

Parkinson's Specialist Nurse Service

Contact information

Our service is available **Monday - Friday 9.00am – 5.00pm.**

Tel: **0151 514 6685**

What is Parkinson's?

Parkinson's is a progressive neurological condition caused by the slow deterioration of the nerve cells in the brain which produce dopamine, which helps control muscle movement throughout the body.

The main symptoms of Parkinson's are tremors, muscle stiffness/rigidity and slowness of movement. It can affect how you express yourself verbally and non-verbally (eg smiling) as well as contribute to tiredness, bladder and bowel problems, sleep disorders, anxiety and depression, which all have an impact on day-to-day lives.

Whilst there is currently no cure for Parkinson's, the right care and treatment can help to relieve symptoms.

About Parkinson's Nurse Specialists

Our Nurse Specialists provide expert advice, care and information for people living with Parkinson's, their carers and families.

Following diagnosis and referral to our service by a hospital Parkinson's Consultant, we offer practical and emotional support to:

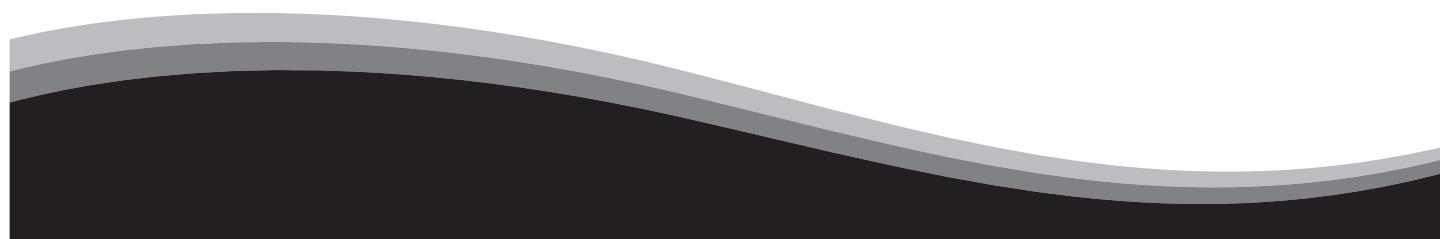
- help you better understand your Parkinson's diagnosis
- manage symptoms through self-care and medication
- assess your needs and develop a personalised care plan
- offer guidance and advice

You can be seen in a hospital clinic or in your own home and where it may be beneficial we can refer you to other services such as physiotherapy, speech and language therapy, nutrition and dietetics and occupational therapy.

We provide a service to patients registered with a Wirral GP and offer a telephone service as well as home visits for advice, support and information.

NOTE: Our service supports people following diagnosis of Parkinson's. If you think you may have Parkinson's please make an appointment to see your GP.

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Accessing the service

If you suspect you have Parkinson's then please see your GP to discuss your symptoms. They can refer you to a specialist Parkinson's Consultant for diagnosis. After diagnosis, the Consultant may refer you to see our Parkinson's Nurse Specialists.

About your appointment

One of our nurses will arrange a telephone appointment or visit you at home. This is usually within six weeks of referral.

At the appointment, we will talk to you about your symptoms and diagnosis. We will need to check what medication(s) you might be taking and discuss any areas of concern.

Ongoing support

Following your initial appointment, you can arrange future appointments to see a nurse or call the service for telephone support using the contact details in this leaflet.

Parkinson's UK

Parkinson's UK is a registered charity that raises money to help research the condition and offers a support network to people with Parkinson's as well as their families and carers.

www.parkinsons.org.uk

Helpline: **0808 800 0303**



**Scan the QR code to leave
feedback about our service.**

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

August 2025 V7



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