



Spring Greetings

Newsletter:
Issue No. 2
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SERVICE DEVELOPMENT

Exciting times in our service development group with the launch of our newly developed patient information pack for those recently diagnosed with Parkinson's and a staff training resource file for each ward at Nobles and Ramsey District Cottage Hospital. The staff resource pack has been developed following feedback from Parkinson's patient experiences of hospital stays.

Many thanks to all who attended our coffee drop in at the NSC in December. We were thrilled to see so many people and gained some valuable feedback on how we can improve our service to you.

See below for our next coffee drop in.

We now have 8 patient representatives who have volunteered to join our service development group and we look forward to working with them.

AS A TEAM WE WANT TO ENSURE YOU GET THE BEST POSSIBLE CARE

We would welcome feedback from service users and carers on how we can improve things for people with Parkinson's on the Isle of Man.

If you need help or advice there are several ways to contact us:

Sue Lawley Specialist Nurse Tel: 01624 642676 Email: susan.lawley@gov.im

Graihagh Betteridge, Physiotherapist and Clare Collister, Occupational therapist via Community Adult Therapy Team Tel: 01624 642511 Website: www.gov.im/categories/health-and-wellbeing/therapy-services/

And introducing Beverley Jackson, Parkinson's UK local adviser who has joined our service development team. She is here for you – whether you have the condition or you're a carer, friend or family member of someone with Parkinson's.

Parkinson's UK local advisers can help if you:

- have just been diagnosed and are looking for advice and information about your condition
- are looking for tips on how to deal with the day-to-day impact of Parkinson's
- need emotional support
- want to find out more about the services available in your area
- want to learn about your rights and entitlements
- need help navigating the benefits process
- need information on where to find grants and financial help
- are looking for support on employment issues
- need support with anything else relating to your life with Parkinson's



Your Parkinson's UK local adviser will have a wide range of knowledge and expertise about Parkinson's and know about services available in your area.

Parkinson's local advisers are there to turn to, so no-one has to face Parkinson's alone.

Contact Beverley on 0344 225 3748 or email bjackson@parkinsons.org.uk

Join us for a coffee on Friday May 19th at
Thie Rosen, Port Erin 1.30 to 3.00pm



DID YOU KNOW PARKINSON'S UK PROVIDES INFORMATION ON THE LATEST RESEARCH AND OPPORTUNITIES TO GET INVOLVED?



WWW.PARKINSONS.ORG.UK/CONTENT/RESEARCH
OR TELEPHONE 0808 800 0303

Sue's top advice

If you're going out and need to take your medication with you, always take twice the amount. This means if you drop one of your tablets on the floor or down the sink, you always have a spare. Simple, but worth doing.

Graihagh's top exercise

Look for an activity you enjoy. If something is fun, you are more likely to stick to it. Speak to your G.P. first if you are worried about anything.

Top tips from your team

Clare's top tip:

Consider the use of satin night-wear, or a satin half-length sheet, to aid movement in bed by reducing friction.

Do not use both, as this may cause a risk of sliding out of bed.

Sheets available from:

<https://www.parkinsons.org.uk/shop/product/sit-and-slide-fitted-sheet>

<http://easymovesheets.com/secure-sit-and-slide-sheet-11-c.asp>



Do you know about the Free Live Well – Stay Well Courses ?

Would you like to learn new skills which could help improve your quality of life?

These courses are run by volunteer leaders who themselves live with a long term health condition, supported by a Registered Nurse. The course is a 6 week programme, each session lasts 2½ hours.

The courses are very supportive, friendly and are made up of small groups of people who also live with long term health conditions.

For more information on self care: www.gov.im/selfcare

Next course Ramsey: Starting on the 19th September 2017

Book now to reserve a place: Mobile: 486641, E-mail: livewell-staywell@gov.im

Prefer the newsletter to be emailed to you? Send your email address to cats@gov.im
If you do not wish to receive future newsletters please ring 01624642676

P.S.: This year is the 200 year anniversary of James Parkinson's short study 'Essay on the Shaking Palsy', which established what we now know as Parkinson's as a medical condition.