

## What is Parkinson's

Parkinson's is a progressive neurological disorder affecting learned voluntary movements such as walking, talking, writing and swallowing.

There are three main symptoms: tremor, rigidity and slowness of movement, but not everyone will experience all three.

Parkinson's results from the loss of the chemical messenger dopamine within the brain.

## How is Parkinson's treated?

Drugs are the main treatment being prescribed to suit individual needs. Don't be surprised to find that people with Parkinson's may be prescribed completely different drugs and take them at differing times.

With most newly diagnosed people considerable improvement can be achieved by careful introduction of one or more of the different types of drugs available. There are, however, no perfect drugs for the long term treatment of Parkinson's, although there have been some promising developments in recent years.

Where people have only mild symptoms, the doctor may decide not to prescribe drugs immediately, but will recommend a healthy lifestyle with exercise and relaxation as an interim measure.

## The aims of our Branch

To help people with Parkinson's to meet other like-minded people.

To provide information to, and facilitate support for, people with Parkinson's, their carers and families in an informal and friendly way.

## Branch Meetings

Meetings are varied, with entertainment or speakers on a wide range of topics. The meetings are also an opportunity to meet other people in a social setting. Anyone with Parkinson's, their carers, family and friends are very welcome to attend.

There is a national subscription of £4.00 per annum, which gives you access to lots of information and insurance cover for outings, etc, with a voluntary donation to the Branch if you wish.

There are no meetings in August and January.

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

**We meet on the second and fourth Friday of each month, except January and August, at:**

## Christchurch Hall

164 New London Road  
Chelmsford  
CM2 0AW

## 7.30pm - 9.30pm

- Entertainment
- Social events
- Speakers
- Refreshments
- Chat
- Raffle
- Outings with transport arranged
- Christmas lunch
- Small reference library of Parkinson's UK booklets, leaflets and useful contacts

## We also hold:

- Weekly dance/exercise classes
- Fortnightly singing classes

## The Chelmsford Branch

The Branch is a very friendly and welcoming group of local people who are concerned with Parkinson's.

Most of the group either care for someone with Parkinson's or have it themselves.

If you require more information about the  
Chelmsford Branch

Please contact

**Reg Jethwa - Chair**

Tel : 01245 284452

or

**Janet Leng**

Tel : 07599 277445

parkinsons\_cford@yahoo.com

**The Chelmsford Branch is inclusive and  
welcomes everyone with Parkinson's,  
their family, partners, carers  
and friends.**

**New members are very welcome.**

**Parkinson's UK**  
**215 Vauxhall Bridge Road**  
**London**  
**SW1V1EJ**

**Tel : 020 7931 80880**

**Fax: 020 7233 9908**

Parkinson's UK is there to support you.  
If you would like further information,  
please do not hesitate to contact:

Free\* confidential helpline **0808 800 0303**

Text Relay **18001 0808 8000303**

Monday to Friday 9am - 8pm

Saturday 10am - 2pm. Interpreting available.

\*calls are free from UK landlines and most mobile networks

**www.parkinsons.org.uk**  
**hello@parkinsons.org.uk**

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES. FIND A CURE. JOIN US.**

A warm welcome to the  
**CHELMSFORD BRANCH**  
of

**PARKINSON'S<sup>UK</sup>**

President: Dave Monk



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