

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.



nai NEUROLOGICAL ALLIANCE
of IRELAND

Michael Fassbender
Asks you to support
National Brain Awareness Week

March 13th - 19th 2023

Love
YOUR BRAIN

#BRAINWARENESSWEEK2023 #INVESTINBRAINHEALTH
Go to www.loveyourbrain.ie for more details

Brain Awareness Week:

[#MichaelFassbender](#) is showing his support & asks for you to support National Brain Awareness Week (March 13th to 19th). Full details can be found on NAI's dedicated website <http://loveyourbrain.ie> [#investinbrainhealth](#) [#brainawarenessweek2023](#)



Did you know your energy supplier must provide **specific protections** if you're registered as a **vulnerable customer?**

CRU An Coimisiún um Rialáil Fóntais
Commission for Regulation of Utilities

Here to shed **light** on your energy rights
Contact your supplier or go to CRU.ie

The Commission for Regulation of Utilities (CRU) is Ireland's independent energy and water regulator. See below for members who may find themselves in vulnerable situations.

Vulnerable Customers

Customers may find themselves in vulnerable situations at different times. If you, or a member of your household is a vulnerable customer, it is important to let your energy supplier know.

For energy customers you could be a vulnerable customer if you are critically dependent on electrically powered equipment, life protecting devices, assistive technologies and medical equipment, or you are particularly vulnerable to disconnection during winter months because of advanced age or physical, sensory, intellectual or mental health.

Energy suppliers must have a register of vulnerable customers. Customers should also make their supplier aware if they think they may qualify as a vulnerable customer. For more details on your rights go to our [customer protections](#) page.



YOU ARE NOT ALONE

FREE HELPLINE 1800359359

If you have any questions from help with the day to day of managing your Parkinson's symptoms to any medical queries you might have, we've got the information and support you need.

Parkinson's Association's Helpline is open Monday - Friday 9am - 5pm. If you have any questions from help with the day to day of managing your Parkinson's symptoms to any medical queries you might have, we've got the information and support you need. Call 1800 359359.



Parkinson's Association host a variety on online Zoom classes for all our members. These include Sing Along Classes, Yoga for Beginners, Mindfulness Classes and more. Times and days varies.

These classes are **free** to attend and available for all abilities. For a list of classes please visit www.parkinsons.ie

We look forward to seeing you there. If you have any questions about a class or how to login etc. please give us a call on 1800359359.



Parkinson's Awareness Week will run from April 11th - 16th this year. Keep an eye on the Newsletter, Website and Social Media platforms in the coming weeks for information on events planned.

If you or your branch are planning anything to celebrate during this time, please let us know so as we can advertise and help in what way we can.

Please email the information to Sabrina [HERE](#)