

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.

Job Alert -New PAI Nurse Opportunity

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Job Title: [Parkinson's Disease Specialist in Parkinson's Care\[BC1\]](#)

Reports to: PDNS and CEO of the Parkinson's Association of Ireland

Hours: 35 hours, Monday to Friday with occasional weekend / evening work

Salary: Subject to experience /€40,000

Location: Dublin 7 /Hybrid working /national travel

Overview

An exciting opportunity has arisen for the right person to work as a Parkinson's Nurse Specialist with the PAI.

We are looking for an enthusiastic, forward thinking qualified nurse who has a keen interest in the Parkinson's disease and Neurology. This new role requires an experienced nurse to provide online support (virtual meetings and phone), to our members and the PAI branches across the country plus proactively work with the CEO and the PAI team to, develop the existing service further .

The successful candidate will work as part of a team and autonomously. Be confident running members information clinics independently and have experience of community services with good integrated working skills. If you are interested and wish to receive more information and the full job description, please email Paula@parkinsons.ie

Closing date 3 pm Friday 27th January 2023



PARKINSON'S ASSOCIATION OF IRELAND

Kerry Parkinson's Disease Information Afternoon

Saturday 21st January 2023

1PM- 4PM

Manor West Hotel Tralee

Speakers :
Lisa Wynne PD nurse PAI
Dr Lousie Carroll Aquatic Therapy in PD
Kathryn Crowley Holistic Movement Session

1800 359 359

WWW.PARKINSONS.IE

The Parkinson's Association are hosting an Information Day in Manor West Hotel, Tralee on January 21st at 1pm - 4pm. See the poster above or call 01 8722234 for further information.

Our Specialist Parkinson's Nurse Lisa Wynne is doing a talk in Tullamore.

All are welcome to attend.

Date - Wednesday 18th January 2023 @ 2pm

Place - Charleville centre Tullamore

For further information contact - Jean Durkin on 0868069855.

Parkinson's Handwriting Study

Changes in people's handwriting can occur due to Parkinson's Disease. It is often reported that handwriting gets smaller or is more difficult to read.

Parkinson's' handwriting study completed through a collaboration between Corrib Physiotherapy, University College Cork (UCC), Galway Parkinson's Association, Mayo Parkinson's Association and the North West Parkinson's Association found that people with Parkinson's improved their handwriting after completing a handwriting training programme.

Study background

In this study 46 people with Parkinson's completed the 6-week handwriting training programme. Prior to commencing the training programme and immediately after, participants had their handwriting assessed. Researchers in UCC analysed the handwriting. The programme lasts for 6 weeks.

Summary of the findings:

Improvements in Handwriting Control

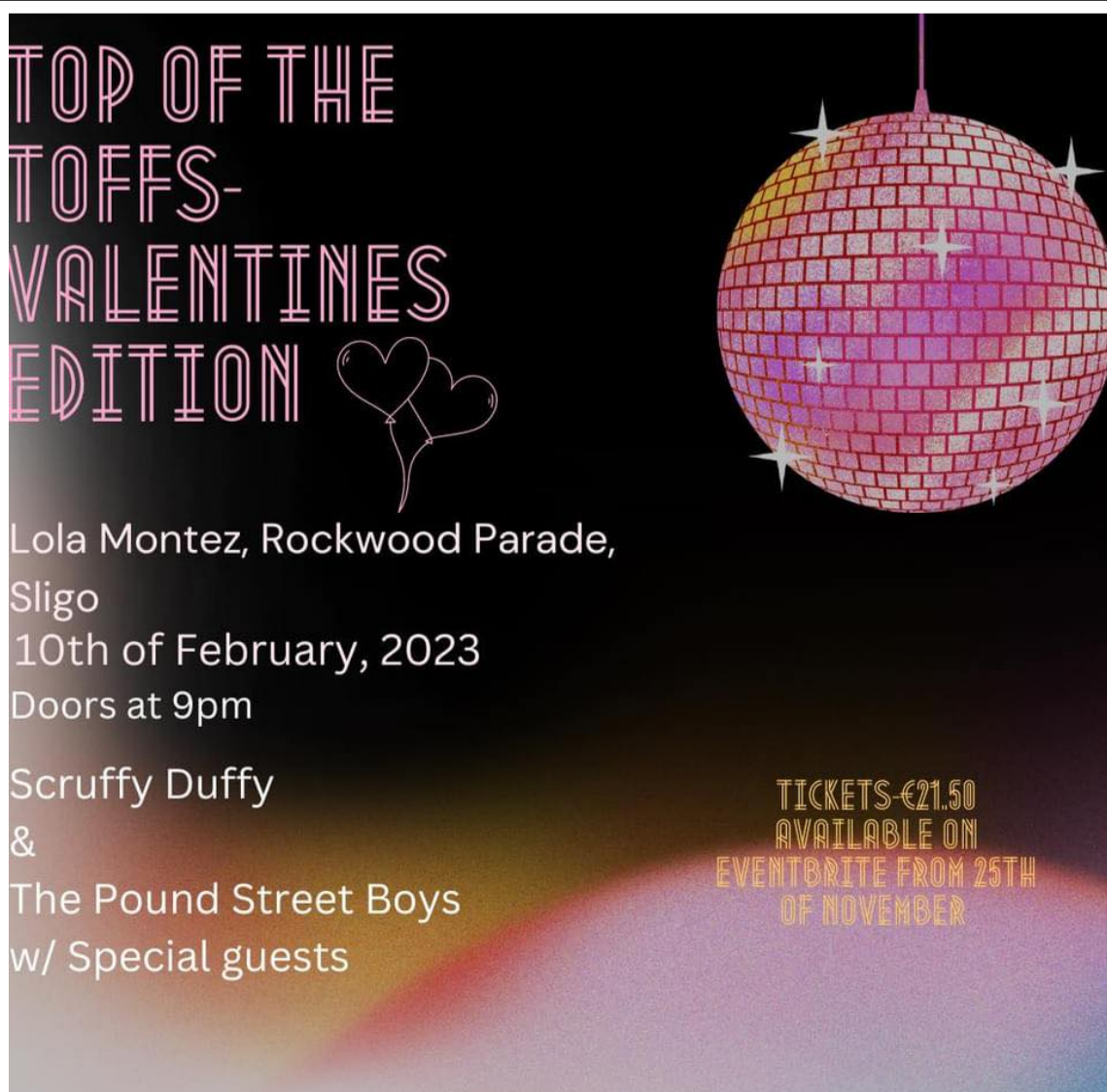
We assessed how straight the handwriting samples were before and after training and found that overall people's handwriting was straighter, therefore easier to read.

Handwriting Became More Legible after Training

after the 6 weeks of training, people's handwriting was easier to read

Would you like to complete the handwriting training?

Please contact Marie Cahill, Chairperson of Galway Parkinson's Association galwaychairperson@parkinsons.ie or James Diskin from Corrib Physiotherapy info@corribphysio.ie for further information.



TOP OF THE TOFFS- VALENTINES EDITION

Lola Montez, Rockwood Parade, Sligo
10th of February, 2023
Doors at 9pm

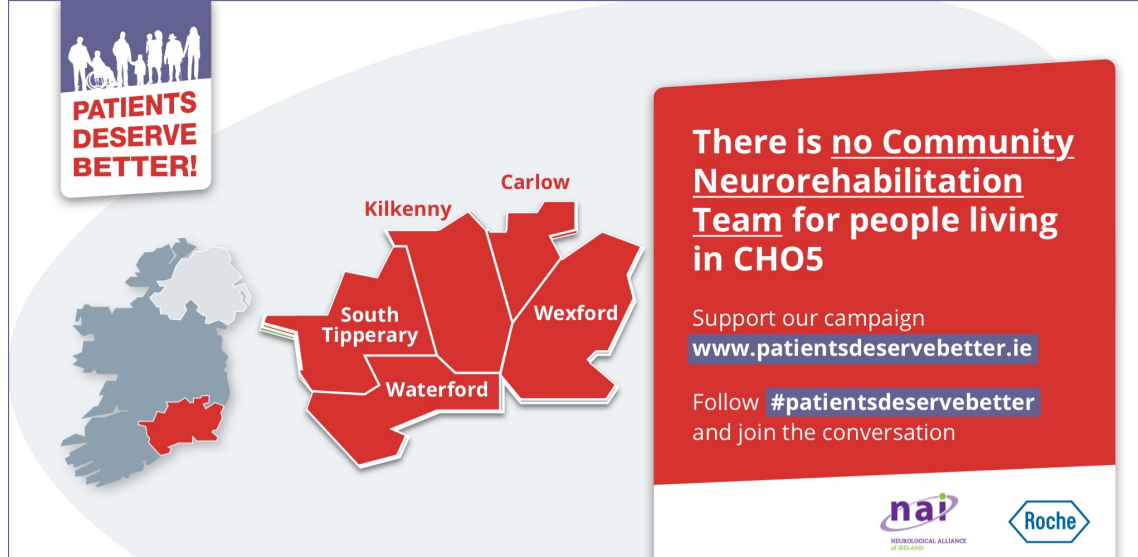
Scruffy Duffy & The Pound Street Boys w/ Special guests

TICKETS-€21.50 AVAILABLE ON EVENTBRITE FROM 25TH OF NOVEMBER

*charities are to be announced

[Top of the Toffs](#) are hosting 'Epic 80s Reunion, Top of the Toffs Valentine's Edition' 10.02.23 in Sligo which PAI will be a beneficiary.

To purchase tickets visit please visit - <https://www.eventbrite.ie/d/ireland--sligo/top-of-the-toffs/> or you can support the event through I donate here - <https://www.idonate.ie/fundraiser/TopoftheToff>



Patients Deserve Better Campaign

Are you living in one of the counties that make up CHO5? Take action now! Contact your local TDs and support Neurological Alliance Ireland's campaign for community neurorehabilitation teams. Visit <http://patientsdeservebetter.ie> for further information and join the conversation at [#patientsdeservebetter](https://twitter.com/patientsdeservebetter)

Online Zoom Classes.

Some of our online zoom classes have started back up this week after the Christmas break. All classes are scheduled to resume next week. Zoom links, classes, times and days have been updated on our website. Please visit www.parkinsons.ie to view.