

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.



An amazing adventure and fundraiser for Parkinson's Association of Ireland by Pat Lawless.

Pat Lawless, will embark on this amazing challenge on September 4th. Pat will be raising much needed funds for the Parkinson's Association of Ireland all through his 9 months at sea. To support Pat on this amazing adventure please visit - <https://www.idonate.ie/fundraiser/PatLawless>

To give you some further background please take a brief look at the Golden Globe Race website www.goldenglobrace.com also have a look at Pats website www.patlawless.com .

Background:

The GGR is the precursor of today's Vendee Globe Race. The first Golden Globe Race (GGR) was held in 1968. It has become the most famous solo circumnavigation yacht race in the world. Robin Knox-Johnston was the first winner of the race. The current race is held every 4 years as a retro solo circumnavigation yacht race. It is nonstop over 30,000 miles via the 5 great capes. Pat is the only Irish entrant in the international race which departs Sables d'Olonne, France on September 4th this year. During the race Pat will have no contact to family, friends, or support groups. Pat will navigate by the position of the sun using only a sextant and paper charts. There are no modern luxuries such as computers, GPS, sat phones, iPads, electrical auto steering and water makers. Clocks must be mechanical. He must carry all his own food, water, tools, and spare parts for the 9 months at sea. If he stops or takes external assistance he will be disqualified from the race.

Media:

Pat has gained some media interest now that the September start date approaches. He has several interviews on local radio stations in Limerick, Cork and Kerry He has been on RTE, the Today show with Maura and Daithi, and Marty Morrissey went down to Dingle to visit Pat on his boat. In July RTE news, Virgin Media news, Irish Times, Irish Independent, and the Examiner covered Pats departure from Crosshaven as he makes his way to the start line. Pats social media presence is one of the biggest in the field of competitors. He has contributed to many podcast interviews. Sean Mac an tSithigh of RTE is his media manager.

Examples of some media coverage

- <https://www.yachtingmonthly.com/boat-events/golden-globe-race/pat-lawless-golden-globe-race-2022-skipper-81070>
- <https://www.rte.ie/news/ireland/2022/0726/1312348-pat-lawless/>
- <https://www.independent.ie/regionals/kerryman/news/pat-gears-up-for-round-the-world-solo-yacht-race-38319582.html>
- [Limerick man hopes to become the first Irish person to sail non-stop around the world – The Irish Times](#)
- <https://afloat.ie/resources/irish-ports/port-of-greenore/itemlist/tag/Pat%20Lawless>

Human interest story:

Pats background as a fisherman off the west coast of Ireland and the fact that his last father Pat Lawless snr also sailed solo around the world in the early 1990's makes the story a human interest story. If Pat wins, he will make sailing history, and should he not win and only finish the race he will be the first Irish person to sail solo around the world nonstop, a big story in itself. To date Pat has funded his race through personal savings, family support, go fund me campaigns, and some corporate sponsors. His budget was circa €250,000. Pats wishes now is to share any further monies collected 50/50 with his charity, Parkinson's Ireland. Pat will do an interview with a national day time radio show before he departs France on **September 4th** . Then over the next 7 to 9 months the radio show will be allowed a sat phone conversation with Pat every 2 or 3 weeks following him around the world. Pat also has asked the primary school in Crosshaven to take part in the GGR school's project for 9 to 11year olds. The GGR team will link each entrant's local school to a French school . The schools will have sat phone access every month to interview the sailors and track their journey around the world. Pat visited Crosshaven primary school in May to give a presentation before they took summer holidays.

We will keep our members updated throughout Pat's journey.

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.



The EPDA team marking the first World Parkinson's Day in London, UK, 1997.

For three decades, **Parkinson's Europe – formerly the EPDA** – has been supporting people with Parkinson's globally, by raising awareness and [campaigning](#) for research funding. Back in 1992, the organisation comprised just nine member organisations in France, Germany, the Netherlands and the UK; today, this number has nearly tripled.

To celebrate the organisation's 30th anniversary and rebrand, and to learn more about how Parkinson's Europe has "rapidly" evolved since those early days, we spoke to treasurer Lizzie Graham. She has been working with the organisation from her home in Kent, UK, since the very beginning.

To read the full article [Click Here](#)



Still Time to Book!

Our **Social Gathering** takes place this year 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

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