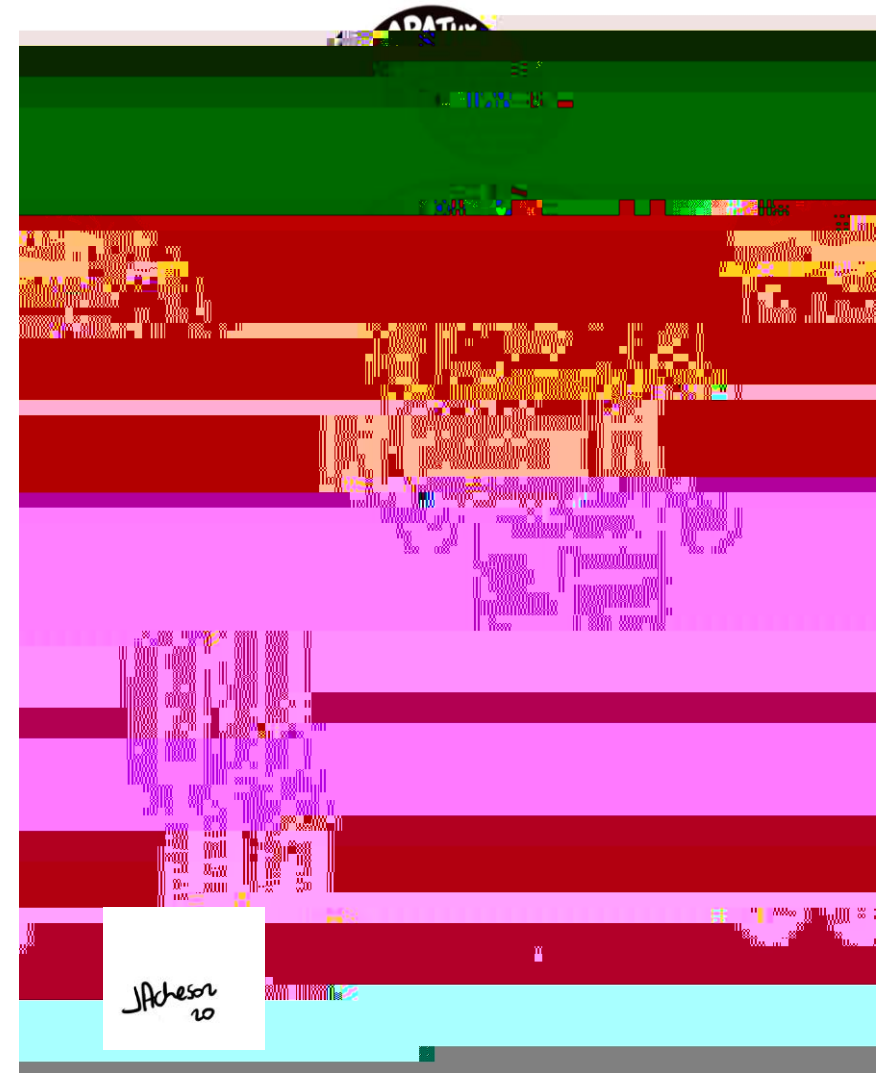




Lancaster University

Parkinson's UK
Cathal Doyle





" The last few weeks have been exhausting. I'm still working (from home), home-schooling my 3 kids and all the usual household chores. Trying to exercise also.

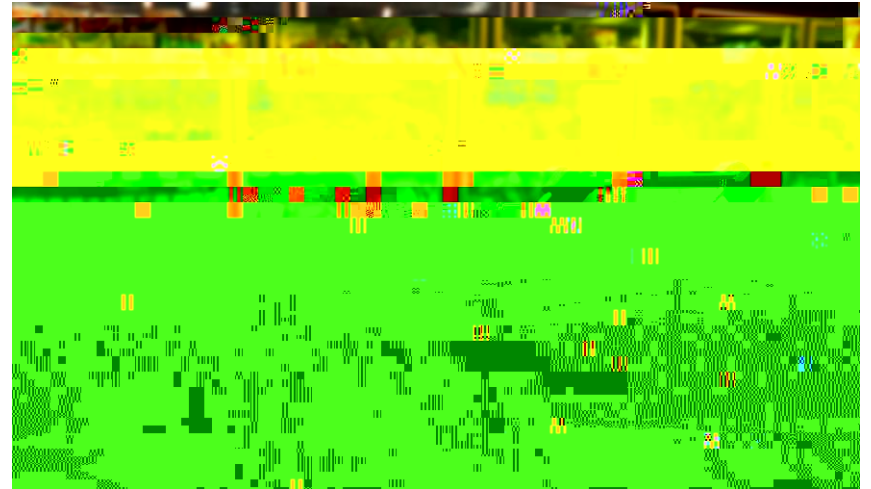
"

" Since the lockdown it has been sheer hell, I am currently experiencing severe problems with extended off periods and freezing up when trying to walk.

The problems are

. All my NHS appointments [...] with the neurologist, PD nurse and neurophysio, that I have waited a long time for, have been cancelled with no alternative offered. I had built up a whole programme of activities for myself (outside the house) and was feeling much better as a result. I am obviously not able to do them now. I have tried to fill the gaps with exercising at home, joining various zoom classes but I am still regressing. My meds. don't work as well and I need some professional support."

Main problems



“

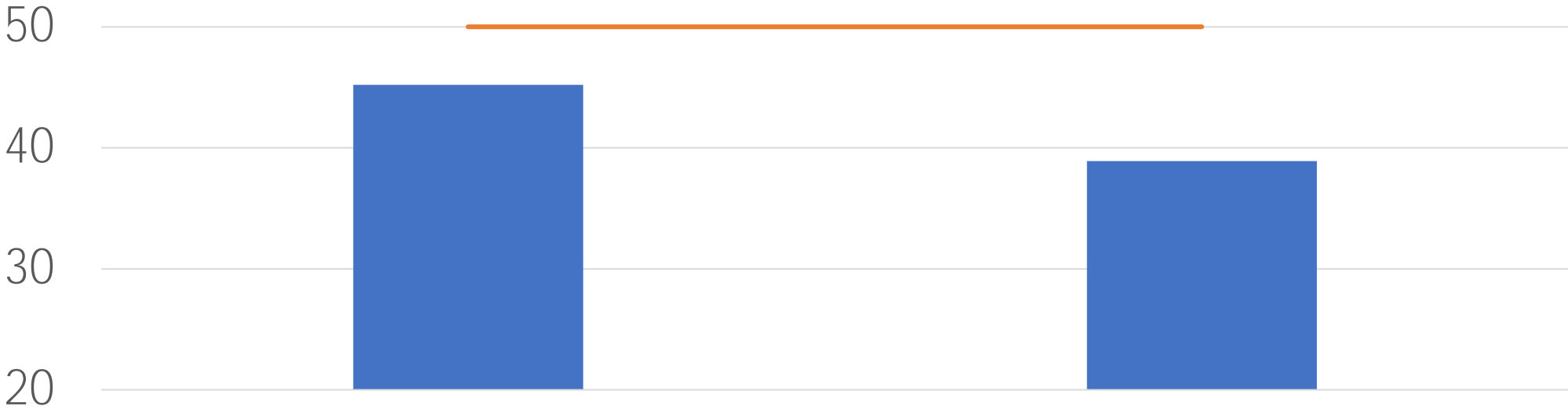
. *Weekly*

*" , a loss to me.
One day I was allowed out and the next day had to stay home. There
was no time to adapt to the lock down. I have been having zoom calls
but this is nothing like face to face contact."*

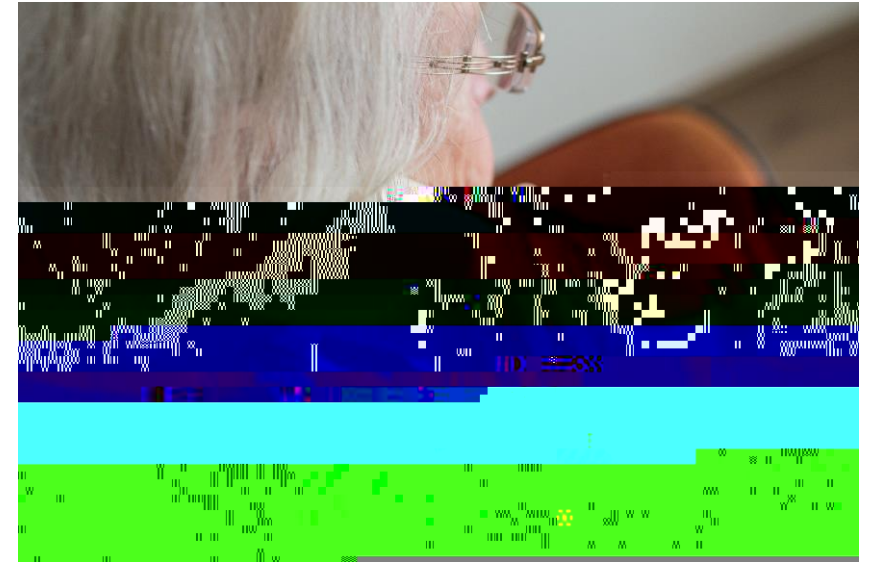
*" [Local
with Zoom meetings as well as Zoom singing groups, Tai Chi,
Camera Club, [Name of area] Group, Facebook Group and Quiz nights
to name a few."*



Average wellbeing on Warwick-Edinburgh Mental Wellbeing Scale



"I am pleased with the contact we have had with offers of help and people checking on us. Our health coach at the GP surgery has phoned, the council have phoned to check if we need



NeuroLifeNow app in March 2021 (348 respondents)



National Neurosciences Advisory Group (NNAG, April 2021)

