

April/May 2022 Members' Bulletin

Important Benefits Changes in Scotland

You may have heard that the main disability benefit for people of working age - Personal Independence Payment (PIP) - is changing in Scotland. PIP will be replaced by the Adult Disability Payment (ADP). But what does it mean for people with Parkinson's?

If you are already receiving PIP **you do not have to do anything**. Your current PIP award will be automatically transferred and delivered by the Scottish Social Security Agency at some point after August 2022. You will receive ADP in the same way, and at the same rate, as you received PIP.

If you have a Motability vehicle, you will be seamlessly transferred to a Scottish scheme on the same terms.

If you've already applied for PIP and are waiting for a decision, you should continue with this process.

If you're applying for disability benefits for the first time, it depends what area you live in. Some council areas are piloting ADP for new applications. [Scroll down this page](#) to see whether your area is in the pilot. If your area is not piloting ADP, you should [apply for PIP](#).

From 29 August 2022, ADP will be open to everyone in Scotland and all new applications should be for ADP. Find out [how to apply for ADP here](#) - including options for completing the process online, by phone or on a hard copy paper form

The assessment criteria and payment rates are the same for ADP and PIP. But there are some positive aspects of ADP. For example, most people will not need a face to face assessment, and there will be more long-term awards for people with conditions like

Parkinson's that won't improve. We hope that these good intentions will mean that people with Parkinson's have a much more positive experience of claiming the financial support they need.

And we can help! Please contact our [free helpline on 0808 800 0303 to speak to an expert adviser](#).

Did you know that unpaid carers in Scotland can still access free lateral flow tests?

After the recent changes, very few disabled people or those with long term conditions are eligible to get free lateral flow tests. People with Parkinson's do not qualify. But [Scottish Government guidance](#) says that all unpaid carers in Scotland can continue to access free tests [via the UK Government website](#).

Do you support someone to live with Parkinson's?

Living with Parkinson's affects partners, relatives and friends too. If you provide emotional and / or practical support to someone with Parkinson's, it is important that your role is recognised and supported.

The Care Inspectorate regulates all social care in Scotland. It is conducting an [Unpaid Carer Inquiry survey](#) - and we want to make sure that the experiences of people who support someone with Parkinson's are heard.

If you're an adult who provides day-to-day support to another person aged 18+, you can [take part](#). You don't have to call yourself a carer. And you don't have to use formal social care support, or be eligible for Carers' benefits.

Free Everyone Active Membership

Find out more [here](#).

Lancaster survey

Many of you completed our Lancaster University survey, gathering insights from people living with Parkinson's and their families who provided unpaid care during the pandemic. Find out more about the results [here](#).

Accelerating research

Parkinson's UK is hosting an online lecture, *Accelerating Research*, to celebrate the 5th anniversary of our most ambitious research venture to date: the Parkinson's Virtual Biotech. The lecture will focus on how the Parkinson's Virtual Biotech has ignited collaboration between researchers, companies, doctors and people with Parkinson's around the world.



Find out more about the event here and [register today](#) for free!

Walk for Parkinson's - Find out where there is one local to you [here](#).

Symprove

[Symprove](#) is a unique, water-based supplement that contains four strains of live and active bacteria and could help you to boost your gut health. We have a long standing partnership with them, as well as an ongoing [research trial](#) exploring its potential benefits for people with Parkinson's, and they want to help Team Parkinson's members try their supplement at a discounted price.*

Members can receive a 12-week programme for £120 (RRP £149.99), or try a 4-week pack for £50 (RRP £79). To order and claim your discount, call Symprove on 01252 413600 and quote your Parkinson's UK membership number.

*Offer available to Team Parkinson's members upon quoting your membership number when you call. Valid for multiple or repeat orders. Postage and packaging is free. Orders within the UK only.

Kiltwalk Aberdeen

Kiltwalk series has returned this year with a bang seeing all in-person events across Scotland back. We have the next Kiltwalk event in **Aberdeen on Sunday 29th May** and we would love you to get your kilt on for Parkinson's UK Scotland and be one of our walkers.

All in-person events have 3 distances to choose from; Wee Wander (6/8 miles), Big Stroll (13 miles) and Mighty Stride (26 miles).

We will support you with a t-shirt or breathable top to wear on the day and send a fundraising pack and any fundraising materials to help you along the way and make the most of your fundraising. Don't forget the Hunter Foundation will top up anything you raise by 50% meaning the charity receive 150% of what you raise.

If the Aberdeen walk is too far to travel we also have Kiltwalk Dundee on **21st August** and **Kiltwalk Edinburgh on 18th September** as well as the virtual weekend on 7-9 October. To register please go to <https://events.parkinsons.org.uk/scotlandkiltwalk>. Get in touch with the Regional Fundraising team if you would like to know more about the discount code available before registering by emailing scotlandfundraising@parkinsons.org.uk

Walk for Parkinson's

Our only evening walk in Scotland for the Walk for Parkinson's series is happening on **Thursday 9th June** at The Kelpies from 6pm. It's a chance to walk around the Helix Park and take in the majestic 30-metre high horse-head sculptures that are so iconic to the Falkirk area.

The walk is a 1 and 5-mile route and is on footpaths making it ideal for wheelchair/pushchair users. You can also bring your 4 legged friends as long as they stay on a lead.

Registration is £12 per adult or £6 for children under 18 and babies under 2 are free. Once registered we will send you a Parkinson's UK t-shirt, walk number and fundraising pack with lots of tips and advice to help with your fundraising. Every penny you raise will power breakthroughs in Parkinson's. On the day we are also looking for volunteers to help marshal and cheer all our walkers and we are also looking for a photographer to help capture the evening.

To register for the walk or to volunteer please [click here](#)

May 2022 Younger Parkinson's (YP) Online Sessions

We've organised a mini-May online event for people with Parkinson's of working age and those closest to them. This time, we'll be focussing on sharing hints and tips that make living with Parkinson's that bit easier. There are 5 bitesize sessions spread over 3 days starting on **Wednesday 11 May**. Like before, the programme is completely flexible - attendees can dip in and out at times that suit. For full details, contact Chloe MacMillan on 0300 123 3679, or scotland@parkinsons.org.uk

Grampian and Moray YP Information Event

On **Tuesday 21 June**, we will be hosting an evening reaching out event in Aberdeen for people affected by Parkinson's of working age living in Grampian and Moray. We are hoping to have a Parkinson's nurse, an exercise specialist and someone from the Aberdeen Branch along, as well as one of our Parkinson's Advisers. The purpose of the event is to raise awareness of the support available and to explore demand for further YP activities in Aberdeen/surrounding area.

It will be held at 7pm in the Jurys Inn, Guild Street, Aberdeen AB11 5RG. For more information contact Chloe on 0300 123 3679 or scotland@parkinsons.org.uk

Montrose Parkinson's Cafe is Back!

We're pleased to let you know that the Montrose Parkinson's Group is restarting on **Thursday 5th May**, and will be running on the first Thursday of every month. It will be restarting initially as a group rather than a cafe, until the volunteers feel comfortable serving refreshments again. Drop in any time between 10am and 12.00pm at YMCA, 98 Murray Street, Montrose, DD10 8JG.

Come and Meet James Jopling - our new Scotland Director

Heather Kirk will be hosting a Zoom call for you all to meet and chat to James Jopling. It will be his chance to meet many of you and answer any questions you'd like to ask about him and his role. Here is the Zoom link, please join us at **3pm on Tuesday 24th May**.

[Join Zoom Meeting](#)

Spring Online Programme for Family, Friends and Carers

Hello Everyone - great news: we're back and can't wait to see you soon! We've arranged another block of 3 online sessions, specifically for family members and carers of people with Parkinson's, on the last Tuesday of the month in April, May and June. Here is a summary of the details:

- Tuesday 31 May, 7pm - Feel better through relaxation with Nicki Beveridge
- Tuesday 28 June, 2pm - Parkinson's & Occupational Therapy

For full details, please see pdf attached, or contact Chloe, 0330 123 3679

Please note for each session, if you sign up, you will be sent a reminder the day before and the Zoom link in the morning.

Dates for your Diary - all details above

5th May - Montrose Cafe/Group restarts

11th May - May YP Sessions start

24th May, 3pm - Meet James Jopling, the new Scotland Director on Zoom

29th May - Kiltwalk Aberdeen

31st May, 7pm - Family, Friends and Carers Online

9th June - Kelpies Walk - 9th June

10th June - Closing date for Physical Activity grants

21st June - Grampian and Moray YP Information Event

28th June, 2pm - Family, Friends and Carers Online



Please remember that our full team of Parkinson's Advisors are here to support anyone affected by Parkinson's in Scotland. Just call our Helpline - 0808 800 0303 or email

hello@parkinsons.org.uk