
Welcome to this weeks Newsletter. We hope you are all keeping safe and well. Please note that our Freephone Helpline 1800 359 359 is open from 9am - 7pm Monday to Thursday and 9am - 5pm on Fridays. If you wish to avail of our Nurse led call back service please phone the Helpline to arrange a call.

Recent Developments in Parkinson's Association of Ireland

Members will be aware of the events of the AGM of the 10th of October, last. Regrettably, most of the board resigned at that meeting leaving only Mr. Michael Burke of Tipperary Branch, who had been unable to attend.

Under the Rules of the Association, Mr. Burke became de facto Chair and immediately canvassed the Branches to ascertain who would be prepared to act as Board Members. He also immediately contacted the Charity Regulator. Una Anderson Ryan (MidWest Branch), Ann Foxe (Donegal/Sligo Branch), Marie Cahill (Galway Branch) and Jake McDonnell (Dublin Branch) were prepared to step forward in the circumstances and did so on the day following the AGM. The Board sought a meeting with the Charity Regulator on the Monday and spoke by Zoom to the Regulator the following Wednesday. The Regulator was supportive and understanding but did require immediate actions going forward and asked that the Regulator be kept up to date.

The Board in difficult circumstances has undertaken these tasks including calling an EGM and seeking to conclude the AGM of the 10/10/20.

The organisation was left in some disarray with immediate requirements as to confirmation of the resolution of the issues raised at the AGM, dealing with Governance Issues to the satisfaction of the Regulator and most importantly finalising the 2019 Accounts which were required to be filed by the 31/10/20 last.

The Board has made every effort to deal with the issues and are pleased to report progress. Paula Gilmore has resumed as CEO and the Board and CEO are in daily contact with the Accountants Tax Assist and have also met the Auditor Tracey Byrne

Due to Covid 19, the accounting deadline has been extended for all organisations and PAI now has to file by the middle of December. The Board is confident that this will be done and the Annual Draft Accounts will be circulated by close of business

this Friday 13/11/2020 for consideration at the adjourned AGM on the Saturday week 21/11/20.

Members will be aware of issues high lighted at the AGM of the 10/10/20. The Board have been fully engaged with the relevant branches, the accountants, the auditor and Regulator as to confirmation that these issues are resolved. The Board is satisfied that while there were issues with Governance there is no issue of impropriety or wrong doing by any branch.

The number of Board members is set at 8 and there are 3 vacancies and the present Board is actively seeking new Board members who would have particular skill sets most particularly ones with Financial Governance experience.

The Board are aware of issues in relation to the Data Base and communications generally. The present Covid restrictions have led to difficulties in that the Carmichael House staff can not access the office and are working remotely. The Board are committed to updating the Data Base including the members contact details and identities. The Board is asking the Branch Chairperson to pass on all information to the members as best they can.

An issue that does need resolution is a required over sight by the Board of the various branches while allowing the branches to retain local autonomy over funding and expenditure. The Board are committed to putting in place a model which will both satisfy Auditors and Charity Regulator. There are a number of models. The Accountants Tax Assist have been most helpful in identifying a model which will preserve local autonomy and satisfy the Regulatory Requirements. There will be a requirement for the organisation to up skill and train. The Board is to familiarise themselves with the various models and will come back with a recommendation as to which is a best fit for PAI.

The AGM of the 10/10/20 seems to have broken up rather than having been adjourned. The earliest opportunity to hold an EGM has been taken for the purposes of ratifying the present Board and immediately thereafter conclude the AGM so that the organisation can move forward.

Those who attended the AGM will be aware of the practical issues as regards participation. Zoom is not ideal but as matters stands is what is available. With this in mind if branches or individual member have particular questions the Board will

welcome these in writing, so that these can be formatted into the AGM. The Board asks that any such questions be as specific as possible and emailed to head office.

The Board having taken the requisite legal and financial advice remain confident that the difficulties passed and present will be overcome and that the organisation as a whole will be able to advance the ideals and practical work of Parkinson's Association of Ireland.

Kind regards
Michael Burke

Parkinson's Disease Nurse Specialist Call Back Service.

Our Nurse Nicola works Mondays and Fridays each week.

It is a call back service.

Our helpline can be busy at times.

If you do not get through please leave a name and contact number and we will make sure we get back to you.

Freephone Helpline 1800 359 359



Keep ON Moving: a new exercise programme to do at home

Dear members,

you will all remember the [EPDA ExerciseCast](#) – our own online **video exercise programme** that was launched in April 2020 to help people with

Parkinson's stay active and motivated while forced to stay at home amidst the [COVID-19](#) pandemic.

Following the success of the EPDA ExerciseCast, which saw great engagement and participation from all around the world, the EPDA joined forces with our company partner [BIAL](#) to produce a **new exercise programme** for people with Parkinson's to perform at home – [Keep ON Moving](#).

The first episode of this new series launches this week, when most European countries are, sadly, again facing a lockdown situation due to COVID-19, and millions of people – including people with Parkinson's – will again need to stay indoors.

EPDA Board member and physiotherapist [Josefa Domingos](#) and speech and language therapist [John M Dean](#) (both specialised in working exclusively with Parkinson's for more than 15 years) collaborated with the BIAL video team to produce this series of [workout videos](#) – aimed at **guiding people with Parkinson's in doing exercise at home**.

Each video can be watched separately for a quick practice or in sequence with others, for a longer and more complete workout session – **watch the first video below!**



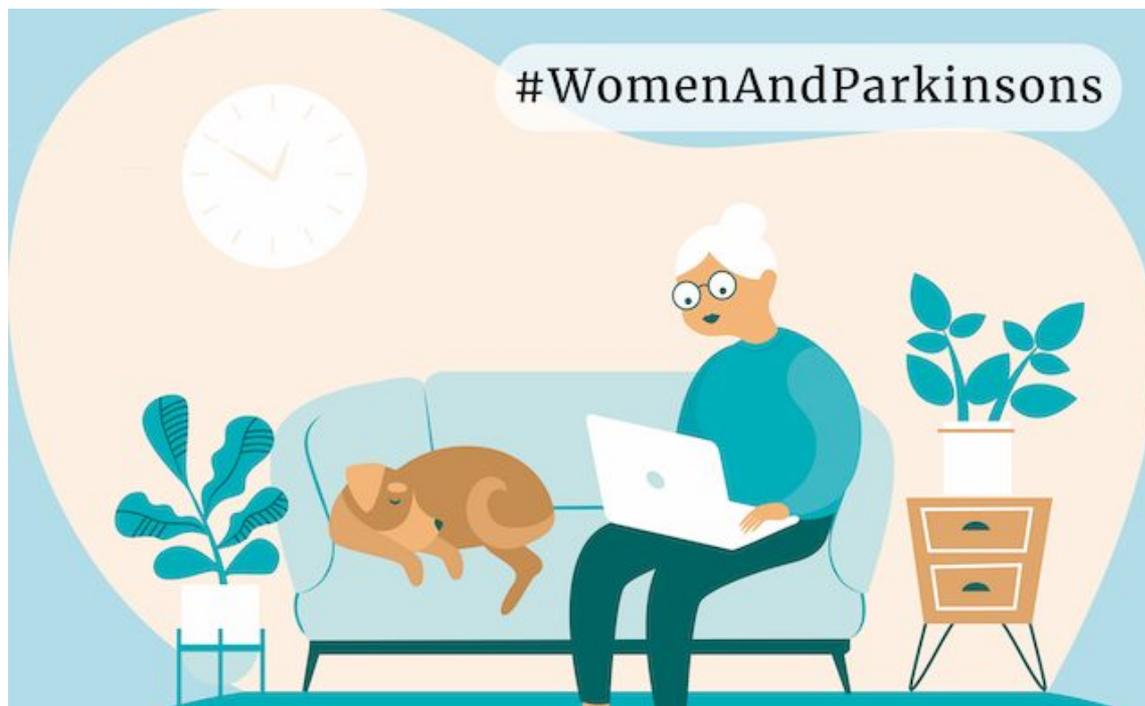
Physical amplitude workout | Exercise 1

The first series will consist of **five videos** in total, with new episodes published once a week every Tuesday until December – so be sure to regularly check the [EPDA website](#) and our social media pages to make sure you **do not miss them!** Further series will be launched in early 2021.

The **Keep ON Moving** exercise videos are based on the **dual or multitask training method**, which addresses common Parkinson's issues by combining **voice, movement** and **cognition** tasks. To learn more about this [method](#), the trainers and the programme please visit the [Keep ON Moving](#) website.

We hope you enjoy these videos and find them useful! If so, **please share them with anyone who may be interested** – this is a free resource for the whole Parkinson's community, and we hope it can be used by as many people as possible! Please also give us your own feedback – we'd love to hear your views!

Thank you very much! Take care and keep safe.



Ireland-based author and academic Kathleen Reardon discusses the challenges of finding resources focusing on women and Parkinson's – and shares her advice on making sure you're heard by your doctor. I was diagnosed with Parkinson's in 2002. I'd noticed something not quite right at the age of 49 but it took over two years of disagreements about what was wrong with me – doctors disagreed, mainly because I had mostly non-motor symptoms at first. I felt adrift. Then a doctor was visiting at the place where I had an appointment. The visiting doctor quietly walked up to me after I was told it wasn't Parkinson's and privately said, "Come see me. It looks like Parkinson's to me"

To read the full article [Click Here](#)



Rialtas na hÉireann
Government of Ireland

Healthy Ireland Resilience and Wellbeing 'Keep Well' Campaign

We are pleased to share the next phase of the Healthy Ireland Resilience and Wellbeing campaign will go live on **Monday 16th November** with a national and local advertising campaign.

The Government Plan for Living with COVID-19 - Resilience and Recovery 2020-2021 highlights the important role that individual and community resilience will play

in contributing to our ongoing response to COVID-19. The “Keep Well” campaign will signpost to people of all ages about minding their own physical and mental health and wellbeing by adding healthy and helpful habits to their daily and weekly routines. The Healthy Ireland “Keep Well” campaign will provide guidelines, information, and tips on things to help all to keep well through the coming months. This Resilience and Wellbeing information is being added on an ongoing basis on www.gov.ie/healthyireland and under the following sections: Staying Active, Keeping Connected, Switching Off, Eating Well, and Minding Your Mood. A number of Sláintecare funded initiatives will be delivered through the Healthy Ireland Fund and rolled out over the coming months. A suite of creative assets are available to share with you if you have use for them. Follow on support on social is always welcome. #keepwell

Invitation to International Men's Day Webinar: Men's Mental Health in these Challenging Times

An invitation to attend an upcoming webinar on International Men's Day the 19th November focussed on Men's Mental Health in these Challenging Times in partnership with the Men's Health Forum in Ireland and the Centre for Men's Health in IT Carlow. It will highlight recent research and promote important messages for men in relation to their mental health. There will be an exciting line up of speakers on men's health including inputs on farmers, men who attend men's sheds and young men as well as a discussion panel with representatives from the GAA, SpunOut, Mental Health Ireland, Healthy Ireland in the Department of Health and the HSE. Please see the link [here](#) for registration.

Music Movement Therapy:

Venue Online Bluejeans call When -

Monday @11 AM

Wednesday @2PM

Friday @2PM

Please contact Pat O'Dea on 0872577761 or Gary Boyle 0876697006.

These classes are supported by PAI and are open to all members.

Swallow exercises https://youtu.be/ZS_4fO6MxyA

Voice exercises <https://youtu.be/Dy2I7qLXhyAntent>

If you have any news that you would like it to be included into the Newsletter, please send it on to Sabrina - fundraising@parkinsons.ie
