

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.

I Love Christmas Eve is a collection of Christmas Songs by Eurovision Winner **Shay Healy** and **Michael Scott** with all proceeds going to the Parkinson's Association of Ireland. You can buy it online on iTunes at or even better, click on the link to make a Donation directly to the Association and you will then be directed to a link where you can listen to it online

<https://www.parkinsons.ie/do-you-love-christmas-eve/>



NAI joined a coalition of patient organisations that wrote today to the Taoiseach and the Chair of the High Level Task Force on Vaccination and Immunisation to urge that people with chronic and/or rare diseases be treated as the highest priority in determining early vaccine recipients for the COVID19 vaccines.

Read more <https://www.nai.ie/go/news/8-12-2020-nai-joins-coalition-of-patient-organisations-in-calling-on-government-to-prioritise-chronic-rare-disease-in-vaccine-rollout>

HSE and Age Action launch older-age friendly guide to COVID Tracker App

On Tuesday, 8th December 2020, the HSE and Age Action Ireland launched an older-age friendly guide – [How to Use the COVID Tracker App](#) The guide is part of Age Action Ireland's [Getting Started KIT](#) which supports learning and the use of technology and digital services. People can also contact Age Action Ireland by phone on 01 873 0372 and they will post a free copy of the guide.

Age Action Ireland worked with the HSE to develop this resource specifically for older people who need some help with online activities so they can use the App as part of the response to the COVID-19 pandemic

HSE guidelines for Covid-19 that might be useful to know:

COVID-19 Guidance for Religious Services

This HPSC [guidance is available here](#).

Managing a COVID-19 infection at home

This HPSC [guidance is available here](#).

Information leaflet for visiting nursing homes and residential care facilities

This HPSC [guidance is available here](#).



Milestones and Momentum in Parkinson's Research (Part 1)

In this first episode of a two-part conversation, the Micheal J. Fox foundation pauses and reflects on the 20 years of research milestones and momentum since The Michael J. Fox Foundation (MJFF) first opened its doors. To listen to the podcast [Click Here](#)



ZOOM SOCIAL NIGHT

Thursday 17th December at 7.30pm

Please join us if you are living with Young Onset Parkinson's and would like the support of others. New people are welcome.

Text or ring 087-9317741 or Email: ypiinfo@parkinsons.ie to receive the link

Dublin Branch News:

The Dublin branch is hosting a webinar with guest speaker Dr Kevin Foy, Consultant Neuropsychiatrist at 2pm Saturday 12th December. He'll be talking about how to manage isolation during the Christmas period and into 2021 and will also take questions. The talk will be followed by some Christmas cheer and a raffle. If you'd like to join in and watch, email dublinchairperson@parkinsons.ie or use this link: [Join Zoom Meeting https://us02web.zoom.us/j/83768362520?pwd=cktMZktnUHVvSWxRUjFNKWFVBNkYrZz09](https://us02web.zoom.us/j/83768362520?pwd=cktMZktnUHVvSWxRUjFNKWFVBNkYrZz09)

Meeting ID: 837 6836 2520

Passcode: 956676

All PAI members and their families are welcome.

Music Movement Therapy:

Venue Online Bluejeans

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/Dy2l7qLXhyAntent>

Kara Ní Dhuinn is a fourth year student in Gaelcholaiste Charraig Uí Leighin, Co. Cork. She is currently participating in the Young Scientist alongside her partners Danny Barriscale and Nathan Ó Drisceoil. Their project is based around Parkinson's and making a robot to help with cutting food. They have made a survey to help them better understand Parkinson's and find out what people find difficult day to day. They were wondering if you could help them by taking the time to complete their survey. Please [Click Here](#) to complete the survey.

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