

## Volunteering E-News



### **PSP & CBD and Coronavirus**

PSP & CBD have not been specifically mentioned in Government guidance, but people over 65 and those with a medical illness have been identified as being more at risk. PSP & CBD fit these criteria and so extra care does need to be taken.

As a result, from Monday 16 March all Local Group meetings are being suspended for a two-month period. This will mean a recommended break in Local Group meetings until at least June.

We know this may be disappointing for members who look forward to the get-togethers, however, we recommend keeping in contact with group members using phone, webchat and other technology.

Advice provided by a leading neurologist and Carers UK supports the importance of having a 'Plan B' in place for any care provision for yourself or a loved one, in case illness should strike.

If you care for a loved one, now is the time to establish a network of friends and family who could step in to help should you become ill. If you have paid-for-care, contact your provider to discuss how your care plan will continue should you get ill or your regular carer has to isolate suddenly.

If you need some help in planning care contingency, please contact our Helpline on 0300 0110 122 or [helpline@pspassociation.org.uk](mailto:helpline@pspassociation.org.uk)

Advice is also available from Carers UK, [here](#)

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## **Helpline Volunteers needed**

Due to a change in available volunteers, our evening Helpline hours will be reducing.

From 1 April our Helpline will only be available from 7pm to 9pm on Mondays,

Wednesday and Fridays. It will, however, remain open Monday to Friday between 9am and 5pm.

If you have some spare time and would like to support our evening Helpline once or twice a month, you can sign up to become a Helpline volunteer.

Full training will be provided.

[Sign up here](#)



## **Join our volunteering Facebook community**

Whether you are an office volunteer, organise a local group or support our Helpline, you can gain ideas, share experiences and get peer to peer support on Facebook.

The PSPA Volunteer's Community Facebook page currently has 31 members sharing photos and having discussions.

[Join the PSPA volunteering conversation here](#)

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## Local Group Coordinator wanted

We've established a need for a local group in the Newbury area.

We have a lovely venue lined up and lots of people interested in attending, but currently, no volunteer to help facilitate the meetings.

If you live in or near to Newbury, have a few hours to spare each month and would you like to be part of an amazing team, we'd love to hear from you!

[Email volunteering here](#)

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PSPA is the only national charity in the UK supporting families affected by PSP & CBD while funding research into treatments and a cure. Charity number England and Wales 1037087/ Scotland SCO41199.