



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The other is a Parkinson's wolf, eg; withdrawn, Self-conscious, angry, apprehensive etc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- Parkinson's Advisor for Face2face Parkinson's C.I.C.

I have been supporting people living with Parkinson's for around 17 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.

I am convinced that in the move towards technical provision of services there should be exceptions for those who's conditions would be more likely to isolate them rather than benefit them. 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 lives with Parkinson's, MSA, PSP or CBD, from diagnosis onward. We recognise and respect the *ability* of the Parkinson's Community to influence the services they want and not to be told what they need. That is why Face2face Parkinson's C.I.C. is “**driven by the passion of people living and working with Parkinson's**”

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.
- We can provide home visits if necessary.

#### How we can be contacted?

Tel: Kevin - 07851 976796 (please leave name/number)  
Secretary – 07835 879335 (please leave name/number)

Email [face2face.parkinsons@gmail.com](mailto:face2face.parkinsons@gmail.com)

Website [face2faceparkinsons.co.uk](http://face2faceparkinsons.co.uk)



**North Bristol**  
NHS Trust



Face2face Parkinson's are delighted to announce that we are working with the NHS – North Bristol Health Trust to support the Parkinsons Clinics held at The Brain Centre at Southmead Hospital. We have also provided education and training at Southmead and been chosen to recruit for special projects and research.

**I can be seen at these clinics for general enquiries but not for longer appointments i.e. case work, form filling etc. Please contact me to check availability and location.**

We run regular support groups at:

**Saltford Hall, Wedmore Road, BS31 3BY**

And

**The Chantry, Thornbury, BS35 1HB**

For more details, please see our website or contact us by phone or email.

**We also run a peer support group for those recently bereaved who have lost someone who had Parkinson's. Please contact us for details.**

An occasional 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.

Refreshments will be available at all events and even [lunch at Thornbury](#)! 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, and to book for lunch at Thornbury** otherwise just pop in!

Face2face Parkinson's C.I.C.  
Registered Number 12739859 England