

Parkinson's UK Online Self-Management Programme

We are pleased to announce that Parkinson's UK is planning to run an online self-management group this autumn for people with Parkinson's, partners and carers living in Bristol, Somerset and Wiltshire. We would appreciate your help with promoting it locally.

Our online self-management groups meet for 6 weeks by live video so everyone can see each other – which makes it feel very much like a face-to-face group. You don't need to be a computer expert to take part and we'll guide you through getting set up. Participants receive a printed self-management workbook to complete ahead of each online discussion.

We plan to run the online self-management group as follows:

- Day: Tuesday
- Dates: October 9, 16, 23, 30, November 6 and 13
- Time: 10.30 am – 11.30 am

We need volunteers...

A key feature of our self-management programme is that it is delivered by two volunteers who have first-hand personal experience of Parkinson's, either as a person with the condition or as a partner or current carer.

In order for the group to go ahead we need to recruit one or more volunteer online hosts.

I have attached a description of the role and people can apply on our website by clicking [here](#). The closing date for applications is **17 August**.

We would appreciate your help finding volunteers...

Here are some ways in which you can help promote the opportunities locally:

- Speaking to people who you think might be interested
- Sending out the above information via email to members.
- Putting an article in the branch newsletter. We can provide some brief text to use but feel free to write your own based on the information here.
- Talking about it at a branch or other meetings.
- Using Facebook or other social media.

If you have any questions please do not hesitate to contact me by replying to this email.

Best wishes

Jayne

Jayne Dunn

Service Manager, South West England

Parkinson's UK

Tel: 0344 225 3692

Email: jdunn@parkinsons.org.uk

215 Vauxhall Bridge Road, London SW1V 1EJ