

What is Parkinson's?

Parkinson's is a progressive neurological condition.

One person in every 500 has Parkinson's. That's about 120,000 people in the UK.

Most people who get Parkinson's are aged 50 or over but younger people can get it too. One in 20 is under the age of 40.

People with Parkinson's don't have enough of a chemical called dopamine because some nerve cells in their brain have died. Without dopamine people can find that their movements become slower so it takes longer to do things.

The loss of nerve cells in the brain causes the symptoms of Parkinson's to appear.

There's currently no cure for Parkinson's and we don't yet know why people get the condition.

Parkinson's doesn't directly cause people to die, but symptoms do get worse over time.

The main symptoms of Parkinson's are tremor, rigidity and slowness of movement.

Find Out More

www.bracknellparkinsons.org

Our website provides full details of all our meetings with dates and topics. It also explains the services we provide and how you can join us.

MORE INFORMATION

We're the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.

For more information about the Bracknell branch contact

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Parkinson's UK
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parkinsons.org.uk

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

What is Parkinson's UK?

The Parkinson's support and research charity.



Every hour, someone in the UK is told they have Parkinson's. One in 20 is under the age of 40. Because we're here, no one has to face Parkinson's alone.

We bring people with Parkinson's, their carers and families together via our network of local groups, our website and free confidential helpline. Specialist nurses, our supporters and staff provide information and training on every aspect of Parkinson's.

As the UK's leading Parkinson's support and research charity we're leading the work to find a cure, and we're closer than ever. We also campaign to change attitudes and demand better services.

Our work is totally dependent on donations. Help us to find a cure and improve life for everyone affected by Parkinson's.

Bracknell Branch

The aim of our Branch is to help people with Parkinson's and their carers living in and around Bracknell.

We have **monthly evening meetings** at which members can meet together in a friendly environment to exchange views and hear a talk from a speaker on a Parkinson's issue or a general topic of interest.

The **meetings** are held on the second Monday in the month at 7.30pm at

Edmonds Court
Sandy Lane
Bracknell
RG12 2HP

We also organise a variety of **Social Activities** including a Fish and Chip Night at a local restaurant, skittles matches and summer outings.

Our Information Support Worker, Kay Andrews acts as a 'friendly face' for members as well as advising members on how to claim for benefits and obtain assistance from social services. Contact Kay on **0844 225 3676** or kandrews@parkinsons.org.uk

Therapies and Personal Services

Various therapy sessions and personal services are now provided by our Branch for members and carers.

Twice monthly physiotherapy sessions are well attended and our physiotherapist is very experienced in working with people with Parkinson's.

Weekly hydrotherapy sessions are extremely popular and provide great relief for people with Parkinson's. This is also run for us by trained physiotherapists.

We also subsidise **massage and chiropody** services which are provided by trained specialists in your own home.

