Group newsletter
November 2026

Par-Con 2026!

Our Parkinson's UK community convention Par-Con returns for a third year this 13 & 14 November at the Vox Centre to bring people together to discover the latest research and practical tips on living well with Parkinson's.

Book Your Spot! Don't miss out on shaping your own Par-Con experience. View the full **agenda**, read FAQs, and secure your online ticket by visiting **our Par-Con webpage**.

Carers Rights day, November 19th

Many people who provide unpaid care don't recognise themselves as carers, instead thinking of themselves as sons, daughters, spouses or partners, or good friends. This year Carers UK wants Carers Rights day to be an opportunity for people to recognise that they are carers and therefore have certain rights such as:

- at work, requesting flexibility or time off
- to have a carer's assessment from your local council
- free flu jabs
- consulted by hospitals when the person you care for is discharged and needs help coming home.

If you care for someone with Parkinson's you can find out more about your rights on our website, or by phoning our Helpline on 0808 800 0303. You could also join our carers online groups or WhatsApp Community.

November Nurse Appeal update

Our Parkinson's community has raised an incredible £8 million for our Nurse Appeal. Thank you to everyone who has shared and donated. With just two

months left to reach our £9 million target, we wanted to share how we're already putting donations into action.

Service improvement - safeguarding services and securing vital new posts with NHS organisations

- 34 new specialist roles have been pump-primed (19 Nurses and 15 AHPs), and 10 clinical fellowships, which together could help approximately 11,700 people living with Parkinson's.

Professional engagement - recruiting the future workforce

- Promotion campaigns across 5 cities, careers fairs and partnerships with nursing media to help recruit the next generation of Parkinson's nurses

Education Team - helping train the workforce

- Becoming a Parkinson's Nurse online course launched in May with 100 potential Parkinson's nurses already exploring the role

Policy and Campaigns - growing awareness of the workforce gap and lobbying key decision makers

- Lobbied MPs, provided evidence for investigations, published policy briefings on fixing the Parkinson's specialist health workforce, contacted 322 MPs with our Can't Wait campaign and launched our Integrated Care Board toolkit to help campaigners urge ICBs to ensure they have the adequate Parkinson's workforce to support their communities.

Celebrating Allied Health Professionals

On 14 October, we celebrated Allied Health Professional day by launching a new short film about William, a Parkinson's specialist funded by the Nurse Appeal who is based in Harpenden.

Watch the film and see the difference William is making in his community

Want to learn more about the impact of the Nurse Appeal so far?

Join our webinar on 18 November at 11am to hear from Marie, a Parkinson's nurse funded by the Nurse Appeal and Eleanor, our Associate Director of Policy & Health Strategy. **Sign up here**

Want to donate to the Nurse Appeal? Join the final push.

Nearly 30 Parkinson's UK groups and branches from Inverness to Weymouth have already given over £100,000 to this priority area of work via branch transfers.

Explore making a group donation to the Nurse Appeal - please contact rparford@parkinsons.org.uk to find out what opportunities are available.

Progress audio recording: Sleep

Our Progress Magazine volunteers were keen to prioritise finding new ways of sharing the articles from the magazine this year. As part of this, and to practice skills learnt at speech and language sessions, they decided to focus on an audio version of the recent article “How well do you sleep?” Please take a listen **https://www.youtube.com/watch?v=T1s37Q8Q81A**

Discover Parkinson’s UK Online Groups!

Alongside our local in person groups we offer a host of over 16 free online monthly groups. Whether you’re looking to share experiences, learn something new, or simply enjoy a friendly chat, our online spaces offer a welcoming community at the touch of a button.

> "There's less stress, less hassle with traveling. It's less tiring. You can boost the volume. If you struggle with hearing, you can have subtitles on, and you can boost the microphone volume if you've got a quiet speaker." - Online Group Volunteer

See a full list of online groups here. Interested in joining or have questions? Contact localnetworks@parkinsons.org.uk

People power! Celebrating our campaigning achievements

At our 2026 Campaigner Conference, we celebrated volunteers’ achievements, and shared ideas about how to grow our Parkinson’s campaigning community!

The theme of this year’s conference was ‘people power’! 25 passionate campaigners across the UK came together to celebrate our successes, share ideas, grow our campaigning community and make our campaigns even bigger, bolder and more impactful!

The conference was chaired by Nicky, a campaigner in Sheffield who has been involved in campaigns around Blue Badges and time-critical medication. She also attended the Conservative party conference in 2025 to meet with MPs and peers and represent the Parkinson’s community. We also heard from several other volunteers, Nic from Sunderland, Mike from Lancashire, Lisa from Nottingham and Garry from Edinburgh about their experiences and motivations for campaigning. You can read more about the conference and watch the recording here.

We have created a short video about our campaign successes, **which you can watch on YouTube.** To find out more about campaigning and how you can help grow our campaigning community, please contact us at campaigns@parkinsons.org.uk

Newly Diagnosed with Parkinson's webinar - Research: What's New and Why Your Voice Matters

Our next Newly diagnosed webinar is all about research. Please help us spread the word by sharing the below wording and this flyer with your networks.

Newly Diagnosed with Parkinson's? Join our webinar on Thursday 12 November at 6pm with Rory Cellan Jones (Movers and Shakers) and our panel of experts.

Find out what's new in research and what it's like to participate in clinical trials. The panel will explore community involvement, diversity and the role of technology.

Bring along your questions for our panel or send them in advance on the booking form. Book your place on Eventbrite.

Please get in touch with us at newlydiagnosed@parkinsons.org.uk if you have any difficulties booking.

Newly diagnosed online sessions

Final spaces remaining on our 2026 Newly Diagnosed online sessions! Please pass this on to anyone who might benefit.

First Steps – our online programme for people recently diagnosed with Parkinson's and their family, friends and supporters.

In 3 sessions, we'll help you to take the first steps in making sense of your diagnosis. And we'll empower you to start living well with Parkinson's by providing you with the information and support you need.
Find out more and book your place on the First Steps programme web page.

Welcome Sessions: A 90-minute Zoom call for those recently diagnosed. Share your story, connect with others in a similar position, and discover how to access our support.
Find out more and book your place on the Welcome Sessions web page.

Stay Well This Winter: Flu Vaccinations & Hand Hygiene

As winter approaches, a reminder on keeping our community safe and healthy:

Get Vaccinated: People living with long-term neurological conditions are at higher risk of severe illness from flu. The flu jab offers strong protection and is free for most eligible adults through local GPs or pharmacies. We encourage everyone who is eligible to book as soon as possible.

Having Parkinson's alone may not automatically qualify you for the vaccine, so please check full eligibility at nhs.uk/fluvaccine. If you care for somebody with Parkinson's you are likely eligible for a free vaccine, see more information here.

Practice Good Hand Hygiene: Regular handwashing with soap and water for 20 seconds remains one of the best ways to stop the spread of viruses. Keep hand sanitiser handy when out and about, and remember to Catch it, Bin it, Kill it with tissues. Thank you for helping keep our groups safe!

Interested in finding out more about research?

Sign up to our Research Support Network!

Interested in finding out more about campaigning?

Sign up to our Campaigns network!