

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.



Our PD Nurse, **Lisa Wynne**, would appreciate if you would take a few minutes to complete a survey. She will use the feedback received to help her prioritise and plan new services and improve existing services to PAI members nationwide. You will find questions covering:

- Your diagnosis
- Your individual condition and symptoms
- The supports you access currently
- Accessing the supports available from the PD Nurse

The survey may also serve you in highlighting the availability of nurse services from PAI that you may not have been aware of. It may also identify issues relating to living with Parkinson's that may be an issue for you and not previously addressed.

To access the survey [CLICK HERE](#)

All information received is confidential.

** **NOTE:** Date of Birth question – It is sufficient to enter date of birth as **01/01/ YEAR**, please select **YEAR** from drop down box. It is the year of birth that we are capturing. Entry date is American format. **

CLOSING DATE: 28/02/2022

You can send an email if you have any questions or concerns by clicking on the link below.

nationalmembership@parkinsons.ie

Thank you for taking the time to complete survey.

Information from the HSE about the 2021/2022 Seasonal Influenza Vaccination Programme

Date: 25 January 2022 :

Dear Sir/Madam, At risk groups can still get the free flu vaccine There is still time for those at risk of flu to get the free flu vaccine. The flu vaccine and its administration is available free of charge to at risk groups through participating GP practices and Pharmacies. A list of pharmacies offering flu vaccines is available on the HSE website: <https://bit.ly/PhFluFinder> Flu can be serious in at risk groups Influenza (flu) is a serious viral illness and while anyone can catch flu, some people, including those with certain long term medical conditions, are more at risk of becoming very sick and needing treatment in hospital or intensive care if they get flu. The best way to prevent it is by vaccination. Influenza vaccination reduces illness, hospitalisation and death. The flu season typically lasts from the beginning of October to the end of April. This flu season the flu vaccine is strongly recommended for those in the target groups for vaccination: people aged 50 years and older, children aged 2 to 17 years, pregnant women, people with long term medical conditions, and carers and household contacts of people at risk of flu due to a long term medical condition. The full list of those eligible for the free flu vaccine is available on the HSE website:

<https://bit.ly/AboutFluVac>

OUR LOCAL CAMPAIGN IN SLIGO LAUNCHES ON FEBRUARY 1ST 2022 TAKE ACTION NOW on Behalf of Your Local Neurology Centre

Support Our Campaign at www.patientsdeservebetter.ie
Join The Conversation at [#patientsdeservebetter](https://twitter.com/patientsdeservebetter)



Join the Neurological Alliance Ireland for the Sligo launch of [#patientsdeservebetter](https://twitter.com/patientsdeservebetter) next Tuesday 1st February at 12 noon and help to tackle the shortage of neurology nurses in **Sligo / Donegal**. To register click on the following link - <http://bit.ly/33SVaj9>



HSE Free **Living Well Workshops** are running and registration for the six-week programme is currently open. If you or anyone you know has a long-term condition please check out your local supports here: <http://hse.ie/livingwell> [#HSELivingWell](https://twitter.com/HSELivingWell)

Judi Spenser **World Parkinson Coalition Choir** director kindly asked **Perpetual Motion Cork Parkinson's Choir** (Pat Sheehan Musical Director and Jerome Maume Choir Organiser) to co-host a World Parkinson's Coalition singalong again this year on **February 9th at 5 pm**.

The link to facilitate registration is here:-

<https://www.worldpdcoalition.org/page/choir>

They will then send on a zoom link and link to lyric sheets and you tube clips for the songs.

As well as some great warmup vocal exercises in line with the St Valentines romantic Irish theme we are hoping to lead the singing of "The Salley Gardens" by WB Yeats, "After All" by Cork band Frank & Walters, "In Dublin's Fair City" and maybe "Danny Boy" or play some trad or music from "The Quiet Man" if we have time.

Here's the link to some previous singalongs on you tube just for reference which includes singalongs co hosted with Scotland, England, Mexico, Japan and

others.

https://www.youtube.com/watch?v=t7Bh3-KPBeA&list=PLdCkg2pEp_OUSISRpaGn0oEoN6BmGbEmL

They really are great fun with about 50-100 on average joining in from around the world and give a feeling of global community."

We hope you can join us!!

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