

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 - 5pm Monday to Friday. If you wish to avail of our Nurse led call back service with Lisa Wynne please phone the Helpline to arrange a call.

GALWAY BRANCH News

We were delighted to have our first monthly meeting in the Clayton Hotel since Covid. It was great to meet up with everyone.

Our Physiotherapy, Speech and Chair Yoga classes are back in full swing and every one is enjoying the classes and more importantly meeting up and having a cuppa and chat after the classes. If you wish to get more information on these classes please call Marie on 087 7783825.

Mark Coen whose uncles had Parkinsons is organising a fundraiser Parachute Jump on the 1st of July 2022 in Offaly. The funds raised will go toward services for our members. Mark is aware of the benefit the classes have on the members.

We looking forward to two up coming Coffee Mornings:

Monday 27th June 2022 in Shearwater Hotel Ballinasloe Co Galway between 10am and 1pm.

Wednesday 20th July 2022 in Raheenwood Hotel, Athenry Co Galway between 10am to 1pm.

These are lovely mornings for members to meet up and chat over a cuppa and goodies. There will be lots of great spot prizes also.

Annual Walk the Prom on **Sunday the 7th August 2022 starting at 1pm. This is a lovely day out and it great to see the Sea of Green Tshirts going down the Prom in Galway. Members, their families, friends and even their pets come along. We enjoy a cuppa after in the Galway Bay Hotel.**

We are looking forward to our annual Weekend Away since Covid on the 9th September to 11th September 2022 to the Castlecourt Hotel, Westport. This is a lovely weekend for members to relax meet up with friends and enjoy being pampered. We will arrange a day trip to Glenkeen Farm in Louisburg and then back to Westport for some retail therapy.

Marie, Caroline & Joe - Galway Branch

ROSCOMMON BRANCH News

We are delighted to be up and running again here in Roscommon. We are having our first monthly meeting on the 14th of July, 2022 at 7.30pm in Hannon's Hotel, Dublin Road Roscommon.

Donna Kitt and James Diskin from Corrib Physiotherapy will be commencing Physiotherapy Assessments on the 27th of June, 2022 in Hannon's Hotel. If you wish to take part in these classes please contact Marie 087 7783825 and she will arrange for Donna and James to contact you.

If you wish to find out more information on the branch please call Eddie on 086 1011438

Mid West Branch News

Greetings from the Midwest.

We would like to encourage all our members to spend as much time as they can pottering in their garden or strolling in the local park.

It is well known that spending time outdoors helps enormously with your mental health. Putting your hands in your garden beds relaxes you and if you are out in your front garden there is always someone to chat to.

The Midwest committee are working together to arrange two information afternoons. One in West Limerick and one in Clare. You will be notified before the end of June. I hope you will all make extra effort to attend the one in your area. You might think you have heard all the tips and tricks living with Parkinson's before now but I can assure you every speaker has something new to tell you and to meet up with other patients living with the condition can be very encouraging.

I would like to thank the Movement to Irish Music group for their outstanding result walking with the Limerick Lions Club and also to say a special thanks to the Lions Club team who matched the amount raised by all.

Margaret O'Sullivan in the Newcastlewest area had her team out at all the Church services collecting for The Midwest Branch. It is great to see some sign of normality when the Church Gate collections start again. Thank you Margaret and Geraldine who covered Askeaton and Foynes areas..

If there are any newly diagnosed patients in your area please give them my number as we can give them various leaflets to get them on their journey.

We are sad to say goodbye to our Nurse Specialist Elaine. We are sorry to see her go as she made a great impression on our patients who she gave such great time to.

We now have the difficult task of finding a replacement. We have the money in place and the role has been agreed with the HSE so maybe St Anthony will help find one.

If any of you have a little time to spare we would appreciate some new committee members to join our team. I know how busy everyone is but if enough people gave a little time the branch will thrive and it won't fall on just the few. You can give me a ring and I will let you know what is involved.

I would like to wish all our members a great summer. Stay safe and take care. Una 087 2511156.



Is it possible to communicate the daily challenges of living with [#Parkinson's](#)? A short video from an [#EPDA](#) member organisation –

[@FranceParkinson](#) explores moments with Parkinson's through the powerful medium of [#moderndance](#)

<https://parkinsonslife.eu/watch-parkinsons-disease-symptoms-interpreted-as-a-modern-dance/>

[@parkinsons_life](#)

[#symptoms](#)

Please Note - The **"Ask the Dietitian Clinic"** with Richelle will not take place on Fridays. If you would like a call back please call 1800 359359.

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