

Welcome to this weeks Newsletter.

Please know 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 (SPN) or a call from the Dietitian Richelle Flanagan please phone the Helpline to arrange a call.

## Word From The New CEO – Shane O'Brien

Dear members,

I'm delighted to have officially started in my role as CEO this week. I look forward to hopefully meeting you all in person over the coming months, either through your local branch or at the social gathering in October.

I'm delighted to have joined an organisation with such an active and vibrant grassroots membership. We have some exciting plans for the Charity over the coming years. I know that we will achieve more by working closely together and supporting each other along the way.

Take care for now,  
Shane



Parkinson's Association of Ireland

## Newly Diagnosed Programme

Commencing 8th September 2023, places limited. 4 weeks Zoom

- 1 KNOWLEDGE** 
- 2 MEDUCATION** 
- 3 EXERCISE** 
- 4 SUPPORT NETWORK** 

If you are interested in participating in this programme please contact Lisa-nurse@parkinsons.ie or 1800359359





Parkinson's Association of Ireland

## Feedback

What participants said

- "Relaxed small group"
- "Excellent overall and great to link with other people"
- "Should be a mandatory follow up arranged by the diagnosing neurologist"
- "More than information. It provided connection. Very safe space"
- "Invaluable in providing reputable sources for further information"
- "A life saver for both my mother and myself in terms of the support"

Suggestions for future programmes

- medications
- general Q&A session
- psychological wellbeing



## Newly Diagnosed Zoom Programme:

The next newly diagnosed zoom programme is going to start on Friday 8<sup>th</sup> September at 10:00am.

See the poster above with some feedback from the 1<sup>st</sup> course which finished up in June.

The programme runs over 4 weeks, with a follow up schedule for up to 20 weeks after completion.

If you have any questions you can contact the SPN nurse Lisa Wynne at [nurse@parkinsons.ie](mailto:nurse@parkinsons.ie)

## Dublin Branch News:



**Congratulations to Dublin Committee Member and National Office Dietitian, Richelle Flanagan, on being awarded the WPC Robin Elliott Award for Distinguished Contribution to the Parkinson Community for 2023.**

## Four-Week Course for Meath Members, September 2023

The Navan Support Group are hosting a free four-week course with a speaker each week from the Meath Wellness Hub

The course will run 12 noon to 1.30pm approximately on Tuesday 5th, 12th, 19<sup>th</sup> and 26<sup>th</sup> September 2023.

The VENUE IS: The Balreask Arms, Trim Road, Navan Co. Meath.

This course is open to all PAI members in Meath.

If any Dublin members are interested they can inquire as to availability of places.

To take part in this course or for more information, email Mary

Burke: [mduyleburke@yahoo.co.uk](mailto:mduyleburke@yahoo.co.uk)

or phone Mary on: 087 2836794.

**A reminder that the Navan Support Group also meet on the last Friday of every month at 12 noon for a cuppa & chat.**

**The next meeting is on Friday 25th August 2023.**



## Parkinson's Summer Raffle:

PAI would like to say a big thank you to all our members who so generously supported our Summer raffle which took place on August 4th. All winners have been notified. Thank you again!



### **'Passion, Purpose & Parkinson's**

This short documentary tells the story of a painter, photographer & musician – how they have overcome their #Parkinsons diagnosis & managed to continue pursuing their creative profession, despite the challenges Parkinson's brings.

Watch in full: <https://vimeo.com/812378948>

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### **Top Tip for writing with Parkinson's From Parkinson's Europe.**

Try wrapping elastic bands around the pen shaft to give you better grip! We've collected advice from people with Parkinson's & healthcare professionals about making daily life easier - explore all their helpful hints: <https://buff.ly/3QczMes>

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**If you have any news that you would like included into the weekly newsletter please send it into Sabrina at [fundraising@parkinsons.ie](mailto:fundraising@parkinsons.ie).**