

Imagine inside you there are two wolves battling for dominance.

One wolf is you, e.g. Caring, loving, compassionate, ambitious, sociable etc

The other is a Parkinson's wolf, eg; withdrawn,

Self-conscious, angry, apprehensive etc

 So, which one wins?

That will be the one you choose to feed

**Do not let Parkinsons define who you are**

**Free support and information for people living with Parkinson’s**

**Kevin Carter- Independent Parkinson’s Advisor for**

**Face2Face Parkinson’s C.I.C.**

I have been supporting people living with Parkinson’s for 14 years, and recognise the value of face to face support.

 At a time when everything seems to be moving towards internet and telephone support, it is clear to me from many discussions with clients that this risks isolating those who do not have access to the internet, may find the thought of contacting an unfamiliar person daunting, or discussing sensitive or delicate issues over the phone/internet uncomfortable or undignified, or maybe cannot use the phone or internet due to physical limitations.

It is also well known that most communication is non- verbal, with words only playing a small part of the true message. Without the expressions, body language and tone, so much can be missed or misconstrued especially over the phone, internet, text and email.

I am convinced that in the move towards technical provision of services there should be exceptions for those for who’s conditions would be more likely to isolate them rather than benefit them. And Parkinson’s is certainly one of those conditions which for some, will always need face to face support. My vision is to ensure that free face to face support remains available to anyone who’s lives with Parkinson’s, MSA, PSP or CBD from diagnosis onward.

**What can I provide?**

 Free and confidential support and information to anyone living or working with Parkinson’s and Parkinsonism’s; this includes friends, family, spouses and carers.

* Advise on financial support and assist with applications.
* Emotional support
* Advocacy
* Social needs
* Help and information on all aspects of living with Parkinson’s.
* I can only visit you at your home if you are unable to travel to the venues.
* I am also a personal assistant providing short or long term support for social needs and practical support but not personal care. Please ask for details.

I *cannot* advise on or administer medication and treatments.

**How can I be contacted?**

Tel 07851 976796 (please leave name/number)

Email face2face.parkinsons@gmail.com

Website face2faceparkinsons.co.uk

I am now available to be seen by appointment only at

Saltford Hall on 2nd Wednesday of each month and at

The Chantry in Thornbury on every 3rd Wednesday of each month. Please see overleaf, our website or contact me for details.

 We are very pleased to announce the addition of a second Surgery to be held in **Saltford Hall, Wedmore Road, Saltford, Bristol, BS31 3BY** **on the 2nd Wednesday of every month**, as well as the Surgery held at **The Chantry, Hannover Room, Thornbury, BS35 1HB on the 3rd Wednesday of every month.**

 **Both surgeries run 10:00 - 13:00**

 An exciting new add on these events is our Pop-up-shop, including a talent table, displaying craft, art, and written works by people living with Parkinson’s. And also a display of commonly beneficial aids and adaptations and literature to those living with Parkinson’s. Some are bespoke items only available from **Face2Face Parkinson’s. Items can be purchased on the day or ordered for collection by arrangement.**

 Tea/coffee and biscuits will be available at both events so why not come along for a mingle and perusal, and see what we can do for you?

 **Please remember to book an appointment if you need to see me**,otherwise just pop in!

 Other events where I may be seen are:-

**Face2Face Parkinson’s Thornbury group**.

The Chantry. Slimbridge Room, Thornbury BS35 1HB

Last Friday of the month 10:00 - 12:00

First Saturday of the month. 10:00 - 12:00

Bristol Branch meeting. St Monica's,

Cote lane. BS9 3UN NOW OPEN! See you there!