



# Living Well North Tyneside

Supporting Health and Wellbeing

Raising awareness and supporting those affected by Parkinson's

## What is Parkinson's Awareness Week?

**Parkinson's Awareness Week** is an annual opportunity to raise awareness of Parkinson's disease, highlight the experiences of people living with the condition, and encourage greater understanding and support. The week is led by organisations such as Parkinson's UK, which works tirelessly to fund research, provide services, and advocate for those affected.

This year's theme continues to focus on breaking down misconceptions and reminding people that while Parkinson's is life-changing, support and understanding from the wider community can make a world of difference.

## What is Parkinson's Disease?

Parkinson's is a progressive neurological condition. It occurs when nerve cells in the brain stop producing enough dopamine, a chemical that helps control movement. Symptoms can include tremors, stiffness, slowness of movement, and difficulties with balance and coordination.

Parkinson's is the fastest-growing neurological condition in the world, with around 153,000 people in the UK currently living with it.

## The History of Parkinson's Awareness Week

Parkinson's Awareness Week has been marked for decades as part of the larger effort to ensure those affected by the disease are seen, heard, and supported. It not only raises funds for crucial research but also highlights the real-life stories of those living with Parkinson's and their carers.

## How to Celebrate and Get Involved

### 1. Learn and Share

Take time to learn about Parkinson's disease and share facts and personal stories on social media using **#ParkinsonsAwarenessWeek**.

### 2. Fundraise

Host a coffee morning, organise a sponsored walk or run, or take part in a fundraising challenge. You can also join national campaigns supported by Parkinson's UK.

### 3. Wear Your Support

Many supporters wear a Parkinson's tulip pin badge to spark conversation and show solidarity.

### 4. Attend or Host Events

Join webinars, awareness events, or online workshops, and encourage workplaces or schools to include information sessions during the week.

### 5. Support Carers

Remember the carers who provide invaluable help to those living with Parkinson's. Show appreciation or offer a helping hand to someone you know.

## How to Get Involved in North Tyneside

### Parkinson's UK North Tyneside Branch

Local meet-ups, information, support groups, and activities for people living with Parkinson's and their families.

### Northumbria NHS Trust Neurology Services

Find specialist clinics and medical advice for neurological conditions.

### Let's keep the conversation going

Parkinson's Awareness Week is not just about recognition — it's about action. Whether it's fundraising, learning more about the condition, or simply showing kindness and patience toward someone affected, every action makes a difference. Together, we can raise awareness, fund life-changing research, and support the Parkinson's community in living full, empowered lives.

### Related Links

- [Parkinson's UK](#)
- [European Parkinson's community](#)
- [NHS Parkinson's Guide: NHS Parkinson's Information](#)
- [Parkinson's UK North Tyneside Branch](#)
- [Parkinson's Disease service in Newcastle](#)



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