SEASONS GREETINGS EVERYONE!

We hope that you are safe and warm in your home during this cold winter spell! This is the first of SPIRiTT’s six monthly newsletters, which will give you information about the progress of the study.

SPIRiTT is funded by the Department of Health and aims to investigate the effects of specialist rehabilitation delivered by a multidisciplinary team of health professionals to people with Parkinson’s and their carers, in their own homes. The purpose is to help plan future services for people with Parkinson’s.

We currently have 219 people with Parkinson’s who have volunteered for the study, and we are still recruiting to reach our target of 270. So, if you know anyone who may be interested, please do pass our contact details along! We are very grateful to those who are patiently waiting to start.

Thanks to the research and intervention teams who have been working very hard to ensure that the best possible care is delivered and that the study runs smoothly.

Chief investigator

RECRUITMENT

The map shows the different locations of our volunteers. Volunteers are seen by the study teams in groups of 30 based on geographical location. To date, three groups have been seen.

The research nurses, Gillian Carey or Christina Chorley will be the first to contact you. The estimated start dates for the remaining study groups are:

- **Group 4**: 4th January 2011
- **Group 5**: 7th February 2011
- **Group 6**: 22nd March 2011
- **Group 7**: 9th May 2011
- **Group 8**: 20th June 2011
- **Group 9**: 1st August 2011

Contact the SPIRiTT team!

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**Telephone:** 01483 68 4611 or 01483 68 2947

**Email:** spiritt@surrey.ac.uk
MEET THE MULTIDISCIPLINARY TEAM

PARKINSON’S NURSE SPECIALISTS
Gillian Carey and Janet Daulton

- Review medications
- Advise on symptom control and health promotion strategies
- Act as link between other health professionals

Gillian and Janet have over 15 years experience caring for people with Parkinson’s

PHYSIOTHERAPISTS
Jane Doherty and Geraldine Forster

- Advise on maintaining mobility and physical independence
- Provide exercise programmes to help with stiffness, muscle weakness and falls prevention
- Advise carers on safe lifting and handing

Jane and Geraldine have over 10 years experience in Parkinson’s

OCCUPATIONAL THERAPIST
Jane Farquharson

- Assess and advise on performing day-to-day activities
- Advise on appropriate aids, equipment or adaptations to help you maintain your independence in your home

Jane has over 10 years experience caring for people with Parkinson’s

SPEECH AND LANGUAGE THERAPISTS
Judith Anderson and Alison Cox

- Advise on all aspects of communication (from facial expression and body language to speech and communication aids)
- Assess and advise on swallowing issues

Judith and Alison have over 10 years experience caring for people with Parkinson’s

CARE ASSISTANTS
Lynn Callan, Grace Cheshire and Sarah Wakefield

- Work under the supervision of the health professionals to continue with the agreed, individually tailored care plan

Lynn, Grace and Sarah have over 15 years experience in the caring profession

Christmas Tombola

All volunteers who receive this newsletter will be entered into a Christmas Tombola. One lucky volunteer will receive a Christmas hamper worth £30 by the 20th December 2010!

We wish you all a very Merry Christmas and Happy New Year!

SPIRiTT team