

Rebuilding with support around me

Andrew Robshaw

I was working in Chile as the General Manager of both the Chilean-British and the Chilean-Australian Chambers of Commerce, as well as leading the British Chambers of Commerce in Latin America, when I was diagnosed with Parkinson's in 2009.

At the time, I had a highly successful corporate career behind me; I'd been a trader in the City of London, set up a logistics company in France (where I lived for 14 years), and held two master's degrees, the latest from London Business School. I felt secure and accomplished. I was also married for 22 years, and we had four wonderful children.

With the diagnosis, everything unravelled. I lost my job and my marriage, and eventually, in 2018, I returned to England to rebuild my life after 15 years away. It was an incredibly difficult journey. Little by little, however, the tide began to turn. I was accepted for Deep Brain Stimulation (DBS) surgery, which finally allowed me to finish writing my book—something that Parkinson's freezes had previously made impossible.

Then, 2025 brought the greatest change of all: I married my partner, whom I first met in Chile and who had been by my side for ten years.

Participating as a rower in the Parky Paddlers team has proved *once again that limits are imaginary barriers that constantly constrain our lives.*

Throughout this entire journey of rebuilding my life, Parkinson's UK has been with me every step of the way. Here in York, I have found friends, mentors, and an organisation that empowers me daily to become a better version of myself and to overcome every challenge that Parkinson's throws my way.