

# Living Well with Parkinson's

This free 4-week course is for people who have a diagnosis of Parkinson's Disease.

It will consider the impact of the condition on people's emotional well-being, including ways to adjust and proactively cope. The skills and techniques discussed are based on the psychological approach Cognitive Behaviour Therapy (CBT).

It is a taught course run in a group format - although there will be some group discussion it is up to you how much or how little you choose to take part.



**This course is held in community venues across Swindon, and runs for 4 weekly sessions**

**To attend, you must be registered at a GP practice in Swindon.**

To reserve a place ring 01793 835710 or 835711, visit [www.seaol.org/lift-psychology](http://www.seaol.org/lift-psychology), or complete and return the slip below to LIFT Psychology, Old Town Surgery, Curie Avenue, Swindon SN1 4GB



I would like to attend the Living Well with Parkinson's course starting on Friday 27<sup>th</sup> January 2017.

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address (inc postcode) \_\_\_\_\_

Tel \_\_\_\_\_ Okay to leave message? Y/N    GP Surgery \_\_\_\_\_

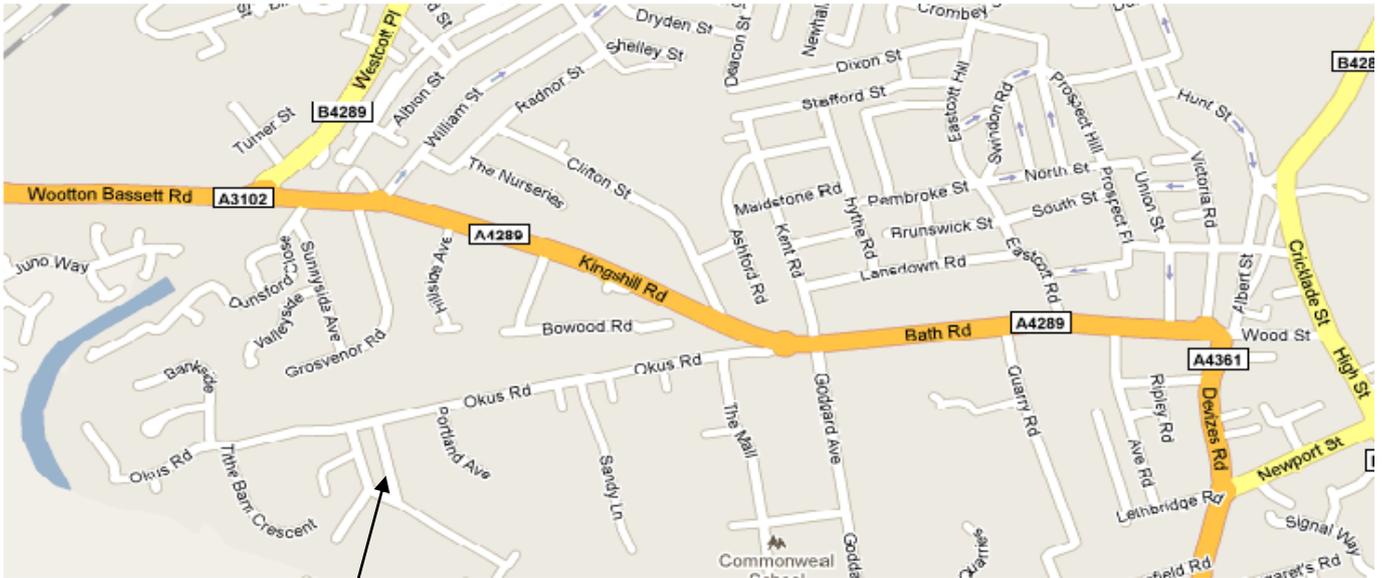
How did you hear about the course? \_\_\_\_\_

Do you have any special requirements we should be aware of? (e.g. sight, hearing, mobility, literacy)

\_\_\_\_\_

The address is: LIFT Psychology, Old Town Surgery, Curie Avenue, Swindon. SN1 4GB.

There is plenty of on street parking available.



Old Town Surgery, On Curie Avenue

Access to the psychology department is via the Old Town GP surgery main entrance. **Enter the reception, turn right for the stairs or lift and go up to the second floor.**

We will give you a place on the course once we have received your slip. Due to ~~limited places, we will not contact you to confirm your place, we just advise you on the day.~~ ~~If you will not attend, but find you can no longer attend, please let us know by calling: 01793 835710 / 835711.~~