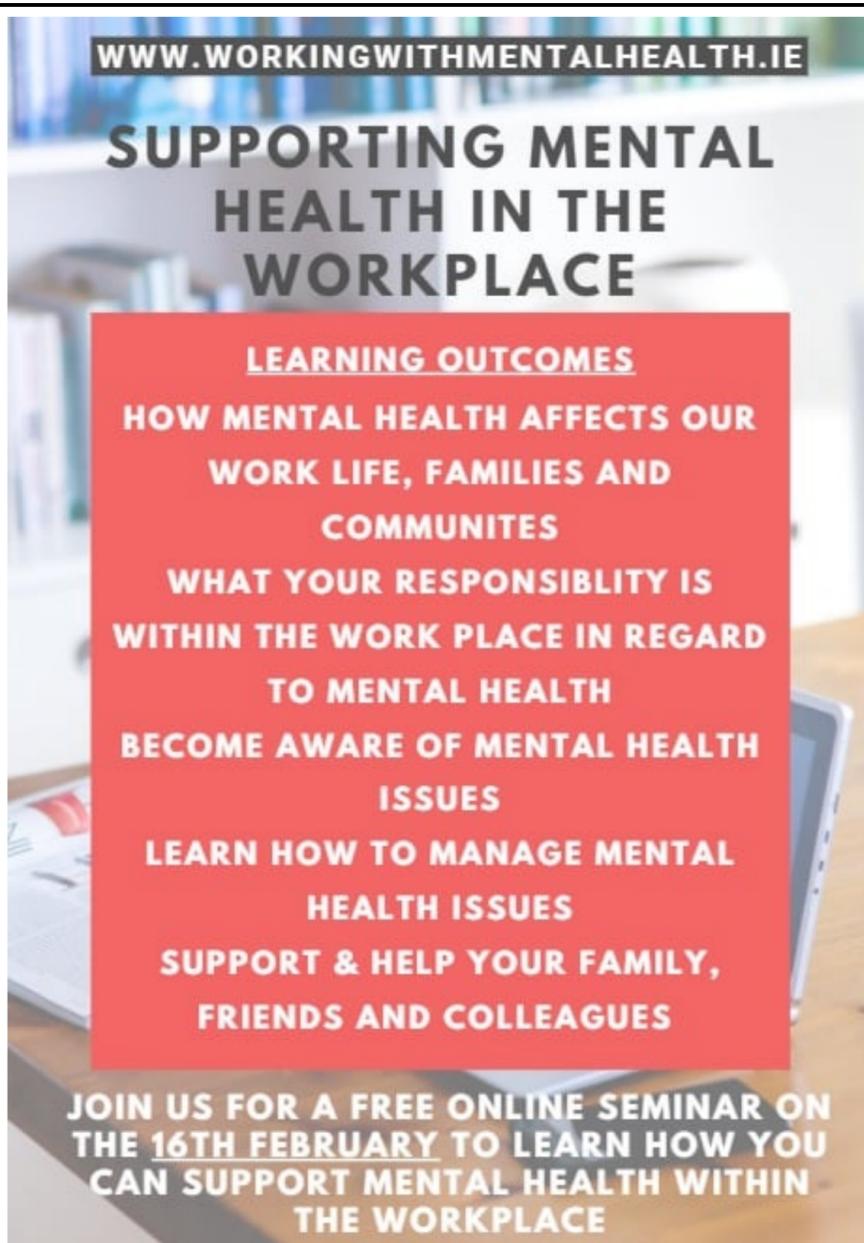


Welcome to this weeks Newsletter. We hope you are all keeping safe and well. Please note that our Freephone Helpline 1800 359 359 is open from 9am - 7pm Monday to Thursday and 9am - 5pm on Fridays. If you wish to avail of our Nurse led call back service please phone the Helpline to arrange a call.



WWW.WORKINGWITHMENTALHEALTH.IE

SUPPORTING MENTAL HEALTH IN THE WORKPLACE

LEARNING OUTCOMES

- HOW MENTAL HEALTH AFFECTS OUR WORK LIFE, FAMILIES AND COMMUNITIES
- WHAT YOUR RESPONSIBILITY IS WITHIN THE WORK PLACE IN REGARD TO MENTAL HEALTH
- BECOME AWARE OF MENTAL HEALTH ISSUES
- LEARN HOW TO MANAGE MENTAL HEALTH ISSUES
- SUPPORT & HELP YOUR FAMILY, FRIENDS AND COLLEAGUES

JOIN US FOR A FREE ONLINE SEMINAR ON THE 16TH FEBRUARY TO LEARN HOW YOU CAN SUPPORT MENTAL HEALTH WITHIN THE WORKPLACE

Free online seminar on -

“supporting mental health in the workplace”.

The webinar will be held on zoom on the 16th February 2021 from 2-4pm

Please email info@workingwithmentalhealth.ie to secure a spot, spaces are limited.

For more info visit www.workingwithmentalhealth.ie

[#mentalhealthireland](#) [#mentalhealthawareness](#) [#supportmentalhealth](#)

[#onlinetraining](#) [#freeseminar](#)



Scientists have taken what they say is a “vital step” toward understanding the origins of Parkinson’s disease.

A new study – published in the journal ***Nature Communications*** – details findings about what a key protein called alpha-synuclein actually does in neurons in the brain.

Researchers say that in order to cure the disease, it is necessary to understand the function of this protein.

When the protein functions normally, it plays an important part in the mechanisms by which neurons exchange signals in the brain. But it can malfunction and begin to stick together in clumps which eventually spread and kill healthy brain cells.

Dr Giuliana Fusco, research fellow at St John’s College, University of Cambridge, and lead author of the paper, said: “This study could unlock more information about this debilitating neurodegenerative disorder that can leave people unable to walk and talk.

“If we want to cure Parkinson’s, first we need to understand the function of alpha-synuclein, a protein present in everyone’s brains.

“This research is a vital step towards that goal.” To access the full article [Click Here](#)



The [coronavirus pandemic](#) is a huge concern for the global Parkinson’s community. Research suggests that while people living with the condition are not more likely to contract Covid-19, they do face an [increased likelihood of experiencing a serious form of the disease](#). The virus can worsen both the motor and non-motor symptoms of Parkinson’s. Lockdowns and [‘stay at home’ messaging](#) have also impacted [mental health](#) – particularly as people with Parkinson’s can be more vulnerable to the negative effects of stress.

However, recently approved coronavirus vaccines could be “a light at the end of the tunnel” for people with Parkinson’s disease, a [new article](#) suggests.

The commentary, published in the [‘Journal of Parkinson’s disease’](#), encourages movement disorder specialists to recommend Covid-19 vaccines to people with the condition, unless there are other specific reasons that it could be harmful to them.

“Because the benefits and risks of Covid-19 vaccines do not appear to be different than in the general population, we recommend Covid-19 vaccination with approved vaccines to persons with Parkinson’s disease, unless there is a specific contraindication,” the authors wrote. “Some caution seems warranted in very frail and terminally ill elderly persons with Parkinson’s disease living in long-term care facilities.”

Common questions answered

According to the report, while the approval of the vaccines has been a “source of hope”, some in the Parkinson’s community are concerned about how quickly the vaccines have been developed.

“Many physicians have already received phone calls from worried persons with Parkinson’s disease or their families, asking about the safety of Covid-19

vaccination in the specific context of Parkinson's disease and the dopaminergic medications," the authors wrote.

"We are in a unique situation where concerted global efforts are being made to rapidly combat a catastrophic pandemic, at an unprecedented pace. We fully understand that this speed of development may give rise to concerns about the vaccine's efficacy and safety, both among persons with Parkinson's disease and among physicians looking after these individuals."

The researchers explained that while there is not yet any data focusing on the effectiveness of [coronavirus vaccines](#) specifically for people with Parkinson's, they are not expected to affect the neurodegenerative processes associated with the condition and are not known to interfere with [Parkinson's therapies](#). "Vaccines with proven efficacy and what appears to be a satisfactory safety profile are now hopefully going to significantly contribute to ending the Covid-19 pandemic that has already taken many lives," they added.

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/Dy2l7qLXhyAntent>



Ireland Reads

As part of the Healthy Ireland 'Keep Well' campaign and following Slaintecare funding, the recently launched '[Ireland Reads](#)' campaign is about promoting the power of reading for enjoyment and wellbeing. Taking some time to relax and do enjoyable things has never been more important, given COVID-19, and there is evidence that reading is a great way to get a sense of escape and boost wellbeing. More details can be found on www.irelandreads.ie.

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