

## New Parkinson's UK online working age carers support group

### Who is the support group for?

Parkinson's UK's **new Online Working Age Carers and Family Support Group - set to launch in September 2023** - has been established to bring together carers and family members of people recently diagnosed with Parkinson's for mutual support.

The group is open to all carers and family members aged over 18 and under 67 supporting someone newly diagnosed with Parkinson's. You do not have to be a registered carer.

The informal online sessions are facilitated by volunteers with caring experience and a chance to talk with people in similar situations, share experiences, and support each other.

We aim for the group to provide mutual support to those living with or caring for a person diagnosed with Parkinson's within (approximately) the last 3 years. If you do not meet the newly diagnosed or age criteria, we host another online carers support group, which you are welcome to join.

For carers under the age of 18, we suggest finding a group specifically aimed for young carers would best meet your needs.

This online group is for peer-to-peer support and is not monitored by professional advisers. If participants want additional or one-to-one support, they may be signposted by volunteers to other groups, services, or other Parkinson's UK support opportunities.

### Meeting details

#### **We aim to hold the first monthly meeting in September 2023.**

The meeting will last 90 minutes and be held via Zoom or Google Meet. A link to join each meeting will be sent to you in advance. You can also join via phone if you don't have internet access. If you need support using Zoom or Google Meet please let us know.

**Parkinson's UK** 215 Vauxhall Bridge Road, London SW1V 1EJ

**T** 020 7931 8080 **E** [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk) **W** [parkinsons.org.uk](http://parkinsons.org.uk)

## How do I join?

It's **free** to join!

Places are limited to 15 to help ensure people feel supported and listened to.

To book a place, please contact **Satpal on 0344 225 3700 or [sghatora@parkinsons.org.uk](mailto:sghatora@parkinsons.org.uk)**, or **Terri on 0344 225 3622 or [tdorman@parkinsons.org.uk](mailto:tdorman@parkinsons.org.uk)** providing your name, email address, telephone number, and address.

Please share this information with anyone you think might be interested in joining Parkinson's UK's **Online Working Age Carers and Family Support Group** - thank you!

Our Parkinson's advisers can support anyone with Parkinson's, their family, or carer. Call our free confidential helpline on **0808 800 0303** to get in touch.

The helpline is open Monday to Friday: 9am to 6pm and Saturday: 10am to 2pm. Closed bank holidays and Sundays.

You can also find out more about Parkinson's UK support and groups on our website at [parkinsons.org.uk](http://parkinsons.org.uk) or contact us via email on [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk).

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