day which includes opportunities for pampering and relaxation for the participants.

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 644575