

From: Lucy Scott <luscott@parkinsons.org.uk>
Sent: Tuesday, September 22, 2020 12:03:13 PM
To: Lucy Scott <luscott@parkinsons.org.uk>
Subject: Parkinson's UK Local Adviser Update

Hello everyone

Myself and our South West Parkinson's UK Local Adviser Team are busy supporting people living with Parkinson's including their families and carers.

Just a reminder that Parkinson's Local Advisers, like myself, can help someone who:

- [has just been diagnosed](#) and is looking for advice and information
- is looking for tips on how to deal with the [day-to-day impact of Parkinson's](#)
- needs emotional support
- wants to find out more about the services available in their area
- wants to learn about their [rights and entitlements](#)
- needs help navigating the [benefits process](#)
- needs information on where to find [grants and financial help](#)
- is looking for support on [employment issues](#)
- needs support with anything else relating to their life with [Parkinson's](#)

Your group members may be interested to know about the following:

Medical Appointments:

Many medical appointments are now being undertaken by phone and video calls. Our website has useful information about getting the most out of phone or video appointments. <https://www.parkinsons.org.uk/information-and-support/your-magazine/tips/getting-most-phone-or-video-appointment>

There are a lot of materials that people affected by Parkinson's can already access to help them to prepare for medical appointments, such as our leaflets:

- Monitoring your Parkinson's <https://www.parkinsons.org.uk/sites/default/files/2018-09/FS69%20Monitoring%20your%20Parkinson%27s%20WEB.pdf>
- Non-Motor Symptoms Questionnaire https://www.parkinsons.org.uk/sites/default/files/2020-08/B117%20Non-motor%20symptoms%20questionnaire_FINAL_EDITABLE_0.pdf
- Talking to your GP, Specialist or Parkinson's Nurse about Parkinson's

To order copies go to: www.parkinsons.org.uk/information-and-support/ordering-our-resources

Email resources@parkinsons.org.uk
or call 0300 123 3689.

Distance Aware Badge: We now have a [Parkinson's UK branded distance aware badge](#) available to order in our online shop or call 0333 0030 523

Driving License Renewals: The DVLA has announced that drivers whose photocard or driving entitlement expires between 1 February 2020 and 31 December 2020 now have an [11 month extension](#) from the date of expiry. You do not need to do anything as this extension is automatic. If you have a health condition requiring further information, there are likely to be delays before NHS doctors, consultants or opticians are able to provide them with the information to make a licensing decision. Providing you have a current driving licence and have not been told by your doctor or optician that you should not drive, you will be able to drive while DVLA is considering your application. Further information on this can be found on [this web page](#).

Life after Lockdown

Parkinson's Concierge and Parkinson's UK in partnership made the following videos which contain much interesting and informative information:

Life after Lockdown - Part 1 Health and Wellbeing :

<https://www.youtube.com/watch?edufilter=NULL&v=SkJU9KPP3eo>

Please note the session starts at about 25minutes into the video

In this video you can find out what other people asked at a recent live session and hear the answers provided by:

- Dr Annette Hand- Parkinson's Nurse Specialist
- Dietitian, Richelle Flanagan
- Gillian Ward Meditation Practitioner.

Life after Lockdown - Part 2 : Mental Health, General Wellbeing and

Employment Issues: <https://www.youtube.com/watch?edufilter=NULL&v=k-mP23T8-78>

In this video you can find out what other people asked at a recent live session and hear the answers provided by:

- Dr Annette Hand- Parkinson's Nurse Specialist
- Dr Cliff Chen, Neuropsychologist
- Victoria Griffith and May Whelan- Parkinson's UK Benefit and Employment Advisers

Our helpline and local advisers can support anyone with Parkinson's, their family or friends.

To get in touch:

Call 0808 800 0303 9am-7pm Monday to Friday & Saturday 10am-2pm

Email: hello@parkinsons.org.uk

With best wishes


Lucy

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