



Parkinson's Ireland

www.parkinsons.ie

Winter 2024

Enjoy the Christmas Period. Stay safe and healthy!



Cathal Kelly



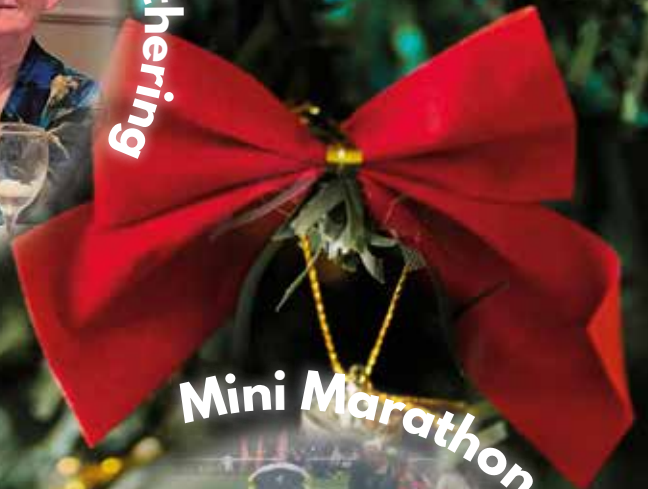
Walk in the Park



Social Gathering



Frank Mullen



Mini Marathon





A MESSAGE FROM THE CEO - SHANE O'BRIEN



Dear friends,

Welcome to the final edition of our magazine for 2024. As we come towards the end of the year, we can reflect on plenty of activity and continued progress across all areas.

ADVOCACY:

The general election is being held on the 29th of November. As the demand for our services continues to grow and with the number of people being diagnosed with Parkinson's also increasing, this election is of vital importance to people with Parkinson's and their loved ones.

While the recent investment committed to neurology in the recent budget is welcome, the additional neurologists must be recruited as soon as possible. Unfortunately, we have previously seen in the case of the campaign for additional Parkinson's nurse specialists, an announcement such as this does not always result in immediate additional recruitment.

Our members and supporters will play an important role in our general election campaign. We have provided members with a number of differ-

ent resources, including our election asks document, an election card to be used when speaking with a candidate, and a letter template which can be used to write to candidates.

As a charity with a significant grassroots presence across the country, we have strength in numbers in getting our voice heard.

SOCIAL & EDUCATIONAL GATHERING:

We had another successful and enjoyable annual social and educational gathering in the Hodson Bay Hotel, in October. The event continues to grow and must be among the biggest conferences for a condition specific charity. Attendees enjoyed a range of relevant presentations, therapies and entertainment over the three days.

EXISTING SUPPORTS AND CLASSES:

Our Parkinson's nurse and dietitian helpline continues to operate from Monday to Friday, from 9am-5pm. We hope to be in a position to announce an expansion of our nursing services over the coming months.

Our weekly Zoom classes and nurse clinics have recommenced after the summer break. Our innovative newly diagnosed programmes are also continuing. Full details of all these classes and programmes are available on our website.

We also held two very successful webinars recently, the first being specifically for care partners and the second on digital assistive technology. The recordings are available on our website.

Membership Renewal 2025

Parkinson's Ireland relies on voluntary donations, fundraising and annual membership fees to deliver its services. Parkinson's Ireland has no guaranteed annual government funding.

Membership renewal is due shortly for 2025. The fee for the year is €25.

Membership can be renewed in one of three ways:

Online

By scanning the QR code on the membership form and completing the online form.

Membership form

By returning the membership form along with payment of €25 to the national office, using the freepost envelope enclosed with this magazine.

Local branch

If you are involved in your local branch, you can renew your membership by paying the fee to your local branch treasurer.

To ensure all members continue to receive their e-zine and magazine, we are asking members to ensure that their contact information (email address/postal address/contact number) is up to date. You can update your contact details by calling freephone 1800 359 359.



Please liaise with your local branch regarding services in your area and also keep an eye on our weekly e-newsletter for updates.

Information Services:

After a significant amount of work from our team, our information leaflets, which cover the various aspects of Parkinson's have now been printed, and are also available on our website. We also have a new 'Planning Your Journey' booklet which is specifically for newly diagnosed persons. We hope to soon be able to launch a newly diagnosed pack, which will be made available to neurology clinics across Ireland. Providing information remains an important part of the work that we do.

MONAGHAN BRANCH:

I'm delighted to announce that we have successfully established a branch in Monaghan. This is the third new branch that we have set up over the past 15 months. The Monaghan branch have already started a local exercise class and plan to expand their activities over the coming months.

Medication Safety:

An issue that arises too frequently is people with Parkinson's not receiving their medication on time during a hospital stay. Led by our PD nurses Lisa Wynne and Kathy Foley, we have started working with the Irish Medication Safety Network on this issue. This works includes updating the safety alerts for Parkinson's. We will also have a stand at the upcoming 1st All-Island Medication Safety Conference, and I am delighted that my colleague Lisa Wynne will be speaking at the event about Parkinson's Disease.

'DIFFERENT FOR EVERYONE':

Our 'Different For Everyone' awareness campaign has been shortlisted for the Irish Healthcare Awards, in the Patient Education Project of the Year category.



'Different for Everyone' ran over Parkinson's Awareness Month in April 2024 and focussed on the over 40 different symptoms in Parkinson's Disease. Raising awareness continues to be a vital part of what we do.

HONORARY MEMBERSHIP

We were delighted to recognise the contribution of a number of volunteers by making them honorary members of Parkinson's Ireland. The organisation, and particularly its branches, could not function without our volunteers. I would like to congratulate all who were recognised. They are listed within this edition. We hope to make this an annual occurrence.

UNA ANDERSON RYAN

It would be remiss of not to mention the retirement of Una Anderson Ryan from the board of Parkinson's Ireland. Una was instrumental in setting up the charity and in its expansion over the years. She has done trojan work in developing services in the Midwest and leaves an enduring legacy of service for people with Parkinson's and their loved ones. I would like to wish Una all the best in her retirement and thank her for helping to bring the organisation to where it is.

This has been a very successful year for the charity and shows what can be achieved when we work together and speak with one voice. I would like to take this opportunity to wish you all a happy and peaceful Christmas and I look forward to catching up with you in the new year.

Take care,
Shane

CHRISTMAS CLOSING 2024

Our Closing Times over the Christmas period will be Monday 23rd December 2024 and the office will re-open on Thursday 2nd January 2025

We would like to wish our members a very healthy, safe and happy Christmas and New Year.

Christmas Raffle 2024

 RCN 20028237 CHY REVENUE NO 10816	CHRISTMAS DRAW 2024 Name _____ Address _____ Phone No _____ Email _____ Sold by _____ Ticket No.: _____	CHRISTMAS DRAW 2024 Top Prizes Include <ul style="list-style-type: none">€500 CASH PRIZE3 course meal for two & bottle of house wine at the Clayton Hotel, Cardiff Lane, Dublin€100 Kildare Village VoucherDunnes Stores VoucherSt Annes Golf Club, Dublin Two Ball RoundAthlone Hampers Grazing Gift HamperDinner for two at the Absolute Hotel, LimerickLunch for two at the Absolute Hotel, LimerickHamper from Noo Chocolates, Ballina *** And many more prizes *** Draw will take place on 18/12/2024 @ 12 Noon in Carmichael Centre, North Brunswick Street, Dublin 7. Permission Granted - RCN 20028237 and CHY Revenue no 10816.	 €5 EACH OR €20 FOR A BOOK OF 5  Ticket No.: _____
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OUR ANNUAL CHRISTMAS RAFFLE is an important part of our annual fundraising calendar.

We have included two books of Raffle tickets in this issue.

Please help support this raffle , your support is important to us

- ◆ Each ticket you buy gives you the chance to win one of our super prizes.
- ◆ Each ticket you buy will make a difference to the lives of people living with Parkinson's Disease

Best of luck to each and every person who helps support the raffle.

Draw for our Raffle takes place on Weds 18th December at 12 noon 2024 in Carmichael House.

Super Raffle Prizes Include:

- ◆ €500 Cash Prize
- ◆ 3 course meal for two & bottle of house wine at the Clayton Hotel, Cardiff Lane, Dublin
 - ◆ €100 Kildare Village Voucher
 - ◆ Dunnes Stores Voucher
- ◆ St Annes Golf Club, Dublin Two Ball Round
- ◆ Athlone Hampers Grazing Gift Hamper
- ◆ Dinner for two at the Absolute Hotel, Limerick
- ◆ Lunch for two at the Absolute Hotel, Limerick
 - ◆ Hamper from Noo Chocolates, Ballina



UNA ANDERSON RYAN SAYS FAREWELL



In the early 90s I realised that people with Parkinson's in the Midwest had no one to turn to following their diagnosis or when they found that they had symptoms that could have been Parkinson's related.

With no neurological specialists available to them other than a trip to Dublin or Cork I realised something had to be done to help them.

With a clear vision of what was essential to help people with Parkinson's and most importantly a business plan to raise funds to make it possible, I set about on my journey to help. With Sid Rellis at my side we got to work and the rest is history.

We now have three nurses, 9 designated beds in the University Hospital Limerick. We must thank Bernard Gloster HSE for agreeing to appoint the first nurse and Collette Cowan who was instrumental in all that followed, The McManus Family for recognising that it would be money well spent, in particular Mr Gerry Boland who listened to our story.

With an amount of research into what was next to help our members we knew

exercise was key with a social aspect to all our sessions, we now have a wide range of activities as you all know and from there our Branch grew.

While I may have taken the lead, I did not work alone. If I mention names I may overlook some key people but here are just a few:-

Sid Rellis, Billy Rice, Eddie Butler, Margaret O'Sullivan, Pat O'Dea, Cathy McGlynn, Ann Blake, Jessica Poole, to name but a few. On the medical side Prof Declan Lyons was a great help to formalise the role of our first nurse Mags Richardson

I always found it very easy to work with People with PD. They are grateful, kind, willing to help when they can and this made my role very easy.

There is a strong team in place now to take on developing the Branch further and I wish them all the very best.

Thank you everyone for all your kind words and compliments since I stepped down. I want to say to you all that I gained an amount on my Parkinson's Journey and will always be available to help where I can.

One of the first patients I met was Ann Keilty from the Dublin Branch and when the Midwest was up and running I joined with Ann to get the National Association started. I formed a group called the concerned Branches to lay a National foundation across the country and one key person in the group was Ann Foxe.

Most of the Branches contributed from time to time but Ann and I knew what the country needed and when we formed the first Board with Michael Burke as chair Ann worked tirelessly with me to bring the Association to the level it is today. Well done Ann

Thank you all once again,



CHRISTMAS JUMPER DAY 2024

Christmas Jumper Day 2024 falls on Thursday December 12th and Parkinson's Ireland are happy to be taking part again this year as our final national fundraiser for 2024.

Although Christmas Jumper Day falls on Thursday 12th December, our page will remain open until the end of December so you can pick a day that works for you to take part.

No donation is too big or small and we appreciate everyone who takes the time to support us in the run up to Christmas. You can scan the QR code above to access our fundraising page or visit www.parkinsons.ie to support.

Need some inspiration to get your friends, family and colleagues involved? Please see below:

- Organise a Christmas Jumper Day for the office or team Zoom call and ask participants to donate to the Parkinson's Ireland Christmas Jumper Day fundraising page. Download the QR code from our fundraising page and put it on posters around the office so that colleagues can scan and donate easily.
- Organise a 'Festive Jumper Friday' for your school or club and ask everyone who takes



part to donate a few euro to our page.

- Ask your friends/colleagues to wear Santa hats with their jumpers and anyone who forgets needs to donate an extra €2 to the fundraising page.
- Plan a Christmas Jumper Brunch or Dinner with friends and ask everyone to donate the price of a coffee or drink to the fundraising page.
- Ask your colleagues or friends to wear a Christmas jumper they already own on Christmas Jumper Day and donate the cost of buying a new one to the fundraising page - bonus points for sustainability!

Below: Our friends at Travelodge Plus Dublin City Centre supporting Parkinson's Ireland on Christmas Jumper Day last year.



UPDATED INFORMATION LEAFLETS

Parkinson's Ireland is delighted to announce that our updated information leaflets are now available.

Our Parkinson's Disease (PD) Nurse Specialists Lisa Wynne and Kathy Foley worked extremely hard to re-write each leaflet to provide important information across 24 topics. These include both motor and non-motor symptoms of PD.

Along with the updated leaflets, our PD nurse specialists also developed new topics, which include fatigue, depression & apathy and cognition in PD.

We would also like to thank the following people for their important contribution: Professor Iracema Leroi for reviewing a selection of the leaflets.

Leanne Ahern, Physiotherapist, PhD researcher HSE, for developing 'The role of physiotherapist in PD'.

Maggie Garvey, Clinical Specialist SLT, Mater Misericordiae University Hospital, and Aislinn Casey for developing our 'Eating & Drinking In PD'.

Aoife Carolan, Senior SLT, HSE CHO 10, for developing our 'Communication & PD' leaflets.

Mairead Campbell (Clinical Specialist Occupational Therapist, HSE) and Claire Dolan (Clinical Specialist Occupational Therapist, St James's Hospital) MDT 2 'The role of Occupational therapist in PD'.

You can download each leaflet from our website or call our freephone number 1800 359 359 and we can post physical copies to you.





JINGLE AND THRIVE: SELF-CARE

FOR THE HOLIDAY SEASON

BY LISA WYNNE

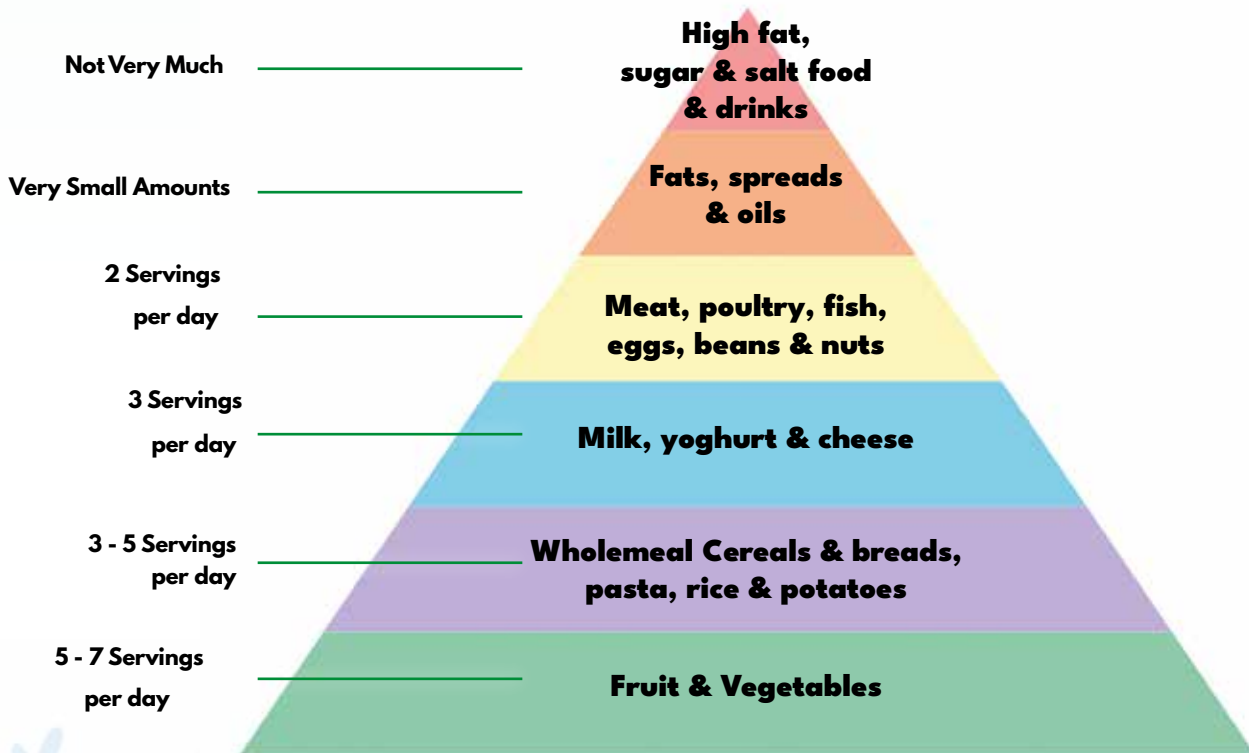
The holiday season can be both joyful and a bit overwhelming, sometimes more for those living with Parkinson's. Here are some helpful tips to ensure you enjoy the festivities with your loved ones while minimising stress:

Planning ahead can help make your holiday season more enjoyable and less hectic.

- Ensure you have enough medication to cover the entire holiday period. If you're running low, check your pharmacist or GP's holiday hours, and be sure to familiarise yourself with your GP's out-of-hours doctor service. Find out more about out of hours Gp services here: <https://www2.hse.ie/emergencies/when-to-go-to-a-gp-out-of-hours/> If you're spending time away at a family member's or friend's home, don't forget to pack enough medication for the duration of your visit.
- Don't hesitate to accept help! Share the workload, whether it's cooking, shopping, or other holiday preparations, among family and friends.

DIET

The holiday season often comes with indulgent meals and treats, but for some over-indulging can make you feel sluggish, affect sleep and drained of energy. For some people with Parkinson's, high-protein foods can also impact the effectiveness of levodopa-based medications. Taking your medication about 30- 40 minutes before eating may help. Aim for a balanced diet with a variety of foods from all food groups at each meal to support overall health. See our 'Eating Well with Parkinson's booklet' for more information on www.parkinsons.ie.



ROUTINE

During the Christmas season, it's easy to fall out of routine due to changes in schedules, festive gatherings, and the general excitement

- of the holidays. Disruptions in exercise, sleep patterns, and eating habits can interfere with the
- careful management of Parkinson's symptoms.
- Maintaining as much of your routine as possible,





even during the holidays, is important to prevent a worsening of symptoms and to stay on track with your treatment plan.

Keep Moving & Stay Motivated!

Exercise is a vital part of therapy for Parkinson’s Disease, helping with mobility, mood, and overall health. Whether it’s a walk with loved ones or solo, an online workout class, or dancing, choose an activity that you enjoy and fits your energy levels. Sticking to a routine is crucial—consistency not only helps with physical health but also improves mental well-being. Use exercise as a social opportunity to connect with friends or family. Choosing the right time for exercise can also make a difference—many people find that morning activity works better for their energy levels compared to the evening.

Sleep Hygiene for Better Rest

A good night’s sleep starts with how you spend your day. Engaging in sufficient physical activity can help promote better sleep at night. To ensure restful sleep, avoid over-stimulating activities or drinks like tea and coffee before bedtime. Try to limit screen time in the hour leading up to sleep, as the blue light from phones or computers can disrupt your ability to fall asleep. Establish a calming night-time routine that includes relaxation techniques such as a warm bath, a short meditation session, or listening to soothing music. Ensure your bladder is empty before bed to minimise sleep interruptions.

Stay Regular!

Managing regular bowel movement can be a constant battle for some with Parkinson’s. This combat does not take a break for the Christmas season and with a change in all mentioned above, it can increase the likelihood of running into issues with constipation. Maintaining a consistent routine, including regular physical activity, is key to managing this symptom. Movement can stimulate bowel function, so staying active is crucial. Aim to increase your fluid intake during meals and throughout the day to help prevent dehydration, which can worsen constipation. A diet rich in fibre from vegetables, fruits, whole grains, and bran-based cereals will also support healthy digestion. Make sure to drink plenty of

water, especially when taking medications like levodopa—ideally, a full glass with each dose. Adhering to any laxatives or other treatments prescribed by your healthcare provider is essential to prevent complications. Constipation can reduce the effectiveness of Parkinson’s medications, potentially worsening your symptoms, so managing it effectively is an important part of your overall treatment plan.

ENSURING SAFETY AT HOME

While your home may feel like the safest place, it’s important to regularly assess it for potential hazards, especially during times like the holiday season when decorations or new toys & contraptions left around can depict an obstacle course.

Floors: Ensure that decorations, like lights and ornaments, are secured and not left on the floor or hanging where they could cause someone to trip. Keep pathways clear of gift boxes and bags. Tidy up any extra electrical cords for holiday lights and decorations. If you have furniture rearranged for gatherings, make sure pathways are clear and wide enough for easy navigation, especially for those using mobility aids.

Lighting: Make sure stairs, hallways, and entryways are well-lit. Dim lighting increases the risk of accidents, so ensure there is sufficient lighting, especially during the night. While Christmas lights add festive charm, be sure to turn them off before bed and ensure your room is well lit before moving around at night. Extinguish candles completely before retiring for the night.

Cooking & preparation: Where possible consider prepping in days or weeks before. If the chef in house has used every pot and every counter space available, consider tidying as you go or delegate this task to someone! Use timers to keep track of cooking times and avoid food burning or appliances being left on. Keep flammable items, like dish towels and oven mitts, away from the stovetop and open flames. Keep saucepan handles turned inward to reduce the chance of accidental bumps and be sure to wipe up any spills right away to prevent slips. Turn off appliances like the hob or oven immediately after use and double-check before leaving the kitchen.





KEEPING WELL THIS WINTER PERIOD

BY KATHY FOLEY

Cold weather, and seasonal illnesses can cause more complications for people with Parkinson's. Here's our advice on managing in colder weather.

Keep your home and yourself warm this winter

Parkinson's affects the nervous system, which controls body temperature, so people with Parkinson's can be more sensitive to cold and heat.

Here are a few simple suggestions you can do to help keep your body temperature up:

- Keep warm inside and outside the house.
- Layering your clothing can help you stay warm. Opt for breathable fabrics to regulate your temperature.
- Wear socks and a hat in bed if you get cold at night.
- Heat all the rooms you spend the day in. Or if you can't keep all the rooms heated, try and keep one room heated for the day and your bedroom heated just before you go to bed.
- Set your heating to come on just before you get up in the morning, and to turn off after you go to bed.

The fuel allowance can contribute to energy bills and help keep your home warm in winter. To see

- if you qualify for The fuel allowance and to get more information on **The Fuel Allowance** please visit <http://www.citizensinformation.ie>

Plan for Emergencies

- **Prepare for Severe Weather:** Have a plan in place for severe weather conditions. Stock up on essential supplies, including medications, food, and water. Talk to your GP and pharmacist to ensure you have enough medication to last you through any periods of severe weather.
- Many pharmacies offer a home delivery service for prescriptions. You should ask your pharmacist for more information about the services they provide.
- **Stay Informed:** Keep a list of emergency contacts handy, and ensure you have a charged phone to reach out for help if needed.
- **Protect Your Mental Health**
- **Stay Connected:** Winter can sometimes lead to feelings of isolation. Make an effort to connect with friends and family through calls, video chats, or social media. Consider joining a local or online support group for people with Parkinson's.
- **Engage in Hobbies:** Pursue activities that you enjoy, whether it's reading, crafting, or watching





movies. Keeping your mind active can help improve your mood.

Keeping active

During winter, you may be inside more, but staying active is still important for your physical and mental wellbeing. Moving about and getting some light exercise can also help you to keep warm. We've compiled some of our top tips to help you get active in winter:

- ❑ Come up with a plan. You could put reminders in your diary or calendar, or set up a reminder on your smartphone or mobile device. You could even download a fitness app, or keep a record of your progress on a daily or weekly basis.
- ❑ Join a club. Physical activity groups for people with Parkinson's continue to grow in popularity across Ireland and whether you prefer non-contact boxing, Hill walking, or going to your local gym, there's always something that you can try when you start looking.
- ❑ Make it part of your routine. Whether you try to move more when you're doing the housework, or you try some chair-based exercises, if you prefer to stay indoors in winter then you can still make physical activity part of your everyday routine.
- ❑ Doing something is better than doing nothing. Whether you like to be active from home or you are a keen gym-goer, there's always something you can do. Try to vary the exercises or activities you do regularly.
- ❑ You don't have to do it on your own. If you're active with a friend or you exercise together as a family, try to find activities you can do together, such as vigorous walking or running.

Risk of falls

Loss of balance and falling affect many people with Parkinson's. You should take extra care in winter if you do have to go out in icy conditions. To stay safe:

- ❑ Wear shoes with flat or low heels, and rubber soles as they provide better traction on ice and snow. Take your shoes off as soon as you

get home. Ice and snow can stick to your soles and cause slippery conditions as they melt.

- ❑ If you use a walking stick, check for wear and tear. If the tip of the stick (the ferrule) becomes worn, it should be replaced. Your local physiotherapy department can do this for you.
- ❑ Think about what route you will take to your destination and allow extra time to get there.
- ❑ Be aware of your surroundings as some places can stay icy for longer in the shade.
- ❑ Use handrails for support where you can.
- ❑ Don't be afraid of asking for help walking outside if you need it.

If you know someone who has Parkinson's
If your relative, friend or neighbour has Parkinson's, it's important to check on them regularly during winter. Older people are particularly vulnerable at this time of year. Think about arranging a text, call or visit to your loved one regularly. It can give you both peace of mind. There are other ways you can help if you are local - you could offer to clear their pathway if it icy or has snowed, offer to do their food shopping or help with an online order.

Covid and Flu Vaccinations

Stay Vaccinated: It's important to stay up-to-date with both Covid and flu vaccinations, as people with Parkinson's may be at increased risk for severe illness. Consult with your healthcare provider about vaccination schedules and booster shots.

Find Vaccination Locations: Check with your local health authority for available vaccination clinics. You can often find this information on their websites or by calling their helplines. HSE (Health Service Executive): For health information and services, call 1850 24 1850 or visit hse.ie
Winter can be a challenging time for those living with Parkinson's, but by implementing these strategies, you can enhance your well-being and enjoy the season. Remember to listen to your body, reach out for support when needed, and take things one day at a time. Stay warm, stay safe, and take care.





UNDERSTANDING APATHY IN PARKINSON'S DISEASE

Parkinson's disease (PD) is widely known for its impact on movement, causing tremors, stiffness, and difficulty with balance and coordination. However, what many people may not realize is that PD also has significant non-motor symptoms that can deeply affect a person's quality of life. One of the most challenging of these is apathy—a state of diminished motivation and emotional engagement that can be just as debilitating as the physical symptoms of the disease.

Apathy is not simply laziness or disinterest; it is a complex and often misunderstood condition that manifests in various ways. For people with Parkinson's disease, apathy can mean a reduced interest in activities they once enjoyed, a lack of initiative to perform everyday tasks, and an emotional flatness that can strain relationships with family and friends.

What Causes Apathy in Parkinson's Disease?

The exact causes of apathy in Parkinson's disease are not fully understood, but research suggests it is related to changes in the brain's pathways that control motivation and reward. The brain regions involved in motivated behaviour include the ventromedial prefrontal cortex, the ventral striatum, and the rostral caudate. These areas are responsible for assessing the value of actions and determining whether they are worth pursuing. In Parkinson's disease, these areas may become less active or damaged due to the loss of dopamine—a crucial neurotransmitter that helps regulate mood and motivation.

The concept of apathy can be broken down into three subtypes: emotional-affective, cognitive, and behavioral. Emotional-affective apathy is characterized by a lack of emotional response to pleasurable activities. Cognitive apathy involves

difficulties in planning and executing complex tasks, while behavioral apathy is reflected in reduced initiative to perform activities unless prompted.

The Impact of Apathy on Daily Life

For people with Parkinson's disease, apathy can severely reduce their quality of life. It often goes unnoticed or is mistaken for depression, which can delay proper diagnosis and treatment. Unlike depression, which typically involves feelings of sadness or hopelessness, apathy in Parkinson's patients does not necessarily involve these emotions. Instead, individuals with apathy may appear indifferent, disengaged, or simply "going through the motions" without any real interest or enthusiasm.

This can be particularly challenging for caregivers, who may struggle to understand why their loved one is no longer interested in social activities or hobbies. The burden of care often increases as apathy progresses, adding to the stress and emotional toll on families.

Current Treatments for Apathy in Parkinson's Disease

Despite its prevalence, apathy remains an under-recognized and under-treated symptom of Parkinson's disease. However, there are several treatment options available that can help manage this condition. These treatments fall into two main categories: pharmacological (medications) and non-pharmacological (therapies and lifestyle changes).

Pharmacological Treatments:

1. Cholinesterase Inhibitors: These medications, such as rivastigmine, are commonly used to treat cognitive symptoms in Parkinson's disease and have shown some effectiveness in reducing apathy. Studies have indicated that cholinesterase inhibitors can improve apathy scores and enhance the quality of life for patients and their caregivers. However,





the benefits may not be sustained over the long term, and side effects like nausea and dizziness can occur.

- 2. Dopamine Agonists: Medications that increase dopamine levels in the brain, such as Rotigotine, have also been used to treat apathy. These drugs aim to enhance motivation by stimulating the brain’s reward system. While some studies have shown positive effects, the evidence is mixed, and not all patients respond to these treatments.
- 3. SSRIs (Selective Serotonin Reuptake Inhibitors): Although primarily used to treat depression, SSRIs have been explored as a treatment for apathy in Parkinson’s disease. However, the results have been inconsistent, and more research is needed to determine their effectiveness specifically for apathy.
- 4. Methylphenidate: Commonly known as a treatment for attention deficit hyperactivity disorder (ADHD), methylphenidate has also been studied for its potential to increase motivation and reduce apathy in Parkinson’s patients. While some case reports suggest it may help, the overall evidence is still limited.

Non-Pharmacological Treatments:

- 1. Exercise and Physical Therapy: Regular physical activity has been shown to improve mood and reduce apathy in people with Parkinson’s disease. Exercise programs tailored to the individual’s abilities can help

boost energy levels and promote a sense of achievement.

- 2. Mindfulness and Cognitive Behavioral Therapy (CBT): These therapies focus on changing negative thought patterns and encouraging engagement in meaningful activities. Mindfulness practices, in particular, can help patients become more aware of their emotions and improve their overall well-being.
- 3. Social Engagement: Encouraging participation in social activities, even if it requires some effort, can help combat the withdrawal often seen in apathetic individuals. Support groups and community activities provide opportunities for interaction and can help rekindle interest in daily life.

The Future of Apathy Treatment

As our understanding of apathy in Parkinson’s disease continues to grow, so too does the potential for more effective treatments. Emerging therapies, including neuromodulation techniques like transcranial magnetic stimulation (TMS), are being explored for their ability to stimulate brain regions involved in motivation and reward. While these treatments are still in the experimental stages, they offer hope for more targeted and effective interventions in the future.

In conclusion, apathy is a significant but often overlooked symptom of Parkinson’s disease that can have a profound impact on a person’s quality of life. While current treatments offer some relief, there is still much to learn about this complex condition. Increased awareness and research are essential to developing better strategies for managing apathy and improving the lives of those affected by Parkinson’s disease.

This article is based on the published paper entitled **“Treatment of Apathy in Parkinson’s Disease and Implications for Underlying Pathophysiology”** by **Dr. Senan Maher, Dr. Eoghan Donlon, Dr. Gerard Mullane, Prof. Richard Walsh, Prof. Tim Lynch, and Dr. Conor Fearon.** To read more visit <https://www.mdpi.com/2077-0383/13/8/2216>





'A Walk in the Park for Parkinson's' Full

OCTOBER 31, 2024

THANK YOU TO EVERYONE WHO SUPPORTED 'A Walk in the Park for Parkinson's' across ten locations nationwide on Saturday, September 21st.

We are blown away by the support from the hundreds of people who came together to raise awareness and funds for Parkinson's Disease and the services Parkinson's Ireland provides.

Thank you to all of our volunteers and especially to Home Instead Ireland for making our first flagship fundraiser event such a success.



DUBLIN WALK



LAOIS WALK



CORK WALK



MAYO WALK



DUBLIN WALK



DONEGAL WALK



WATERFORD WALK



TULLAMORE WALK





Fundraising Event and Photographs



DUBLIN WALK



WEXFORD WALK



WICKLOW WALK



LIMERICK WALK



NAVAN SUPPORT GROUP



DUBLIN WALK

Honorary Memberships 2024 and a Tribute to Una Anderson Ryan

Parkinson's Ireland awarded honorary memberships to the committee members below who have given their time, energy and unwavering commitment to those living with Parkinson's in their community.

Al Shannon is the Chair of the Longford branch and has worked tirelessly over the years to establish a branch in the Longford area. The Longford branch meet regularly and run yoga classes weekly. **Thank you Al.**

Bernadette Myler Driscoll is Chair of the Waterford branch. The Waterford branch meet in the Quarker Meeting House, Newtown Road on Monday's at 2pm. Bernadette also runs a Kilkenny club on Thursdays in the Orchard House Newpark Road, Kilkenny Club from 11.30am to 2pm, featuring chair yoga, movement to music followed by refreshments and a chat. Bernadette keeps the show on the road looking after these two areas of the country. **Thank you Bernadette.**

Connie Doolin is Chair of the South Kerry branch. Connie has been working in the area for many years now serving the people of South Kerry and organising classes for members. **Thank you Connie.**

Eddie Breen is the former Chair of the North Kerry branch. We wish to thank Eddie for all his hard work throughout the years for working to serve the people of North Kerry who live with Parkinson's so

- well. **Thank you Eddie.**
- Marion Burke** is former long standing support group co-ordinator in the Tipperary branch. Marion was very involved in the running of the Tipperary branch for many years and organised the Monday club and singing activities in the area. **Thank you Marion.**
- Caroline McLoughlin** is the Chair of the Mayo branch. Caroline has been looking after the people of Mayo who live with Parkinson's for many years now. She organises meeting and all their Social activities in the area. **Thank you Caroline.**
- Frank Lynch** is Midwest branch treasurer and former Board member of Parkinson's Ireland. Frank has worked hard in the running of the Midwest branch to assist with the activities run by the branch. **Thank you Frank.**
- Kieran Connolly** is YPI secretary and Dublin branch treasurer. Kieran is very generous with his time and expertise in both roles and is also extremely helpful to the staff in the National Office. **Thank you Kieran.**
- Marian Deely** is East Midlands Treasurer and their former Chairperson. Marian has been involved in the branch since its conception and has organised many events, information days, outings and meetings for her members throughout the years. **Thank you Marian.**
- Marie Cahill** is Galway branch Chairperson.



Ann Foxe



Caroline McLoughlin



Frank Lynch



Marion Burke



Kieran Connolly



Marie is a powerhouse in the Galway area, organising physio classes, walks, meetings and classes for her members. Marie has given many hours to working with and assisting people in the Parkinson's community. **Thank you Marie.**

Mary Butler is Chair of the Dublin branch. Mary has given so generously of her time and energy to the running of the Dublin branch over the years. Mary has also worked closely throughout the years with National Office, assisting and volunteering when needed. **Thank you Mary.**

Paddy Conaty is the long serving Chair of the Cavan branch. Paddy has worked for many years to put the Cavan branch on the Parkinson's map. He has given tirelessly of his time and his experienced background to establish the branch that we see today. **Thank you Paddy.**

Ted Horgan is the former Chair of the Cork branch. Ted worked so hard as the chair of the Cork branch to organise classes and events in the Cork area. Ted also participated in the Camino challenge organised by Parkinson's Ireland and completed the walk with a smile on his face. **Thank you Ted.**

Ann Foxe is Northwest branch secretary and Chairperson of Parkinson's Ireland. Ann has dedicated her life to serving those with Parkinson's both in her own branch and throughout the country in her role as a Board member of Parkinson's Ireland. Ann organises classes, meetings and events for the branch, which is a branch to be proud of serving the Northwest area. **Thank you Ann.**

Thank you all once again,

Una Anderson Ryan.



AN APPRECIATION FROM ANN FOXE

The name Una Anderson Ryan is synonymous with Parkinson's Ireland due to her long involvement with the organisation at local and national level. Una dedicated many years to her local Midwest Branch offering support and assistance to people living Parkinson's Disease. As Chairperson of the branch, Una's accomplishments are too many to mention. However, it would be remiss not to mention some notable achievements in the Midwest:

- ❑ Appointments of 3 Parkinson's Nurse Specialists
- ❑ 9 designated beds in UHL for PD patients
- ❑ An excellent programme of services for members in the Midwest and Clare.
- ❑ Una was always very supportive of other branches whenever and wherever required.
- ❑ Una played a very important role as a member of the Parkinson's Ireland board. Her contribution and support were invaluable. Her guidance and knowledge were vital in ensuring that the voices of people living with Parkinson's Disease were heard, and, shaped the work the board continue to do today.

The board would like to take this opportunity to thank you most sincerely for the service you gave to Parkinson's Ireland. Your time, effort and work have been crucial to the success of the organisation.

Wishing you a long, happy and healthy retirement
Una.

Ann Foxe, Chairperson Parkinson's Ireland.



Marie Cahill



Mary Butler



Paddy Conaty



Ted Hogan



Una Anderson Ryan



SOCIAL GATHERING 2024

Parkinson's Ireland would like to thank all our members for their participation in this year's Social Gathering.

We would also like to thank our wonderful speakers and workshop facilitators.

Cathy McGlynn, Lisa Wynne, Kathy Foley, Dervil O'Reilly, Ken Fitzpatrick, Pat O'Dea, Theresa Kearney.

The bands who provided the music Diarmuid Guinan and Bernard and Patrice Coyle. They had everyone up on their feet. A big thank you to all members who sang and helped provide a great night's entertainment all round. Special

THANK YOU

- thanks to Jerome Maume
- who performed his own
- composition to great
- applause.
- We would also like to thank the staff of the
- Hodson Bay Hotel who provided assistance and
- fantastic service to our members.
- We hope everyone enjoyed themselves and left
- feeling more connected, relaxed and supported.
- Looking forward to seeing all our members again
- next year.
- Be sure to book early once dates for next year
- are announced to avoid disappointment.





CHRISTMAS IDEAS FROM PARKINSON'S IRELAND

With Christmas fast approaching we have our Christmas cards now in stock.

These cards bright cheerful cards include the Parkinson's Logo logo and are on offer for €10.00 per pack of 15 cards.

We have teamed up with Newbridge Silverware to produce these beautiful Newbridge pieces showcasing the Parkinson's logo.

Newbridge Pendant €35.00 Plus P&P

Newbridge Pins €20.00

Parkinson's Lapel plus P&P

Please place your order early to avoid disappointment by calling the Freephone 1800 359 359

Many thanks for your support





HEALTHY GUT, HAPPY LIFE

Understanding and managing Gastrointestinal issues in Parkinson's

Living with Parkinson's Disease (PD) can bring about various challenges, including issues with your gastrointestinal (GI) system. These problems can significantly affect your comfort and daily life. This article aims to shed light on the most common GI issues associated with Parkinson's and how they can impact your health. Recent research highlights the role of the gut microbiome in PD, showing that changes in gut bacteria may contribute to both motor and non-motor symptoms of the disease. Understanding the relationship between gut health and Parkinson's can lead to new strategies for managing symptoms and improving overall well-being.

Constipation: A Common Concern

Constipation is a frequent issue for many people with Parkinson's Disease, affecting about **79%** of patients¹. This is **three times** more than in those without the condition. For some people constipation may be their first symptom of Parkinson's, experienced in the prodromal phase, years before a diagnosis of PD.

As Parkinson's progresses, the likelihood of experiencing constipation increases, particularly among women, who tend to be affected more than men. Some potential reasons for this gender difference may be hormonal changes experienced by women, dietary intake of fibre variations and higher prevalence of psychological factors. Individual to all, of course. It's important to talk to your healthcare professional if you're experiencing constipation, as they can help you find effective treatments to relieve your symptoms and improve your quality of life.

Without fixating over your regular bowel movement, if you think constipation is an issue, consider the following: What is your normal pattern? Do you feel that you have fully emptied your bowel? Do you experience pain or straining when passing a bowel motion? What is the consistency? Are you hydrated enough? Are you taking laxatives if required and prescribed?

Constipation is the number one reason why a person's Parkinson's may suddenly worsen².

Upper Gastrointestinal Dysfunction

In addition to constipation, many people with Parkinson's also experience issues with their upper gastrointestinal system. This includes symptoms like:

- ⇒ Indigestion
- ⇒ Nausea
- ⇒ Feeling overly full
- ⇒ Bloating

These symptoms can make eating uncomfortable and may even lead to weight loss or poor nutrition. Just like constipation, these upper GI issues can worsen as Parkinson's progresses and are more common in women. If you're experiencing any of these symptoms, it's crucial to discuss them with your doctor to explore ways to manage and alleviate discomfort.

Other Factors Affecting GI Health

There are also additional factors that can influence gastrointestinal health and PD. These include:

- ⇒ Reduced physical activity
- ⇒ Gastroparesis: Delayed emptying of the stomach
- ⇒ Inconsistent absorption
- ⇒ GI infections such as Helicobacter pylori/ SIBO (small intestine bacteria overgrowth)





Gut Microbiome and Parkinson’s Disease

The gut microbiome is our complex ecosystem of microorganisms, including bacteria, viruses, fungi, and other microbes, that reside in our digestive tract. Our gut microbiome plays a crucial role in maintaining our overall health by performing essential functions. For instance, gut bacteria help digest food, produce vitamins (such as vitamin K and some B vitamins), 90% production of serotonin in gut and support the immune system.

In recent years, researchers have increasingly focused on the gut microbiome’s influence on neurological health, particularly regarding conditions like Parkinson’s Disease (PD). The connection between the gut and the brain is often referred to as the gut-brain axis. This two way communication system facilitated by the vagus nerve, allows the gut to influence brain function and vice versa. Signals from the gut microbiome can affect inflammation levels, neurotransmitter production, and even the way the brain processes information.

Research shows that people with Parkinson’s disease often have a different mix of gut bacteria compared to those who don’t have the disease.³ This change in the balance of bacteria is called **dysbiosis** and can greatly affect how well the digestive system works and overall

health. Dysbiosis can contribute to various gastrointestinal symptoms commonly observed in individuals with Parkinson’s, such as:

- ⇒ Constipation
- ⇒ Gastrointestinal(GI) disturbances (nausea, bloating etc)
- ⇒ Increased Inflammation

Understanding these changes can help you and your doctor find ways to improve gut health, which may help ease some of the symptoms of Parkinson’s disease. A symbiotic relationship should be the aim when achieving “good” gut health. A balanced and restorative approach may include the following:

- Awareness
- Identification of issues
- Role of our diet- feeding our gut the right foods- fermented & fibre
- Exercise
- Good sleep hygiene
- Management of stress.

Sometimes easier said than done but as always, awareness is key.

- Examples of foods to feed our gut:
- Flax
 - Seeds
 - Berries
 - Kefir
 - Garlic
 - Bananas
 - Pineapple
 - Kombucha
 - Yoghurt

The Role of the Gut Microbiome in Disease Progression

Someresearchersbelievethatthegutmicrobiome may play a role in the onset and progression

Continued on page 18





of neurodegenerative diseases by influencing inflammation and brain health. Emerging evidence suggests that the gut microbiome can affect the production of neurotransmitters, such as dopamine, which is critical in Parkinson's Disease. The gut microbiome may also influence the immune response and contribute to neuroinflammation, a process thought to be involved in neurodegeneration.⁴

Understanding the connection between the gut microbiome and Parkinson's disease opens up new possibilities for research and treatment. This relationship could lead to fresh approaches to help manage this challenging condition. The link between gut health and brain health is becoming increasingly important in understanding neurodegenerative diseases, making it essential to keep exploring how we can use this knowledge for better care and support for patients.

In summary, gastrointestinal issues, particularly constipation and upper GI dysfunction, are common challenges faced by individuals living with Parkinson's Disease. Being aware of these issues is crucial for better management of your condition. These factors highlight the importance of a holistic approach to managing

your health, addressing not only the neurological aspects of Parkinson's but also the GI symptoms that come with it.

Don't hesitate to reach out to your healthcare provider about any GI symptoms you may experience, they can help you find the right solutions to improve your comfort and overall well-being.

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- 4 Metcalfe-Roach, A., Cirstea, M.S., Yu, A.C., Ramay, H.R., Coker, O., Boroomand, S., Kharazyan, F., Martino, D., Sycuro, L.K., Appel-Cresswell, S. & Finlay, B.B. (2024). 'Metagenomic Analysis Reveals Large-Scale Disruptions of the Gut Microbiome in Parkinson's Disease', *Movement Disorders*.

FREEWILL CHARITY PARTNERSHIP

September 2024 was FreeWill month, with International Legacy Giving Day falling on September 13th.

Parkinson's Ireland is now a charity partner of FreeWill.ie. This means you can now make your online will for free.

Having an up to date will ensures peace of mind for you and your family. Simply contact us at fundraising@parkinsons.ie to request a voucher link and we will send a Will Guidance document with it.

The FreeWill offering will be suitable for many people, but it is generally recommended to use the services of a solicitor if your will is more



complex. There's no obligation to do so, but we would be extremely grateful if you could support us with a gift in your Will.

Gifts in wills, of all sizes, support the essential work of Parkinson's Ireland, to help support our services for people with Parkinson's, their families, care partners and loved ones.





BRANCH NEWS

MAYO BRANCH

Congratulations and thank you to Cathal Kelly who has raised an incredible €70,000 for our Mayo Branch and Crumlin Children’s Hospital by completing his epic journey of walking from Canterbury to Rome.

On Friday, 25th October Cathal had a presentation in Mellett’s Emporium in Swinford, where our Mayo Branch Chairperson Caroline McLoughlin said a few words to thank Cathal on behalf of Parkinson’s Ireland and the Mayo Branch.

Cathal said: “This epic adventure continues to give me so many cherished memories and moments that I will be forever grateful for. I was absolutely delighted to enjoy a special night with family and friends as we announced that we had hit the incredible amount of €70,000 in my fundraiser for Mayo Parkinson’s Association and Children’s Health Foundation.

I am so grateful for all the support I have received on this journey and to be able to give the two charities that are so personal to me the amount of €35,000 each is beyond my wildest dreams.

Thanks to all my family and friends and community for your support right throughout this journey since I launched it back in May. A huge thank you to everyone who has so kindly donated to my fundraiser with every cent going directly to the two charities”.

MID WEST BRANCH

Mid West Branch made a presentation to Una Anderson Ryan who stood down as Midwest

- Chair after many years of distinguished service - She remains a member of the MW committee. She was presented with an engraved memento on behalf of the members, also a special presentation from the Midwest Parkinson’s Nurse Specialist team (x4) whom she was significantly responsible for establishing in conjunction with the HSE Midwest.
- International athlete and Limerick native Frank O Meara returned to Limerick to give a personal presentation on his athletic and Parkinson’s journey to MW members and friends. He spoke passionately about his continuing challenges and recounted his keys to success on both fronts....honesty, acceptance and most of all determination to succeed. Several members attending recounted growing up with Frank and seeing his rapid rise to fame, Olympic and World Athletic accolades. The Q & A was particularly moving and inspirational. Frank bemoaned the lack of any significant advances in Parkinson’s over the past 30 years and stressed the need for significant research spend to bring Parkinson’s treatment to the next level.. The event was filmed as part of an upcoming documentary



Mayo Branch.



Mid West Branch.



Mid West Branch.



which we all hope to see completed in the next year or so.

The Adare Cycle club, which includes Pdraig Barry, ran their annual charity cycle event in aid of Parkinson's Midwest. A huge attendance resulted in funds raised of c €3,450.

Church gate collections across Limerick city, suburbs and part of West Co. Limerick have raised almost €6,200 as well as providing a wide public awareness campaign of Parkinson's and the many supports provided by Parkinson's Ireland across the Midwest. New signage, tables, Branded Collection buckets and Bibs added to this awareness campaign and will be used for many years to come.

The new Midwest committee elected in September are : Gerry Garvey Chair; Brendan O'Neill, Vice chair; Mary McMahan, Secretary; Frank Lynch, Treasurer; Margaret O'Sullivan, West Limerick rep; Mary Leamy, Clare rep; Margaret Woods, Una Anderson Ryan, Jim Quinlan, members.

EASTMIDLANDS BRANCH

E.M.P. in conjunction with Abbeyleix Vitality Hub are delighted to announce that we are hosting a 6 week exercise class including chair yoga and a sing along commencing on Monday 4th November at 11am. This class will take place in Fr Breen Park Abbeyleix. More information is available by contacting John on 087 2712448.

Our Yoga class continues in Newbridge on Tuesdays at 11am for more information contact Marian on 085 2112973.

Also our Movement to Music classes continue in the Parish Centre Portlaoise on Thursday's at 11am to find out more contact John on 087 2712448.

Finally: Save the date, our Christmas Party is on 7th December.

Contact John 087 271 2448

MONAGHAN BRANCH

Following a successful meeting held in Monaghan on Tuesday 29th October, a new Monaghan branch was formed. Our CEO Shane O'Brien was in attendance at that meeting. The branch are currently holding an exercise/boxercise class and hope to include other branch activities over time.

Contact Seamus Brennan who has been appointed Chairperson on 087-2482292 or email seamusbrennan1003@hotmail.com

NAVAN BRANCH

The Navan Support Group continue to meet in Teach na Teamhrach Balreask Arms Trim Road on the last Friday of the month at 12 noon, with the exception of December. Meath Sports Partnership have agreed to sponsor a 4 week course in the same venue for Chair aerobics with Carmel Dowdall. This will run from Nov 8th at 2pm and the following 3 Fridays 15th, 22nd and 29th. The group will go ahead with their monthly cuppa and chat at 12 noon on Friday 29th before the class begins.

Contact Mary 087 283 6794



Monaghan Branch.





LONGFORD BRANCH

Hello to all our members. The Longford Branch had a busy year with weekly physio sessions, then followed by a series of chair yoga greatly enjoyed by all the participants.

In June the Branch had their summer day out. This took place at the Glenview Museum in Ballinamore, Co. Leitrim and for Branches or individuals looking for a different experience, this is definitely a must see. Alongside the museum, there is also a top class restaurant with a great food menu. Their food and hospitality were enjoyed by all there present. To finish off the day we were entertained by Catherine and Tom Cullen, All Ireland winners in music and dance. Their parents James and Ursula are Branch members. It was a lovely to end the year on a high, followed by the summer break.

Also in June Longford Branch members met up with Frank Mullen, recently diagnosed with Parkinson's, who completed 'The Paddle on the Shannon' from Leitrim to Limerick. Members Al Shannon, Geraldine Donlon, Brendan and Vera Whitty met with Frank in Tarmonbarry and Lanesboro, along with Shane O'Brien CEO of Parkinson's Ireland. Frank's efforts raised approximately €35,000 for Parkinson's Ireland.

Exercise activities restarted in September, with weekly classes chair yoga classes on an ongoing basis. The classes are delivered by Regina and are being enjoyed for its diversity. We look forward to weekly physio classes which are due to start in the coming weeks. This brings us up to the Christmas lunch which is being held on December 7th in Cox's Steakhouse, Dromod, Co. Leitrim. We would like to wish those who are unwell or in hospital a good recovery and a peaceful Christmas. Our Branch activities will recommence in the new year.

Contact 087 7640 409



Longford Branch.

DUBLIN BRANCH

We are currently planning our Dublin Branch Christmas Lunch.

It's on Sunday, 8th December, from 12.30pm at the Marine Hotel Sutton Cross, D13 P3Y8.

Book now to reserve a place for you and your partner/family members. Bookings close on Saturday November 30th.

We're delighted that we're able to keep the price at €30 per person again this year. This includes a four course lunch with quiz, raffle and entertainment from the Beating Time Barbershop Choir.

To Book Your Tickets: contact our Treasurer, Kieran Connolly on 083 105 9922 or email: dublintreasurer@parkinsons.ie. If not immediately available to take your call, Kieran will call you back as soon as possible. Kieran can take payment over the phone by debit or credit cards or give you the Dublin bank account details if you prefer to use internet banking,

Alternatively, you can post a cheque, made out to Parkinson's Ireland Dublin Branch to: Kieran Connolly, 8 Bramley Green, Castleknock, Dublin 15 D15KPW3.

Please let Kieran know when you're booking if you have any special dietary requirements

There is free parking at the hotel. Sutton DART station is nearby and buses run from the city centre to Sutton Cross.

Templeogue Community Men's Shed have once again produced a colourful photographic calendar for 2025. All proceeds from sale of the calendar will go to the Dublin branch which is most generous of them. The calendars are €10 each and can be ordered by emailing: tcmensshed@gmail.com (note that there are two s's in that email address!)

In October we had a successful autumn meeting at the Maldron Hotel in Tallaght. Marion Slatery, Occupational Therapist at Personal Health gave a really positive presentation, showing everyone simple ways to improve movement and walking by thinking BIG each time you step forward or get up from a chair. She also gave advice on making your home safer to prevent falls.

We were delighted with the attendance at the Dublin Walk in the Park in Merrion Square





in September and huge thanks to Ruth Delany and Shane O'Brien for getting the event off the ground all over the country, complete with sponsorship. The Dublin Branch particularly wants to gratefully acknowledge the €200 donation to the Walk from Dun Laoghaire Lions Club.

On behalf of everyone on the Dublin committee I wish all of our members a very Happy Christmas.

Mary Butler, Chairperson 087 243 4990.

OFFALY BRANCH

As Christmas approaches, we at the Parkinson's Ireland Offaly Branch want to take a moment to reflect on our journey over the past two years. As a relatively new group, we're still our feet while striving to provide meaningful support to our growing community of members.

Our Midlands area faces a significant gap in specialised neurological care; currently, we have no dedicated neurological teams set up, which is something we are eager to change. We know that comprehensive care for people with Parkinson's involves much more than GP visits and family support. Although we are fortunate to have talented speech and language therapists, physiotherapists, occupational therapists, and other specialists in our area, accessing these services can be challenging for individuals.

Despite these challenges, our group has benefited from expert guidance on topics such as medication management, nutrition, exercise, mindfulness, speech therapy, occupational therapy, and foot health. These sessions have made a meaningful difference to our members' well-being and we thank those professionals who have contributed freely to our knowledge.

Our social gatherings, including our very well-attended events in Dun na Sí and our "Walk in the Park," have been a great success. These outings provide both support and enjoyment for everyone involved.

Our weekly Strength and Conditioning class has grown, drawing participants from across the county for specific exercises designed by our physiotherapist. Another recent addition is our Boxercise class, a new exercise venture that's already proving popular among our members.

In addition to our classes and social gatherings, our Committee members and other advo-

cates have been working closely with the HSE, local council, and the Offaly Development Association, among others, to improve access to services and raise awareness of our needs.

We are deeply grateful for the efforts of individuals and groups who have organized fundraising activities to support our cause. From charity walks, runs, and marathons to golf classics, canoeing, and volunteering, these efforts make a direct impact, helping us fund essential programs for our community. We thank everyone who has contributed.

Our social calendar has also included activities like singing sessions, card games, and friendly Scrabble competitions. These have been wonderful opportunities for connection, and we hope to keep these gatherings going strong through the winter. Looking to the future, we recognise the need for additional classes and services. We hope to explore more music-based activities, sing-alongs, and enhanced nutrition programmes.

Access to new exercise options, including additional boxing and HSE-supported programmes, would help our members stay mobile and healthy. Exercise is crucial for people with Parkinson's

Finally, we cannot overlook the importance of up-to-date research and advances in medication. Ensuring each of our members has access to the latest information on treatment options remains a top priority.

As the year draws to a close, we want to acknowledge the invaluable support, care, and resilience of our members, especially the families and care partners who make such a difference. Wishing everyone a blessed Christmas and a happy, healthy New Year. Here's to a brighter and stronger 2025.

Contact Jean 086-8069855

NORTH WEST BRANCH

Our Christmas Lunch is taking place on Saturday 30th November at 1pm in Dorrians Hotel Ballyshannon. We are looking forward to having a good crowd there. Entertainment will also be provided.

Our trip to Italy for Parkinson's Therapy is from 2nd to 9th June 2025. For further information please contact Kathleen Kennedy, mail to: donegalchairperson@parkinsons.ie or 0874198280.





Our Parkinson's Choir will host a concert in the Hawkswell Theatre in early 2025. Preparation is underway for this event

It promises to be a very entertaining and enjoyable night. We look forward to hearing our choir and other guests provide a memorable night. We will provide further details at a later date.

May I take this opportunity to wish all our members and their families a happy, healthy and peaceful Christmas and New Year.

Ann Foxe, Secretary.

CORK BRANCH

Seasons greetings! A huge thank you to all who attended our brilliant information meeting on 21st October. A huge thanks to Professor Suzanne Timmons in particular for her superb talk and slides, to Marisa Carroll our dance for Parkinson's instructor and Sacred heart Parish for the use of the hall. Thanks to everyone attending and contributing to our weekly activity classes which now include tai chi, choir, chair yoga, Irish dancing, table tennis and dance for Parkinson's. Activity is the best way to fight Parkinson's! Keep enjoying our monthly coffee gatherings in Glouthaune community centre, Oriel house hotel, Friary centre Kinsale, Kingsley and Silversprings. Please continue to support monthly events information meetings, Ecumenical services, annual lunch, fundraising activities. We want to support more and more people with Parkinson's and their families and carers throughout Cork as best we can but we need your help! Please keep reading our monthly newsletter and checking the Cork branch section on www.parkinsons.ie

Please let us know if you are coming to our Annual lunch on 26th January in the Clayton Silversprings and make the suggested € 020 contribution if you can. It should be a lovely opportunity to meet up, enjoy some fabulous food and entertainment and to find out about our current activities, new plans and hopefully hear some big news!

Contact Jerome 087-3614572

THANKS TO SHEILA CLARKE

Fundraising is an important source of finance for all charitable organisations but in the case of Parkinson's Ireland it is absolutely essential because of its serious underfunding by the state despite the rapid increase in the incidence of Parkinson's in the last few years.

However, Parkinson's Ireland is fortunate to have a large number of volunteers and people who are affected by the disorder, and their families who organise and/or participate in fundraisers all over the country.

One such fundraiser is Parkinson's sufferer Sheila Clarke from Bailieborough, County Cavan. Since she contracted the disease in 2006 she has been a perennial fundraiser for the organisation, using her creative talents to produce numerous Patchwork Quilts - her trademark product - most of which she sold, with the resulting revenue donated to Head Office Parkinson's Ireland on behalf of the Cavan Branch. The amount of money already donated this year by Sheila to Head Office is approx. €2,380.

Another project she had in mind at the start of this year (2024) also turned out to be very popular. On a blank card, roughly the size of your average Christmas card, she superimposed two small pictures of patchwork pieces along with the new Parkinson's Ireland logo. Sheila was very surprised how quickly her new fangled multipurpose envelopes were selling so she decided to go into production again.

On Sunday, 27th October 2024 @ 12 noon in the Community Centre, Bailieborough, County Cavan, Sheila held a Cake Sale as well as a Raffle which included some of the envelopes described above, a Handmade Patchwork Quilt a la Sheila Clarke, a pair of personalised handmade Christmas Stockings, a number of crochet items PLUS many more items on the day, She had a number of raffle cards (20 lines per card) printed which highlights the following: €2 PER LINE OR 3 LINES FOR €5. The top of each raffle card reads in block capitals "PROCEEDS IN AID OF PARKINSON'S IRELAND", Sheila Clarke would like to acknowledge all the support and encouragement she has received from far and near. Finally, she intends donating the proceeds of the Raffle and Cake Sale, etc to the Cavan Branch of Parkinson's Ireland.





People with Parkinson's need their medication on time, every time

PLEASE ATTACH THIS FORM TO MY FILE

To be handed to your Doctor and used for planned or unplanned admission to hospital.

I am living with Parkinson's Disease. I may have difficulty speaking or writing clearly. My condition may deteriorate if my medication is not taken at the correct times prescribed for me.

I WILL NEED A FULL GLASS OF WATER PER PD TABLET

Name

Contact Number

Next of Kin Contact Number

Doctor/Neurologist Contact Number

Name of PD Medication	Dosage	How Often
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Other Medication

Don't leave it until there is an emergency to fill out this form.

By asking your Health Care Professional to attach this to your file you will be helping them to manage your condition while you are in hospital.



If people with PD don't get their meds on time, their condition deteriorates.



Parkinson's Ireland, Carmichael House, North Brunswick Street, Dublin 7 Tel: 01 872 2234 Email: info@parkinsons.ie Web: www.parkinsons.ie
Freephone Helpline: 1800 359 359
Company registered in Ireland No. 123532, CHY No. 10816
Registered address as above

We make every effort to be as accurate as possible, and in the event of a mistake being made, it is our policy to acknowledge it in the following quarter's publication.

The material herein is for your information only, and does not represent advice. No changes to your treatment regime should be made without the prior agreement of your consultant or GP.

