

Spring 2024

Volume 2024.1



Parkinson's  
Ireland

Dublin Branch

<https://www.parkinsons.ie/branches/dublin-branch/>

**DUBLIN  
BRANCH  
MEETING  
3pm,  
Saturday  
10th  
February  
2024**

**Venue: Shannon Suite 2, Mezzanine Floor, The Maldron Hotel, Whitestown Way, Tallaght, Dublin 24, D24 XC9W**

#### **GUEST SPEAKERS**

**Lisa Wynne, PD Nurse Specialist, Parkinson's Ireland whose talk will focus on issues including medication, sleep and motivation**

**and Kieran Connolly who will talk about the need to support partners/carers of PWP**

**Tea/Coffee and refreshments will also be served**

#### **How to get there:**

- **The Maldron hotel is across the road from the Tallaght Stadium**
- **10 mins walk from the Luas Red Line**
- **On Bus routes 27, 49, & 54a (Stops 7122 & 7133)**
- **Just minutes drive from the M50**

**There is complimentary free parking under the hotel with a lift from there to the Mezzanine Floor. A second, free car park at ground floor level behind the hotel has a covered walkway into the hotel's reception area where you can also access the lift.**



**Do please let us know if you plan to attend by texting Kieran Connolly on: 083 105 9922 or email: [dublinmembership@parkinsons.ie](mailto:dublinmembership@parkinsons.ie) so we can give the hotel an idea of numbers. But all are welcome on the day.**

# Chairperson's Update

Happy New Year everyone and welcome to our first bulletin of 2024.

I'm looking forward to seeing many of you at our spring meeting at the Maldron Hotel Tallaght which should be a very interesting afternoon on 10th February.

As you can see from the front of this bulletin, the Parkinson's Association has been officially re-branded. It's now called Parkinson's Ireland, a shorter, more modern name, and our official title is Parkinson's Ireland Dublin Branch. The logo is still the aspen leaf.

Thank you to all those who have renewed their membership for this calendar year. Membership is still only €25 per year which includes access to all services in the Dublin branch and to information, the helpline and all classes provided by National Office, as well as Associate Membership for one person of your choice. If you haven't renewed we'd appeal to you to do so.

Here's hoping 2024 will bring you all many moments of happiness, time with family and friends, and new connections.

Mary Butler



## Fundraising Men's Shed

Our sincere thanks to all the members of Templeogue Men's Shed, and Santa Claus, who braved the bitterly cold wind on the afternoon of Thursday December 21st last to sing and play for two hours, outside SuperValu at the Orwell Shopping Centre. Their efforts raised a very welcome €1,025.63 for our funds. They are also giving us everything they raised from the sale of their annual calendars which brings the total to over €4,000.

We're truly grateful for their continued support for the Dublin Branch.



## Christmas Lunch Portmarnock

Members of the Portmarnock Support Group and their family members enjoyed their Christmas get-together and lunch at a local gastropub. Thanks to Jack Chamber for organising it. This month it's back to the exercise classes, every Wednesday 1.30 to 2.30 at the Arch Club behind St Anne's Church, Burrow Rd. (See details of all our support groups below).

## Support Groups/Exercise Classes

All Dublin members are welcome to go along to these classes/support groups. The suggested payment per class is €5.

To inquire about joining classes or about other Dublin Branch activities contact Mary Butler at: [dublinchairperson@parkinsons.ie](mailto:dublinchairperson@parkinsons.ie) or on 087 2434990.

We would really encourage people to go regularly to the class/support group most convenient for them. Members are also welcome to go to more than one a week. For those who are less mobile, most exercises can be done in a chair. The Clontarf class has a very experienced instructor, Adrienne. All the other classes have qualified Siel Bleu instructors. You can find out more about Siel Bleu at [www.sielbleu.ie](http://www.sielbleu.ie)

**Mondays 2:30pm  
CLONTARF**

Venue: St. Anthony's Community Centre, St Lawrence Road, Clontarf, Dublin 3, Free parking

contact the Centre 01 8335300 to make sure the class is on or message Adrienne on 086 387 2344 or email [justaido@hotmail.com](mailto:justaido@hotmail.com)

**Tuesdays 2:30pm  
LOUGHLINSTOWN**

Venue: Loughlinstown Leisure Centre, Loughlinstown Drive, A96 XP60, free parking, coffee and chat afterwards

Contact: Austin Hynes 086 073 6833

**Wednesdays 11am  
HAROLDS CROSS**

Venue: Our Lady of the Rosary Church Pastoral Centre, Harold's Cross Rd, D6W KW21. Car park free on request.

Contact: Gerry Lovett 087 8133743

**Wednesdays 1:30pm  
PORTMARNOCK**

Venue: Arch Club, behind St. Anne's Church, Strand Rd, Burrow, Portmarnock, Co. Dublin. Free car park.

Contact: Tony Brady 087 795 3302

**Thursdays 11am  
ONLINE**

Held on Zoom, email Cormac to register to attend

Contact: [cormac.walsh@sielbleu.ie](mailto:cormac.walsh@sielbleu.ie)

**Fridays 10am  
HUNTSTOWN**

Venue: Huntstown Community Centre, Huntstown Way, Blakestown, Dublin D15 EDP8. Free car parking.

Contact: Kieran Connolly 083 105 9922 or email: [dublinmembership@parkinsons.ie](mailto:dublinmembership@parkinsons.ie)

**Fridays 11:30am  
TALLAGHT**

Venue: Rua Red Arts Centre, Blessington Rd, Tallaght, Dublin 24, D24 KV8N.

Contact: Sean Balfe 086 815 3606 or email: [dublintreasurer@parkinsons.ie](mailto:dublintreasurer@parkinsons.ie)

**Last Fridays  
NAVAN**

Venue: Teach Tramhrach Trim Rd Navan.

Contacts: Stella McElherron 0851677325 or Mary Burke 0872836794

## Christmas Lunch in Sutton

Over 140 people attended our Christmas Lunch in the Sutton Marine in early December. A huge thank you to everyone who came along and made the afternoon such a wonderful occasion. The Hotel played a blinder, as did our band who did their usual fine job of keeping toes tapping. Also thank you to the members who contributed to the spot prizes. We raised over €650 on the day through raffle ticket sales.



**Dublin Committee: Mary Butler  
(Chair)**

[dublinchairperson@parkinsons.ie](mailto:dublinchairperson@parkinsons.ie)

**Teresa Farrell (Sec)**

[dublinsecretary@parkinsons.ie](mailto:dublinsecretary@parkinsons.ie)

**Sean Balfe (Treasurer)**

[dublintreasurer@parkinsons.ie](mailto:dublintreasurer@parkinsons.ie)

**Kieran Connolly (Membership)**

[dublinmembership@parkinsons.ie](mailto:dublinmembership@parkinsons.ie)

**Richelle Flanagan, Hilary**

**Murnane, Gill Connolly and**

**Victoria McGregor.**

### Free Clinical Evaluation for New members

Don't Forget that new members to the Dublin branch can avail of a free clinical evaluation in two clinics that specialise in working with people living with Parkinsons. Call them to make an appointment and mention you are a member.

**Southside--Rathmines: Personal Health, 16/17 Rathgar Road, D06 X653 (ph) 01 496 4002 or email [info@personalhealth.ie](mailto:info@personalhealth.ie)**

**Northside--Ballycoolin: Grainne McKeown in Dublin Physiotherapy Clinic, 11 The Business Centre, Stadium Business Park, D11 X266 (ph) 01 882 9174/5 or email [info@dublinphysio.ie](mailto:info@dublinphysio.ie)**

## 2024 membership renewal

Membership runs for the calendar year (still only €25).

Members with email addresses on our system will receive a reminder email. They can pay simply by credit or debit card using a link on the email.

If you don't have access to email you can send a cheque or postal order made out to Dublin Parkinson's Branch .

Cut out this section and post to: Kieran Connolly,  
8 Bramley Green, Castleknock Dublin 15 D15KPW3

Name

Address

Phone