

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.



Northwest News:

Pictured are Ms. Mary McGlynn and Mr. Michael McGlynn with Ann Foxe representing the Parkinson's Association North West Branch, being presented with a donation cheque for €750 by Aisling on behalf of the members of B&S Credit Union. Aisling said "Thanks to the Association for the amazing work they do for those within our community and across the North West"

The branch would like to thank B&S Credit Union for their donation.

This message is originally from Parkinson's Europe (PE) (formerly European Parkinson's Disease Association)

We are working with medical technology company [ConvaTec](#) which produces infusion sets used in the subcutaneous delivery of Apomorphine. ConvaTec is a partner of PE and later this year our online magazine [Parkinson's Life](#) will publish an article and a podcast sponsored by this company. The theme of both the article and podcast is the experience of living with a pump. As we are all aware, this is a critical topic for people living with Parkinson's and we believe this is a great occasion to educate and raise awareness among the community by allowing people to share their stories and testimonials.

We are therefore looking for people that are using a pump for the delivery of Apomorphine and would be happy to either give some testimonials for the article or possibly be interviewed about their experience as part of a podcast.

The article and podcast will be published in later this year so we are looking for any suggested names to be put forward directly to us before **September 20th.**, if possible please. Do you know of anyone that might be interested to share their story or experience?

If you would like to know more or if you have any questions you have any questions please do not hesitate to contact me at the email or number below.

Thank you very much for your help.

Take care,

Gary Boyle (Board member, Parkinson's Europe (PE))

(087) 669 7006

gfb Boyle1@gmail.com



Specialist Parkinson's Nurse Weekly Zoom class.

"PD Nurse Clinic" Every Thursday at 11am

Weekly session covering Parkinson's Symptoms, medications and other topics related to PD. Keep an eye on weekly Nurse News Newsletter for topic details & if for any reason clinic not taking place you will be notified in this newsletter.

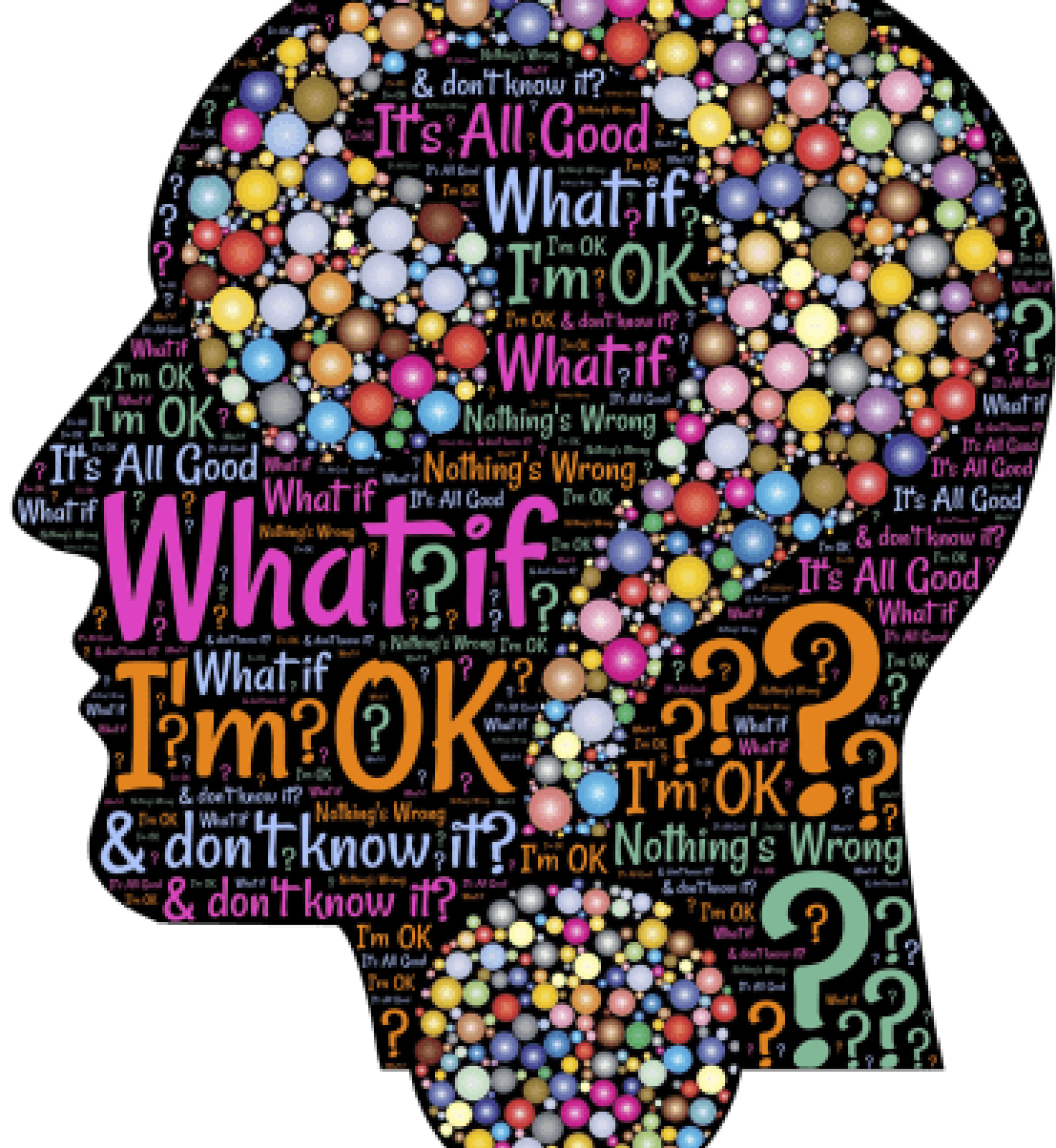
(Subject to change)

Zoom login details – [https://us06web.zoom.us/j/84697651154?](https://us06web.zoom.us/j/84697651154?pwd=SjVWUDdSWGtuUGluMFNQU0hZWkdwdz09)

[pwd=SjVWUDdSWGtuUGluMFNQU0hZWkdwdz09](https://us06web.zoom.us/j/84697651154?pwd=SjVWUDdSWGtuUGluMFNQU0hZWkdwdz09)

Meeting ID – 84697651154

Pass Code – 931189



Addressing Psychological Aspects of PD.

Our sessions on Addressing Psychological Aspects of Parkinson's Disease will re-start on **Tuesday 20th September at 7-8pm**

Join Zoom Meeting Details –

[https://us02web.zoom.us/j/85335871420?](https://us02web.zoom.us/j/85335871420?pwd=d09wQ3VKY1BaKzM4NXVOR3kyLytOQT09)

[pwd=d09wQ3VKY1BaKzM4NXVOR3kyLytOQT09](https://us02web.zoom.us/j/85335871420?pwd=d09wQ3VKY1BaKzM4NXVOR3kyLytOQT09)

Meeting ID: 853 3587 1420

Passcode: 960296



Mindfulness Class.

Our Mindfulness Class with Dee Daly will restart on **Monday 19th September at 7-8pm.**

Zoom login details –

Join Zoom Meeting

[https://us02web.zoom.us/j/87810524982?](https://us02web.zoom.us/j/87810524982?pwd=L09WVi9nc2IMTTFsUjlla0xDTzFoZz09)

[pwd=L09WVi9nc2IMTTFsUjlla0xDTzFoZz09](https://us02web.zoom.us/j/87810524982?pwd=L09WVi9nc2IMTTFsUjlla0xDTzFoZz09)

Meeting ID: 878 1052 4982

Passcode: 372424

BREATHING AND MINDFULNESS CLASSES WITH DEE DALY,

Hi all,

Hope you all had a lovely summer.

The evenings are becoming shorter again, and it might be a good idea to become more relaxed

and focused using our breath and mind. I wish to invite you to attend breathing and mindfulness

classes with me Dee Daly on Zoom. New and seasoned participants are all welcome.

The benefits in attending and practicing breathing and mindful techniques can include

achieving greater relaxation, a calmer, more peaceful mind, an easing of emotions such as anxiety,

fear and even anger. Learning how to become more present to self, can help to create greater balance

in all aspects of life. Emotional well-being and sleeping problems can be addressed and improved.

There is empirical evidence existing to support the idea that mindfulness and body awareness

can improve movement control and general well-being for individuals with Parkinson's. Our Monday

evening class is supporting us to set us up for the week ahead, it will include a mix of psycho-education,

breathing and mindfulness and an opportunity to meet others. Starting Monday the 19th of

September. Looking forward to catching up and to meeting some new individuals.

Dee Daly

Humanistic Integrated Psychotherapist

Adult Educator

Lecturer in Educational Psychology Contact No: 087 6219260



Sing along with Dara class

Our Sing Along with Dara classes are starting back up on **Wednesday 21st September at 12 noon.**

Zoom login details :

Meeting ID – 83456334457

Passcode – 343746.

Alternatively you can use the following link –

[https://us06web.zoom.us/j/83456334459?](https://us06web.zoom.us/j/83456334459?pwd=THo0eG1iTy9HU1F2T3YxcmFISFFWQT09)

[pwd=THo0eG1iTy9HU1F2T3YxcmFISFFWQT09](https://us06web.zoom.us/j/83456334459?pwd=THo0eG1iTy9HU1F2T3YxcmFISFFWQT09)

We look forward to seeing you all then!



CHAIR YOGA

Yoga in the chair class

We are delighted to announce that the Yoga in the chair is starting back on Wednesday 7th September at 7pm – 8pm.

The class is suitable for all abilities.

The password to log in are – **Meeting ID 5189398051**. Anyone interested in joining needs to call Theresa on 086 0532432 to get password.

Online Lecture:

The Importance of Exercise for People with Parkinson's: Evidence, Empowerment and Enablement

This online lecture will be given by Julie Jones, a physiotherapist specialising in Parkinson's and Senior Lecturer at Robert Gordon University in Aberdeen. Julie was awarded the first Clinical Academic Fellowship jointly funded by Parkinson's UK and the Scottish Chief Scientist Office to develop an intervention which combines exercise, education, and self-management with the aim of promoting increased physical activity and the development of a regular exercise habit for people with Parkinson's.

For more information and to register go to:

<https://www.edinburghparkinsons.org/edinburgh-parkinsons-lecture/>

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