

Useful information

Please contact the helpline:

- If you are experiencing side effects from your Parkinson's meds.
- If your Parkinson's symptoms get worse quickly and you need further advice (please look at the flowchart overleaf for some tips).
- If you have any concerns that can't wait until your next clinical appointment or home based monitoring review.

The Parkinson's Nurses work Monday-Friday, 9am-5pm (service closed at weekends/Bank Holidays).

The helpline is an answerphone message service, please leave your name, number and details of your enquiry. We will aim to get back to you within a few days. If your call is of an urgent nature, please contact 111, or call your GP. If it is an emergency, please call 999.

The **Parkinson's UK charity** also offer a confidential helpline. Call FREE on 0808 800 0303.

Opening times: Monday-Friday, 9am-6pm.

Saturday, 10am-2pm

(Closed Sundays/Bank Holidays).

Comments and Concerns

We welcome your views, feedback and suggestions about how we can improve our services. Please ask us for a feedback form, or fill it out online: <https://bit.ly/2PAD4IA>

Plymouth Community Parkinson's Nurse Specialist Team



Tel: 01752 434237 or 434522

Have your symptoms become noticeably worse within the last month? (Symptoms: tremor, stiffness, slowness, poor speech)

