

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. For all other general inquires call us on 01 8722234.



Advocacy update:

An event to mark the 20th anniversary of the Neurological Alliance of Ireland (NAI) and the retirement of Professor Orla Hardiman (photo above) as National Clinical Lead for Neurology, took place on Tuesday last. Our CEO Shane O'Brien was in attendance.

About the NAI:

Over 30 charities, including the Parkinson's Association of Ireland (PAI), are members of the NAI. The NAI collectively advocates on behalf of people with a neurological condition. Among it's recent campaigns was "Patients Deserve Better", which secured additional funding for specialist nurses around the country including Parkinson's nurse specialists. PAI will continue to contribute to and actively support the ongoing NAI campaigns.

Professor Orla Hardiman retirement:

The event also marked the retirement of Professor Orla Hardiman as National Clinical Lead for Neurology. Professor Hardiman was Ireland's first full professor of neurology. She was instrumental in setting up the NAI and has been a fearless patient advocate throughout her career. She also has made an enormous contribution to research throughout her career, particularly in the area of Motor Neuron Disease.

Upcoming PAI campaigns:

PAI will have some exciting updates on a further advocacy project which will be communicated to members over the coming weeks.

Parkinson's Midwest News:

Information Afternoon 5th September at 2pm.

Greenhills Hotel, Ennis Road. Limerick.

Our new CEO Mr Shane O'Brien will join us. Our guest Speaker will cover some very important topics about Enduring Power of Attorney, Making a will, Assisted Decision Making etc.

Our Nurse Specialist Mags Richardson will also be in attendance.

Cork Branch News:

Welcome back after the summer. Some of you took a break from classes and events so with September looming it's time to get back to our routines and classes.

We have some dates for your diary listed below.

Events are for all members of the P.A.I. Cork Branch.

September 2023:

Monday 4th September

Time: 7.30pm to 9 pm Perpetual Motion Choir returns to the Lough Parish Centre on the 4th of September and will take place every Monday at the same time (excluding Bank Holidays). The Centre is located on the grounds of the Lough Church. All are welcome.

Wednesday 6th September

Meet with your local support group in Glounthaune – all welcome Community Centre, Glounthaune Village T45 K124.

Time 11.15 am to 1.00pm.

First Wednesday of every month. For further information please contact Jackie on 0872047169.

Monday 11th September

Coffee Morning Oriel House Hotel Ballincollig.

Time: 11am to 12.30pm

After the summer break the monthly coffee mornings are returning on the 11th September. Second Monday of every month after that (excluding Bank Holidays) Everyone is welcome.

Tuesday 19th September

Time 2.00pm to 3.15pm Weekly Set Dancing Classes will resume in the Marian Hall Ballinhassig on the 19th September

Set Dancing has proven to be beneficial to people living with Parkinsons.

Other Events.

If there is an event that we are not aware of, please let us know. Perhaps you may consider setting up an event, we would be delighted to offer our support if needed. We are looking for volunteers to get past support groups up and running again and for new ones to be set up.

Help is available to get these up and running for your local area. Parkinsons

Association of Ireland Cork Branch

Contact - joancooney72@gmail.com

Wexford Branch News:

Thank you to Aideen McGuinness (Senior Dietitian) and Parkinson's Association of Ireland CEO Shane O'Brien for speaking at our information morning this week.

"Thank you to everyone that attended the event we had a very informative morning which was thoroughly enjoyed by all".

Wexford branch committee.



Parkinson's & The Gut:

Gut issues such as constipation, IBS and difficulty swallowing could be early warning signs for Parkinson's disease, a new study has found.

Alzheimer's disease, brain aneurysms and strokes have been linked to poor gut health - but until now there has been no clear relationship with Parkinson's.

To view the full article [click here](#).



How can food help you live your best life with PD?

There is so much about life with Parkinson's disease that you can't control, but one thing you can, is what you eat.

PAI have a booklet "Eating Well With Parkinson's" that you can download from the website [here](#).

If you would prefer to have the booklet posted out to you, give us a call on 01 8722234 and we will be happy to post it to you free of charge.

EATING WELL WITH PARKINSON'S DISEASE



Francesca Gaiera is a post graduate researcher working on the PD research with UCC. Francesca is looking for participants to take part in her latest survey.

Do you have PD?

Would you like to get your voice heard?

I am inviting you to take part in a research study on Parkinson's disease to explore your quality of life and life satisfaction and how these relate to your symptoms, self-belief and social context. You will be asked to complete a 20-minute online survey online.

If you would prefer to do this on paper or on the phone, please email me at 122117296@umail.ucc.ie and I'll arrange this with you.

You can access the online survey through the following link [here](#).

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