

Ideas for getting out and about.

Let's keep it simple

Going a bit stir crazy due to COVID isolation and/or mobility restrictions? Did you know.....

The Red Cross hire out wheelchairs for £15* per week-

0344 871 11 11

contactus@redcross.org.uk

-The more substantial wheelchairs may feel more stable and secure on uneven surfaces but would of course be heavier to push so....

Personal assistants or companions can provide a vehicle which accommodates a wheelchair and take you out and about and do the wheelchair pushing.

Some examples of these specialist services include:-

Driving Miss Daisy Victoria Park

Head Office: 0333 014 6211 **Direct:** 07504 229082

VictoriaPark@drivingmissdaisy.co.uk

Contact Rachel or Simon Webb

Adorno Companions

<https://adornocompanions.co.uk/contact-us>

Or if you want a Personal Assistant who is a Parkinson's Specialist, I think that's just me! Sorry!

If you go somewhere and feel more adventurous, this is brilliant, and super cheap, but you still have to get where you want to go of course.

These people hire out "Trampers" – an all-terrain buggy which is stable on uneven surfaces.

*Membership is £10 a YEAR and the hire the buggy is variable but typically £2.50 per hour

You can buy a taster membership for £2.50 to try out.*

07958 517919

email info@countrysidemobility.org

<https://www.countrysidemobility.org/membership>

Again, if cost is an obstacle then you may be eligible to apply for financial support and use this for any or all of the services listed above? So many people are entitled to **non-means tested** benefits who do claim. Please check!

We at Face2Face Parkinson's are keen to find solutions to any obstacles you may encounter because of living with Parkinson's.

Kevin Carter – Independent Parkinson's Advisor and Personal Assistant.

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*prices from service providers, as of Sept 2020

Face2Face Parkinson's C.I.C.

10 Charborough Road, Filton Park, Bristol BS34 7RA

Registered Number 12739859 England

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