

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.



Our Social Gathering takes place on 3rd-5th Oct October 2022 Book Now to Avoid Disappointment Rooms booking Fast Offer Includes Two Nights B&B Lunch Two Nights Gala Dinner and entertainment both evenings Full Day Conference Workshops Price Includes all of the above €209 per person sharing or €300 per single room Call Hodson Bay ph 090-6442005 or contact Pauline Mahady Office Manager Carmichael House, North Brunswick Street, Dublin 7, Ireland CHY No 10816.

WFO Singing for Health Series

Singing for those with Parkinsons, their friends and carers

Free 5 week series commencing 7th June at the National Opera House

We all sing – whether it is no more than humming a tune or a few lines in the shower. Singing has many health and wellbeing benefits, and research has shown many positive impacts for those with Parkinson's. Details have been announced of a special 5 week Singing for Health and Wellbeing series, specially designed for those with Parkinson's, their friends and carers, which will be run by Elizabeth Drwal an experienced vocal health facilitator. Elizabeth has an MA (distinction) specialising in singing for health for people living with Parkinson's. Her research papers have been presented at the British Voice Association, Society for Music Education in Ireland, and Parkinson UK conferences.

This series is free and will take place each Tuesday from 7th June for five weeks at the National Opera House. No singing ability is required and over the 5 weeks participants will be invited to look beyond vocal ability to the health benefits of social singing. Places are strictly limited, so apply now at 053 912 2144.

Randall Shannon, Executive Director of WFO said, “Wexford Festival Opera is delighted to include this series as part of our Outreach Programme. Elizabeth Drwal is at the forefront of those working to demonstrate the health benefits of music and especially singing.”

These sessions will incorporate vocal warmups, creative movement and the therapeutic benefits of singing together. The techniques used by Elizabeth Drwal are based on research which shows that those with Parkinson's can maintain or improve their psychological and physical wellbeing through taking part in regular singing activities. Many people with Parkinson's have vocal problems and regular singing can help strengthen the voice. Similarly, movement to music has been shown to help with movement issues.

Survey for members on online classes during Covid-19.

Dear All,

My name is Eimear Cronin, a senior Physiotherapist at St. John's Hospital in Sligo and a PhD candidate at Atlantic Technological University, Sligo under the supervision of Dr Ken Monaghan.

I am currently undertaking a research project entitled: **Participants' views on online exercise classes during the Covid-19 Pandemic.**

I ask that you share this email amongst your members or patients who have been participants in any form of online exercise class during the Covid-19 pandemic.

If you are an adult who has participated in a physiotherapy-led online exercise class and is interested in taking part in this study, would you kindly click on this link to complete an anonymous survey:

https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_5tXPGL3Zevn1ISS

This survey will take only 5 minutes to complete.

Should you have any questions or would like more information in relation to this study, please feel free to contact me at eimearpcronin@gmail.com

Thank you very much in advance for taking part in this project.

Feel free to forward this email to other relevant people interested.

Kind regards,

Eimear Cronin

Senior Physiotherapist,
Benbulbin Rehabilitation Unit,
St. John's Hospital,
Sligo University, Sligo



Dear Board, Staff and volunteers

The wheel presented a very special award at The Wheel's annual conference yesterday. It honoured all of the staff and volunteers of Ireland's charities, community and voluntary organisations, and social enterprises — and that includes us!

The Dr Mary Redmond Honorary Award is a national honour bestowed by The Wheel's board of directors on PAI who has made an extraordinary contribution to civil society in Ireland.

The award is named after Dr Mary Redmond, the late academic, lawyer and founder of The Wheel and the Irish Hospice Foundation.

Congratulations, and thank you for all of your incredible work during difficult times.



PAI are very sad to hear of the passing of Harold Huberman who was an immense talent and a gentleman. Harold had done a lot of work with PAI to raise not only awareness of people in Ireland living with Parkinson's Disease, but also to raise vital funds. All in PAI would like to express our condolences to Harold's family and friends. RIP

Photo below - (Paula Gilmore CEO, Harold Huberman, Amy Huberman and Brian O'Driscoll at The Harold Huberman Art Auction in aid of the Parkinson's Association of Ireland).

A poem that was shared with us by Gearóid Duffy (Cork Branch) on the last Sing Along with Darragh class for the Summer. Thank you for sharing this Gearóid!!

My Parkinson's Diagnosis – My Strange Anointing

"'Tis early onset Parkinson's, I'm sure."
Progressive .. Degenerative .. No cure.
Well, how shall God – who only Good doth makes –
Bring Good of this, I who am no great shakes?
Strangely I feel, reset, primed, to secure,
A fascinating, fulfilled, life, for sure.

Gearóid Duffy.

As we move into the Summer months some of our online classes have finished up until September comes around. The classes that are stilling running weekly are -

"Ask the Nurse" sessions on **Thursday's at 11am** with our Parkinson's Nurse Specialist Lisa Wynne. Login details to Lisa's class -

<https://us06web.zoom.us/j/84697651154?pwd=SjVWUDdSWGtuUGluMFNQQU0hZWkdwdz09>

Meeting ID: 846 9765 1154

Passcode: 931189

Wednesday Evenings 7pm –

Yoga Class on Wednesday evenings with Theresa Kearney – 0860532432.

Class time 7pm to 8pm

ZOOM meeting ID 5189398051

If interested in attending please make contact with Theresa directly (contact number above) who will provide the password for the class to you.

If you require any further information please call 01 8722234.



Harriet O'Carroll's book of poetry, "**Me and the World were Chatting**" will be launched on Saturday June the 11th at 3.30 in Dublin 8. All proceeds from the sale of the book will be donated to the Parkinson's Association of Ireland.

Places are limited and will be allocated on a first come first served basis.

Invitation

The book launch of

Me And the World Were Chatting

By Harriet O'Carroll

11th of June

at 3.30 pm

Tickets available here

<https://www.eventbrite.ie/e/book-launch-me-and-the-world-were-chatting-tickets-356217264427>

For further information contact aaocarroll@gmail.com

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