

What is Parkinson's?

Parkinson's is a progressive neurological disorder affecting voluntary movements such as walking, talking, writing and swallowing. The three main motor symptoms are tremor, rigidity and slowness of movement but not everyone will experience all three. Parkinson's is the result of the loss of the chemical messenger, dopamine, within the brain. The cause is not known and there is currently no cure.

Who gets Parkinson's – is it common?

In the UK, one in 500 people – around 127,000 individuals – have Parkinson's. Although often perceived as an older person's condition, of the 10,000 people diagnosed in the UK each year, one in 20 are under the age of 40.

What treatments are currently available?

The main treatment is drug therapy, which helps to control the symptoms. Because no two Parkinson's patients are exactly alike, the drug treatment must be tailored to the individual with the timing of the medication as important as the dosage. Good management of the condition also includes regular exercise, physiotherapy, speech and language therapy, occupational therapy and self-help.

Branches and Support Groups

Parkinson's UK is a national charity for everyone affected by Parkinson's. It is a major funder of research into causes and treatments. Through its website (www.parkinsons.org.uk) Parkinson's UK provides access to a wealth of information on all aspects of living with Parkinson's.

It is important to bear in mind that Parkinson's UK and its local branches are there to support, not only the person who has Parkinson's, but also their partner, carer, family and friends.

Local branches and support groups exist right across the UK including in Reading, Bracknell, Newbury and Henley and are all run by volunteers.

Branches and support groups meet regularly providing a valuable opportunity for people to chat informally, share experiences and get advice.

Most branches provide access to a Parkinson's UK Local Adviser, who provides information on the services available as well as practical help.

The Reading and District Branch

For more information on the branch please visit our website and download our latest newsletter: www.parkinsonsreading.org.uk

The Reading and District branch covers the wider Reading area including central Reading, Tilehurst, Wokingham, Earley and Woodley. We meet monthly with a full program of guest speakers and activities. In addition, we hold informal Parkinson's Cafés in Wokingham and Tilehurst. If you are apprehensive about joining a support group, the Cafés are a perfect starting point.

We provide a range of subsidised therapies and exercise classes led by fully qualified instructors including Hydrotherapy, Pilates, Ballroom Dancing, Chair-based exercise, Singing and Voice exercise and Neuro Physiotherapy.

As a branch we organise a number of social events each year such as concerts, meals out and day trips – something for everyone!

Finally, we arrange local fundraising activities which allows the branch to deliver more to its members. We are always grateful for any help with this.

An Invitation

to join the
Reading & District Branch
of Parkinson's UK

Branch meetings are on the first
Wednesday of the month from
2.15pm to 4.00 pm at
Our Lady of Peace Church Hall,
338 Wokingham Road,
Earley, RG6 7DA

Parkinson's Cafés
Second Friday of the month at
The Bradbury Centre, Rose Street,
Wokingham, RG40 1XS
10.30am to noon

Fourth Friday of the month at
the Youth Hall, Tilehurst Methodist
Church, School Road, Tilehurst,
RG31 5AN
2.00pm to 4.00pm

Useful Contacts

Branch Website

www.parkinsonsreading.org.uk

Contact Us

Therapies and Exercise Classes

Dates for your Diary

Branch Contacts

Andrew Last, Chairman

07813 193038

andrwl@compuserve.com

Nigel Crabb, Secretary

07810 554650

npcrabb@gmail.com

Clinical Nurse Specialists

Reading/Henley/Bracknell: Carrie James
Nurse Consultant Neurology

West Reading/Thatcham area: Adie Shelton

Newbury area: Sara Drake

Wokingham/Woodley area: Helen Avery

Call **0118 322 6855** (Admin team: leave a message)

Parkinson's UK Helpline

hello@parkinsons.org.uk

0808 800 0303

The helpline is your first point of contact for any
general enquires. They may refer you to a local
Adviser if more local knowledge or in-depth support
is needed.

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

**No one has
to face
Parkinson's
Alone**