

OUR NEWS

Issue 001

Jan 2017

Parkinson's UK Local Development Team Update (Cumbria)

Cumbria Local Development Team - Update for Local Group Network

The Cumbria Local Development Team (LDT) brings together Parkinson's UK staff, volunteers and people living with Parkinson's to look at ways of increasing local support across the area. The principal aim is to develop the range of "Parkinson's Links" (see opposite) available to everyone affected by Parkinson's, at every age and every stage.

The main focus of the LDT during 2016 was to 'map' current levels of local support, in order to develop the rationale for priority setting and develop a Plan for future local development opportunities. Priority areas of activity for 2017 have now been identified and have been shared with local group network representatives who attended the October "Working Together" Events in 2016.

Details of the "Priority Areas" are on page 2 of this update document.

For more information about the LDT please contact Vivienne Rogerson, Area Development Manager, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1RJ Tel: 0300 123 3670

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Parkinson's Links

Parkinson's Links is the **list of support** that people affected by Parkinson's have told us they want to see in their local area. Together these make up the core components of "Parkinson's Links".

- **Mutual support** i.e. the opportunity to share experiences with people in a similar situation
- **Information, advice and signposting** to further help
- **Befriending**
- **Exercise**
- **Therapeutic activity**
- **Self-management**
- **Social activity**
- **Financial assistance** (local grant funding)
- **Listening to views, feedback and needs**

In addition, the Local Development Team supports:

- campaigning
- opportunities to participate in current research projects
- marketing and fundraising

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Priority Areas of Development in 2017

The Cumbria Local Development Team (LDT) will be focussing on key elements of “Parkinson’s Links” in identified geographical areas in 2017. The focus is to develop more opportunities for **Mutual Support, Exercise, Therapeutic Activity and Research**. The areas for development in 2017 are:

To establish drop in cafes for people with Parkinson’s their carers and family across those isolated communities in Cumbria.

We have already set up cafes in Kendal. There will be a café in Kirby Stephen, Shap, Appleby, Sedbergh and Ambleside all commencing March 2017. These will all run on a monthly basis and will have a trained volunteer at the venue. These are low key mutual support options for people. We have other identified areas that will be progressed.

- Access to exercise opportunities; we are involved with the county sports partnership in the development of training for providers. Signposting and looking at ‘diverse’ ways for people to become more active in collaboration with other agencies.
- To run a Research event where people can have conversations with a range of researchers via small table rotations, as well as main speakers. There will be information on the variety of ways you can become involved in research. This is on at: Rheged centre, Redhill’s, penrith on Friday April 28th **2017** 10.30 to 3pm. It is bookable
- We will work with our colleagues from the excellence Network to ensure that people are aware of the changes in services

The LDT will be meeting every 6 weeks to review progress and report back to our local group network via this “Our News”. There will also be some opportunities that arise as a result of partnership working which we will let you know about.

The Local Development Team

Volunteer Co-ordinators: north Cumbria- Linny Rubra, South Cumbria, Susan Newsham

Volunteers: Marjorie Thomas, Sarah Hinde, David little, Philip Gorley, Janet fielden

Local advisors: Lorraine Nicholson north Cumbria, Louise bailey south Cumbria

Area Development Manager: Vivienne Rogerson