

Useful information

Please contact the helpline:

- If you are experiencing side effects from your Parkinson's meds.
- If your Parkinson's symptoms get worse quickly and you need further advice (please look at the flowchart overleaf for some tips).
- **Please note, we are a patient initiated service (PIFU). We currently don't offer routine appointments but would be happy to review you at your request.**

If you need us, please call us.

The Parkinson's Nurses typically work Monday-Friday, 9am-5pm (service closed at weekends/Bank Holidays).

The helpline is an answerphone message service, please leave your name, number and details of your enquiry. We will aim to get back to you within 5 working days. If your call is of an urgent nature, please contact 111, or call your GP. If it is an emergency, please call 999.

The **Parkinson's UK charity** also offer a confidential helpline.

Call FREE on 0808 800 0303.

Opening times: Monday-Friday, 9am-6pm.
Saturday, 10am-2pm
(Closed Sundays/Bank Holidays).

Comments and Concerns

We welcome your views, feedback and suggestions about how we can improve our services. Please ask us for a feedback form, or fill it out online: <https://bit.ly/2PAD4IA>

Plymouth Parkinson's Digital App

If you have a general question about Parkinson's, such as constipation or benefits, you can always check out our app to see if it has the answers. It will often link to other useful websites. It also has downloadable videos from the Parkinson's nurses on subjects



Plymouth Community Parkinson's Nurse Specialist Team



Tel: 01752 434237 or email

Livewell.parkinsonsnurseservice@nhs.net

Have your symptoms become noticeably worse within the last month? (Symptoms: tremor, stiffness, slowness, poor speech)

