

## Parkinson's UK Online Self-Management Programme

Dear Colleagues

We are pleased to announce that Parkinson's UK will be offering our self-management programme as an online group this spring. This new online self-management pilot is for people with Parkinson's, partners and current carers.

We are continuing to run our successful [face-to-face self-management groups](#) across the UK, but a new workbook and online approach will help us reach more people affected by Parkinson's.

Participants of our online self-management groups will receive, by post, a copy of our self-management workbook which they can work through in the comfort of their own home over 6 weeks. Alongside this participants will join an online video group for a weekly support discussion.

These groups will bring together 10 people with Parkinson's, partners and current carers from across the UK to talk through some of the bigger questions about life with the condition. Participants will meet using an app called Zoom. The groups will be led by trained volunteer online-hosts, who are either people with Parkinson's and/or current carers of people with the condition.

It's free to attend and partners/carers are very welcome as full participants, but places must be booked in advance.

### **There are 2 online self-management groups this spring:**

- **Day: Tuesday**
- Dates: 22 May, 29 May, 5 June, 12 June, 19 June, 26 June
- Time: 7.00pm – 8.00pm
  
- **Day: Thursday**
- Dates: 24 May, 31 May, 7 June, 14 June, 21 June, 28 June
- Time: 7.00pm – 8.00pm

Places are limited and so if anyone would like to register their interest for one of these online self-management groups, they can do so in one of the following ways by:

- By email: [selfmanagement@parkinsons.org.uk](mailto:selfmanagement@parkinsons.org.uk)
- By phone: 020 7963 3924

The closing date for registrations is 9am Wednesday 9 May 2018.

Please do share this information with members of your branch, if you have an email list or Facebook page this would be a fantastic way of letting people know. Please do get in touch if you have any questions.

Best wishes

*Anila*

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