

THE PLYMOUTH BRANCH IS PART OF PARKINSON'S UK

If you have Parkinson's, or you know someone who does, we are here to help you find the support and activities you need locally.

In the UK, around 153,000 people are already living with Parkinson's. Every hour, two more people are diagnosed. That's the same as 18,000 people every year. 1 in 37 people alive today will be diagnosed with Parkinson's in their lifetime.

From Parkinson's advisers and our national helpline, to local group meetings and exercise classes, we have the right support for you.

The Plymouth and District Branch holds regular group meetings, exercise classes and get togethers where you'll be able to meet other people affected by Parkinson's.

Here you'll find mutual support where you can chat, socialise and relax, often with a cup of tea or slice of cake in hand. We offer a range of other activities including chances to get active.

See inside for Plymouth's local groups, events and activities - and come along to say 'hello', you will be warmly welcomed.

We are constantly looking at new ways to improve support for people with Parkinson's and their carers. We are also always looking for volunteers to help support/arrange activities, so please get in touch if you can spare an hour or two.

Thank you

We are Parkinson's UK. Powered by people. Funded by you. Improving life for everyone affected by Parkinson's. Together we'll find a cure.

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

PARKINSON'S UK: PLYMOUTH AND DISTRICT BRANCH

We are here to help

Free confidential helpline **0808 800 0303**

Monday to Friday 9am–7pm

Saturday 10am–2pm

(interpreting available)

NGT Relay **18001 0808 800 0303**

(for textphone users only)

hello@parkinsons.org.uk

parkinsons.org.uk

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

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ACTIVITIES IN AND AROUND PLYMOUTH

The Plymouth and District Branch of Parkinson's UK is very active and constantly looking at new ways to reach out to people living with Parkinson's and their carers.

Here's just some of our activities:

WEEKLY EXERCISE CLASSES - COME ALONG AND GET INVOLVED

Research shows that exercise and physical activity can not only maintain and improve mobility, flexibility and balance but also ease non-motor Parkinson's symptoms such as depression or constipation. The Parkinson's Outcomes Project shows that people with the condition who start exercising earlier in their disease course for a minimum of 2.5 hours per week experience a slowed decline in quality of life compared to those who start later. Establishing early exercise habits is essential to overall condition management

EXERCISE CLASSES

MILEHOUSE - Tuesday: 10.30am-12noon at St Bartholomew's Church Hall, Outland Road, Plymouth, PL2 3BZ. Contact Georgina on 01752 556651

PLYMSTOCK: Tuesday: 10.30am-12noon at Plymstock United Church, 70-74 Plymstock Road, PL9 7PB. Contact Mary on 01752 402340

MANNAMEAD: Wednesday: 1.15pm-2.45pm at Emmanuel Church Hall, Compton Avenue, Mannamead, Plymouth PL3 5BZ. Contact Jayne on 07711 264087

PLYMPTON: Wednesdays 1.30pm-3.30pm at Colebrook Community Centre, Peacock Meadow, Plympton PL7 4AN. Contact Pat on 01752 338986

COULD YOU VOLUNTEER OR DONATE?

Our team is made up of committed volunteers who dedicate their time to spread the word about support, events and activities for people living with Parkinson's and their carers in Plymouth.

Could you spare a few hours to help organise events? Or, could you make a donation to keep our provisions up and running? Please email welcome@plymouthparkinsons.org.uk and tell us how you could help.

Every minute and every donation counts, so thank you.

STAY IN TOUCH WITH OUR QUARTERLY NEWSLETTER

Each quarter we publish our useful booklet with a whole range of information, activities and events for people living with Parkinson's and their carers. The booklet is packed with useful contact numbers, tips on managing symptoms, research being conducted locally to regular information on our up-and-coming events.

It really is a must, so make sure you sign up to receive your copy by signing up to our emailing list by emailing welcome@plymouthparkinsons.org.uk

ANNUAL CHRISTMAS LUNCH AND RAFFLE

December 2023 saw our first Christmas Lunch and Raffle since the coronavirus lockdown.

Such was the success of the event, the Plymouth and District Committee want to make the Christmas Lunch and Raffle an annual event. We are now make plans for our next festive lunch so keep your eyes peeled in our quarterly newsletter for further details.

We are always looking for raffle prizes so if you have donations to make, please email welcome@plymouthparkinsons.org.uk and someone will be in touch.

Thank you



UNIVERSITY HOSPITALS PLYMOUTH NHS TRUST

The University Hospitals Plymouth NHS Trust Parkinson Service has a website packed with information for people with Parkinson's, their care givers/carers and healthcare professionals. To access information on the team, drug treatments, the home base care project, useful links and much more go to <https://www.plymouthhospitals.nhs.uk/parkinsons/>

FURTHER CONTACTS AND YOUR LOCAL COMMITTEE

For further information and support go to www.plymouthparkinsons.org.uk/information-support

Parkinson's Local Adviser: Kirsty Maidment - 0808 800 0303

Plymouth and District Branch of Parkinson's UK email: welcome@plymouthparkinsons.org.uk, but if your enquiry is more urgent please use the contacts above.