

## **Sample information for Virgin Money Giving**

Many people with tremor isolate themselves and feel embarrassed in certain public situations. The aim of "The Journey is to give people the confidence to talk about their tremor and raise awareness.

By taking part in this "journey" we hope it will encourage people to engage in some activity such as a walk around their garden, a run or cycle ride, or any other physical activity.

Essential Tremor (ET) is considered one of the most common neurological movement disorders and is estimated to be eight to 10 times more prevalent than Parkinson's disease. People exhibit a rhythmic trembling of the hands, head, legs, trunk and/or voice. It can afflict persons of any age, gender and race and in the vast majority of all cases it is inherited. While more commonly noticed in older individuals, essential tremor can begin as early as birth.