

Welcome to this week's e-newsletter. 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 (PDN) or a call from the Dietitian Richelle Flanagan please phone the Helpline to arrange a call.



Exercise & Parkinson's:

What are the Benefits of Exercise?

There are many benefits of exercise.

Exercise:

- Could potentially slow down the disease progression of Parkinson's disease
- Reduces falls
- Reduces stress and anxiety
- Improves balance
- Improves muscle strength
- Provides a sense of achievement and empowerment
- And most importantly, it can be enjoyable

Exercise may promote your level of wellbeing and quality of life and help counteract the effects of the symptoms.

An exercise chart illustrating exercises routinely used as part of a treatment programme for PD is available from us. Call 1800 359 359 to request one and we will pop the chart out to you free of charge.

PARKIE: Parkinson's community Awareness of Research; emphasis on Knowledge and Information Exchange



What is the PARKIE Conference?

- A conference for people with Parkinson's in Ireland to learn about Parkinson's Research that interests them.

Speaker Information

- Speakers to announced
 - a mixture of clinicians, researchers, and people with Parkinson's

Included Topics

- Exercise • Clinical Trials
- Sleep • Deep Brain Stimulation

When and where is the conference?

- October 7th, 11:30 AM - 3:30 PM
- Regent House, Trinity College Dublin

Ticket Information

- Cost: Free
- Registration available in link above



PARKIE CONFERENCE

On Saturday the 7th of October, the PARKIE (Parkinson's community Awareness of Research; emphasis on Knowledge and Information Exchange) Conference will take place.

This free half-day event was designed to provide people with Parkinson's in Ireland with information about PD research in Ireland.

The conference will consist of presentations about discussions revolving around topics such as sleep, clinical trials, exercise, and deep brain stimulation.

Registration can be found in the link below –

<https://www.eventbrite.com/e/parkinsons-community-awareness-of-research-tickets-672315833757?aff=oddtcreator>

1 in 3 

people with Parkinson's disease say **fatigue** is their most debilitating symptom.

[Parkinson.org/Fatigue](https://www.parkinson.org/fatigue)

Fatigue & Parkinson's

Do you or a loved one with Parkinson's disease feel physically or mentally exhausted?

This could be fatigue — a feeling of deep tiredness that does not improve with rest.

Parkinsons.org have tips for managing this symptom:

<https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/fatigue>

North West Branch:

A meeting will be held on Saturday 2nd September in Dorrians Hotel Ballyshannon at 1pm . Soup and sandwiches will be served on arrival.

No Barriers classes will resume on Thursday 7th September at their Fitness Centre at the Mountain Top, Letterkenny.

Please contact Ann for more information 0861605847.



NOMINATE A VOLUNTEER!

Volunteer Ireland Awards



Volunteer Ireland Award:

Do you know a volunteer in your branch or the Parkinson's community who makes such a difference for people with Parkinson's in Ireland? Not all volunteers know that they are appreciated for the work and skills they provide.

Let them know they are appreciated by nominating them for a Volunteer Ireland Award!

You can make the nomination here - <https://www.volunteer.ie/nominate-a-volunteer/>

Please submit your nominations before the deadline of October 8th.

Online Classes in September:

We are currently in the process of organising our online classes that will return in the middle of September. Keep an eye on the website www.parkinsons.ie and also upcoming e-newsletter for classes, times, dates and how to get login details.



Reminder of course for our Meath members:

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, 19th and 26th September 2023.

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: mdoyleburke@yahoo.co.uk

Do you have any news you would like included into the weekly e-newsletter? If you have any events or branch meetings coming up send the information into Sabrina at fundraising@parkinsons.ie