

## Consultant neurologist



Dr Marko Bogdanovic  
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Clinical Admin Team (CAT10)  
0118 322 5474

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## Consultant in elderly care



Dr Apurba Chatterjee  
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Clinical Admin Team (CAT10)  
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## Consultant clinics

Dr Bogdanovic runs clinics in Townlands, and RBH and Wokingham.

Dr Chatterjee runs clinics in Townlands. The MDT movement disorder clinic runs in Battle Block Outpatients level 1.

Dr Weir runs clinics in RBH and WBCH.

Dr Armstrong runs clinics in RBH and Bracknell.

Dr Khan runs clinics in RBH and WBCH.

If, for exceptional reasons, you are not able to come to any of the available clinic times, please liaise with the appropriate Parkinson's nurse.

It is possible to make appointments for telephone consultations, Monday to Friday, with a Parkinson's Clinical Nurse Specialist. A specific time will be allocated when she will phone you to discuss your concerns. To

arrange this, please leave a message on the appropriate Parkinson's nurse's contact number. Messages are picked up daily from 8am until 4pm and returned the same day, wherever possible.

Any problems that require prompt attention, please contact your GP.

Parkinson's Clinical Nurse Specialist (CNS):  
Carrie James (neurology) - 0118 322 8487 (answerphone).

Helen Avery, CNS for older people with Parkinsons, also Neurology CNS for Wokingham area – 07775 418682 (answerphone). Working hours Mon-Fri.

Sara Drake, CNS for older people with Parkinson's, also Neurology CNS for Newbury area 07827 897294 (answerphone Wed-Fri).

### **PCNS service is weekday only.**

If you need to discuss an issue relevant to your Parkinson's please contact the PUK helpline 0808 800 0303. Contactable via the Hub on Telephone 0844 4060979.

Out of hours or in the event of an emergency please contact your GP.

Neurology Department  
Royal Berkshire NHS Foundation Trust  
London Road, Reading RG1 5AN  
Telephone 0118 322 5111  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

Carrie James, June 2019  
Review due: June 2021

## What is Parkinson's?

Parkinson's is a progressive neurological condition. People with Parkinson's do not have enough of a chemical called dopamine. Without dopamine people can find that their movements become slower, so it takes longer to do things.

### **The main symptoms are:**

Tremor, stiffness and slowness of movement, Insomnia, sleepiness, anxiety, fatigue, constipation, pain, hypotension, blood pressure that is low, restless legs, sweating, dry eyes.

## Medical/peer support

You will have been referred by your consultant to the appropriate Parkinson's nurse. You will be seen by the nurse/consultant once each year.

Please contact your nurse in between times if you need questions answered or on-going support.

Also please contact your local Parkinson's group for support.

You can contact the PUK information and support staff if you need help in your specific area too.

## Driving:

Many people continue to drive after they are diagnosed with Parkinson's. You are required by law to inform the DVLA and your insurance company.

## Advanced care planning:

If you need advice or help on planning future care needs please contact your Parkinson's nurse so this can be discussed and you can be guided to the most appropriate people to discuss this with further.

## Your local Parkinson's groups:

Henley 07766 666551

Newbury 07413 605937

Reading 0118 267348

Bracknell [secretary@bracknellparkinsons.org](mailto:secretary@bracknellparkinsons.org)

### PEPS Berkshire

Nigel Crabb 07810 554650

PEPs promote a positive perspective on Parkinson's for young onset *Parkies*. Web: [www.pdpeps.org](http://www.pdpeps.org)

Parkinson's UK 0808 800 0303

Parkinson's UK provides support and activities, including physiotherapy and hydrotherapy, costs £4 a year membership. [join@parkinsons.org.uk](mailto:join@parkinsons.org.uk)

For information and resources from Parkinson's UK contact 0330 124 3250 [resources@parkinsons.org.uk](mailto:resources@parkinsons.org.uk)

## Support for carers

Reading & West Berkshire Carers Hub  
0118 324 7333 [ask@berkshirecarershub.org](mailto:ask@berkshirecarershub.org)

## PUK local advisers

Sarah Dolan (Reading, Wokingham & South Oxon) 0344 2253677

Kay Andrews (Bracknell) 0344 2253676

Tina Kislingbury (W Berks) 0344 2253758

## People working within Parkinson's' umbrella

- Carrie James, Lead Clinical Nurse Specialist (CNS) for long-term neurological conditions, CNS for Parkinson's 0118 322 8487. Based at RBH, Carrie runs clinics at RBH, Townlands and Bracknell clinic.
- Helen Avery, CNS for older people with Parkinson's, also Neurology CNS for Wokingham area 07775418682 (answerphone Mon-Fri). She runs a clinic in Wokingham.
- Sara Drake, CNS for older people with Parkinson's, also Neurology CNS for Newbury area 07827 897294 (answerphone Wed-Fri). Sara does a clinic at West Berks Community Hospital.
- Wendy Baker, Neuro Navigator, is the administrator for the team. She will help with any non-clinical admin/appointment queries 0118 322 6855.