InformationNOW
Information for people in Newcastle upon Tyne

Parkinson's Disease

What is Parkinson's Disease?

Parkinson's disease is a progressive neurological condition affecting movements such as walking, talking and writing. About 120,000 people in the UK are affected; usually people over the age of 50 years old.

Parkinson's UK produce a range of publications which cover all issues relating to the condition. You can browse all of their factsheets on their website.

Symptoms

The three main symptoms of Parkinson's disease are:

- tremors
- muscle stiffness
- slowness of movement

These symptoms usually begin slowly. The rate at which they progress is different for each person. It's not possible to prevent Parkinson's disease and the disease is not yet curable. However, symptoms can be controlled with medication. Physiotherapy, speech therapy and occupational therapy can help with movement, speech and overcoming difficulties in performing everyday tasks.

Your quality of life could also be improved by using **equipment and adaptations** such as a stairlift, wheelchair or smaller aids, such as a grab rail or walking stick. Read more about Useful equipment to help you manage at home on InformationNOW or you can contact **Adult Social CarePoint** at Newcastle City Council.

You can visit **Disabled Living Foundation's Living Made Easy website** to learn more about types of equipment and adaptations that may help in the home.

Local Help and Support

The local NHS Trust Parkinson's Disease service is run by neurologists and specialist nurses. Their clinics are the CRESTA clinics at the Campus for Ageing and Vitality (CAV), and also at the Royal Victoria Infirmary (RVI) in Newcastle. They treat patients from young-onset Parkinson's Disease through to more advanced, complex stages of the disease. They also have a daily nurse helpline clinic. The service also provides access to a physiotherapist and speech

and language therapists.

The Parkinson's Disease service have a large clinical trials and research unit with links to Newcastle University and Northumbria University. This means that patients may have access to innovative treatments, research, technology and equipment .

Parkinson's UK is a charity which provides support, advice and information to people with Parkinson's disease, their carers, families and friends. They have a Local Adviser for the North East region. There is also a **Newcastle Parkinson's UK support group** which offers you the chance to meet other people in the Newcastle area and find support. For more information please visit Parkinson's website – Newcastle Support Groups.

There are several other Parkinson's groups and activities for people in Newcastle:

Get Moving – Movement to music at Dance City. Suitable for those living with a neurological condition, each session will get you moving in a relaxed and supportive environment.

Accesible Yoga at Tyneside Badminton Centre. Suitable for all abilities. You can use a chair for balance, sit in a chair, be on a mat or stand, it's up to you! This friendly and welcoming class supports balance, flexibility and strength in a way that is suitable for you.

Speech Confidence sessions by Parkinsons UK (online). Friendly informal sessions with student speech therapists, to help people maintain and gain the most from their voice and be heard. They use LOUD exercises and practical exercises to help you speak more clearly, slowly and louder.

Badminton for people with Parkinsons at Tyneside Badminton Centre. Everyone is welcome, including family and carers, even if you don't want to play badminton and would just like to meet with others for a chat/catch up.

Other Useful Information

- **Watch a film for people newly diagnosed with Parkinson's** which explains more about the condition and includes interviews with people with Parkinson's disease, carers, and expert healthcare professionals.
- **Free 'Get it on time' washbag for people with Parkinson's disease** from Parkinson's UK. The washbag contains a guide full of tips and advice and other materials to help you to stay in control of your medication during a stay in hospital. It also contains a medication record that you can keep up to date with details of your medication regime and useful local contacts.
- **Healthtalk.org**
- **The Patient Information Centre** offers a range of health related information including;

    - medical conditions
    - procedures and treatments
    - details about self help and support groups
    - information about complaints procedures
    - copies of leaflets

Please note – The content on this website is provided for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact NHS 111. In an emergency, dial 999.

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Useful Organisations

Parkinson's UK

Email: hello@parkinsons.org.uk

Website: www.parkinsons.org.uk

Telephone: 0808 800 0303

Address: 215 Vauxhall Bridge Road, SW1V 1EJ

Patient Information Centre – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: www.cntw.nhs.uk

Telephone: 0191 246 7288

Address: St Nicholas Hospital, NE3 3XT

Adult Social CarePoint at Newcastle City Council

Email: ASCP@newcastle.gov.uk

Website: http://www.newcastle.gov.uk/AdultSocialCare

Telephone: 0191 278 7878

Address: Adult Social CarePoint Newcastle City Council, NE4 9LU

Disabled Living Foundation (DLF)

Email: info@dlf.org.uk

Website: http://www.livingmadeeasy.org.uk/

Telephone: 0207 289 6111

Address: Shaw Trust, B69 2DG

NHS

Website: www.nhs.uk

healthtalk.org

Email: info@healthtalkonline.org

Website: www.healthtalk.org

NHS 111

Website: www.nhs.uk/111

Related Articles

Home adaptations, equipment and aids

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