

**PARKINSON'S IRELAND SPECIALIST NURSE CHARLOTTE DEASY
BASED IN CARRIGALINE
COMMENCES APPOINTMENT SERVICE**

Despite the cold start to 2025 and the usual January blues, a very positive note has been struck with those of us living with Parkinson's as we are now able to fully avail of the appointment service with Charlotte Deasy the new Parkinson's Ireland Nurse Specialist based in Carrigaline. . All people with Parkinson's whether public or private patients are welcome to avail of this vital nurse specialist service to complement the services provided by their existing clinical team.

A number of members have already called to Carrigaline with our Chairman Emeritus Ted Horgan being the first to officially welcome Charlotte and act as Patient no.1 This was commemorated with some excellent media coverage in articles in the Echo, Irish Independent and Cork Beo online

Click below for Echo Article

<https://www.echolive.ie/corknews/arid-41547526.html>

Click below for Parkinsons Ireland website announcement

: <https://www.parkinsons.ie/nurse-cork/>



Nurse Specialist Service, Co Cork

This Parkinson's Nurse Specialist service is available to offer in-person advice to those with Parkinson's and their care partners in all of County Cork.

Based in Carrigaline Primary Care Centre,
Kilnaglery, Carrigaline, Co. Cork.

This service is **appointment only**.
To book, please call 1800 359359
or email nurse@parkinsons.ie

CALL OUT TO PEOPLE WITH PARKINSONS AND FRIENDS OF PARKINSONS COMMUNITY IN WEST, NORTH AND EAST CORK



New Singing Group for Bantry ??

We were approached in the past few weeks by one of our members and an excellent singing teacher and experienced choirmaster interested in setting up a weekly choir/singing group in Bantry for people in West Cork affected by Parkinsons including PWP, carers and clinicians. We are actively looking for funding and support. If you would be interested in joining please email jerome@parkinsons.ie

New Irish Dancing Class in Mallow??

We would also love to get going with the Irish dancing class in Mallow. If you would like to join in please do let us know



New Coffee morning and other activities in Youghal??

Our friends in Youghal are also in advanced planning for a monthly coffee morning but before committing finances for a venue, which we might also use for classes and activities, please let us know if you are interested.

Funded new Siel Bleu or Tai Chi classes and other activities?

We are now at a stage where there are many clear plans for classes and activities in West, Cork and East Cork including Siel Bleu exercise classes, Tai Chi classes, singing groups and arts projects.

Grant funding may be available for some of these activities to minimise costs.

However before making commitments to trainers or premises we would need clear indications of sufficient interest before proceeding.

Please contact jerome@parkinsons.ie or jackieoreilly@parkinsons.ie

**VOLUNTEERS
NEEDED**

**PLEASE LET US KNOW HOW WE CAN HELP YOU FIGHT PARKINSONS
PROGRESSION AND IF YOU CAN PLEASE GET INVOLVED AND HELP US TO SET
UP ACTIVITIES AND EVENTS IN YOUR LOCAL AREA**

MONDAYS

- 2.00 - 3.15pm Tai Chi - Glounthaune Community Centre - 7 classes left, space available
- 5.45 - 7.00pm Tai Chi - Ballinlough Youth Centre, (7 classes left, spaces available)
- 7.30 - 9.00pm Choir Practice - Lough Parish Centre - All welcome
- 11.15am 2nd Monday every month, coffee morning, Oriel House, Ballincollig
- 9.45am Last Monday, every month, coffee morning and walk, Kingsley Hotel

TUESDAYS

- 12.00 - 12.50pm Chair Yoga - Innishannon Community Hall (spaces available)
- 2.00 - 3.00pm Irish Dancing class - Marian Hall, Ballinhassig (spaces available)

WEDNESDAYS

- 12.30pm First Wednesday every month
coffee Morning , Glounthaune Community Centre



THURSDAYS

- 11.30am - 12.30 Dance for Parkinsons- Ardfallen Centre Ballinlough,
Car Park by Douglas Swimming pool
- 11.30am Third Thursday every month
coffee morning Carmalite Friary Centre, Kinsale.

JANUARY



- 26th JANUARY Annual Lunch and Social - Clayton Silversprings Hotel 1.00pm to 5.00pm
To book - email jackieoreilly@parkinsons.ie with 'Annual Lunch'
in subject line

Membership Renewal 2025

Parkinson's Ireland Membership Renewal - Cork Branch

- Option 1 Use the web address below to renew on line
<https://www.parkinsons.ie/ways-to-help/become-a-member/>
- Option 2 Cheques/Postal Orders should be made payable to;
'Parkinson's Ireland - Cork Branch'
- Option 3 Alternatively, bring it along to any of the upcoming events
(Annual lunch, Tai Chi etc)

FEBRUARY

- 16th February Information Meeting 3 - Sacred Heart Parish hall 2.30pm to 5.00pm



Cork Nurse Service

Parkinson's specialist nurse Charlotte Deasy is available for appointments. Charlotte is based in Carrigaline Primary Care Centre, Kilnaglery, Carrigaline, Co. Cork. There is plenty of free car parking. The Eircode is P43 X095. This service is appointment only and appointments can be requested by calling the helpline on 1800 359 359 or by emailing nurse@parkinsons.ie

Parkinson's Ireland Online Classes

Weekly, daily online classes, mindfulness, singalong, nurse talks, yoga exercises, dance, are all available on; <https://www.parkinsons.ie/our-services/online-activities-classes/>

Branch Newsletter Activities

Branch monthly newsletter and general information available on; <https://www.parkinsons.ie/our-services/branches/cork-branch/>

Parkinson's Disease Research Cluster

We are actively involved in research projects, if you would like to get involved contact jerome@parkinsons.ie or attend one of the information events and meet research speakers. Some of our current projects are:

Final year Speech and Language Therapy students at UCC

Seeking participants for their study on communication goals for people with Parkinson's Disease and their loved ones.

For further information, Please contact Professor Nicole Müller or Emma Gleeson by email at nicole.muller@ucc.ie or e.gleeson@ucc.ie or by phone: 021-4901570

**Centre for Gerontology and Rehabilitation, School of Medicine
University College Cork Are looking for Participants**

Are you living with Parkinson's Disease?

They are conducting a study to confirm whether data collected from videos and wireless monitors can accurately assess Parkinson's Disease. Participants will do standardised movements wearing a wrist-worn device in front of a camera system, in either UCC or a Cork hospital outpatient clinic.

**If you are potentially interested in participating in this study please phone or email:
Lorna Kenny 085-1085070 or lorna.kenny@ucc.ie**

Classes for Parkinson's provided by third parties.

UCC Mardyke Arena

PD Rebel warrior classes, Tuesday 12.00pm to 12.45pm.

Local HSE Physio lead classes such as;

Function zone in Leisure world, Model Farm road

neuro physio gym classes in Dunmanway

voice therapy classes in Shanakiel accessible through GP referral

Table Tennis Classes

Some members recently completed a set of 6 free classes kindly organised by Munster Table Tennis in Terence McSweeney Hall Holyhill on Wednesday evenings and Sunday afternoons. Anyone wishing to continue is welcome to join Munster Table Tennis at the standard joining fee. If you need further information or would like to go as a co-ordinated Parkinsons group please contact jerome@parkinsons.ie If there are enough interested another set of free introductory classes can also be organised.

Golf

Anyone interested can also join the Irish Parkinsons Golf Network who organise about 4 outings per annum as well as specialist classes and other events and maybe even join the team to represent Ireland in the annual international tournament in the Belfry!

If you would like to help set up or provide information on local support group activities please let us know –

jerome@parkinsons.ie or jackieoreilly@parkinsons.ie



**St Multose
November 2024**

**Flannerys Pub Dec 2024
Special Charity Event**



**Mid December Kent Station
Focus Ireland**

Sunday 15th Dec Cork Airport



20th December - Rockies - Fundraiser



Choir Activities

Just to commemorate and celebrate the most active festive period ever for our hardworking and brilliant sounding fun filled Parkinson's Ireland Cork Branch choir!

November 27th - Ecumenical Service in St Multose Kinsale

We started off on November 27th with the deeply moving and very special inaugural Parkinson's Ireland Cork branch Ecumenical Service in St Multose, Kinsale. Thanks especially to Rev Eugene Griffin and his congregation and our great friends in Kinsale Support Group lead by the fantastic Fred & Irene Treacy

December 1st - Flannerys Bar - Glasheen Road

On 1st December we sang at a very special Christmas celebration organised by Joseph Byrne of Joseph's, in Flannerys Glasheen Road. Joe organises a very special charity event where families in difficult circumstances from sheltered accommodation, struggling with poverty, homelessness, international asylum protection and other challenges are welcomed with hair & beauty treatments and a special visit from Santa for the kids. A heartwarming, boisterous occasion full of Christmas spirit.

Friday 13th December - Kent Railway Station

On Friday 13th December-lucky for some! We sang with the support of family and friends in the main concourse of Kent Station. This was by special invitation and was in aid of the homeless charity FOCUS IRELAND at their 'Home for Christmas' fundraising event in train stations around Ireland.

Over €2000 was raised during the day for this very worthy charity. It is nice to think we may have helped the homeless some of whom, no doubt, may themselves be suffering from Parkinson's but unable to engage with us. We warmed ourselves up with our now traditional tea, coffee and scones gathering in the Dean Hotel.

Sunday 15th December - Cork Airport

On Sunday 15th December we sang a selection of carols in the Main Concourse of Cork Airport for about two hours raising a magnificent €430 (including sterling and dollars!). This was really special featuring magnificent violin and box tunes and beautiful accompaniment from Ciara and Sara grandkids of our friend and choir member Joe Noonan and daughters of Claire Buckley who also sings with us.

Saturday 20th December - Blackrock Hurling Club - fundraiser for Parkinson's

On Saturday 20th December we started off the night in the Rockies with some carols and a few pop songs including Sweet Caroline from the inspirational Neil Diamond. Then we rocked with the best late into the night!

Sunday 26th January - PI Cork Branch Annual Lunch

We will also be singing an eclectic combination of popular songs and a few with surprise Parkinson's awareness lyrics after the annual lunch on Sunday 26th January at about 2.30 to get the celebrations going before the ceili and other singing and dancing! Please book and don't miss it.

Everyone can sing!!

EVERYONE IS WELCOME.

ALL GOD'S CREATURES GOT A PLACE IN THE CHOIR.

PLEASE JOIN US WHATEVER YOUR ABILITY OR EXPERIENCE

MONDAY EVENINGS

LOUGH PARISH CENTRE IN THE GROUNDS OF THE LOUGH CHURCH CORK

7.30 TO 9.00



'Rocking' in the Rockies

A fabulous social night was held in Blackrock National Hurling Club on Friday 20th December 2024. It was organised as a charity fundraiser for Parkinson's Ireland and the Lavanagh Centre primarily by Mark Slowey, Eamonn Kavanagh and Donal O'Mahony and their families and other members of the "Ballintemple Boys Club". There was great support from members and staff of the Rockies who gave the use of the hall for free and also held a coffee morning fundraiser that same day.



Cork's GAA Community also facilitated the donation of two magnificent jerseys one of which was signed by all living Cork all Ireland winning captains (to also soon include Martin Doherty based in California) and another 50 or so Cork GAA legends such as Jimmy Barry Murphy, Billy Morgan and many others. This was accompanied by a magnificent display of photos of each person signing and in the case of the captains of them lifting the Liam McCarthy or Sam Maguire cups and of the squads. Huge credit to Eamon Kavanagh in particular for this. This was sold by silent auction with an anonymous bidder obtaining this unique and special jersey for €5,000.



A beautiful print of a magnificent piece of art work featuring Jimmy Page of Led Zeppelin was also kindly donated by our own Judd Weidner from West Cork "Juddo the Guitarist". This was kindly purchased by Fergus one of the Rockies members for e350 who also made a most heartwarming speech about his father working as a volunteer with Lavanagh centre after the closure of Dunlops and hearing Perpetual Motion our Cork branch choir at our first performance in Tom Barry's in Christmas 2018! Local businesses such as Insight Insurance, Kingsign Signmakers and The Kitchen Centre kindly donated generous cheques.

Others such as Clayton Silversprings and the Venue Bar gave spot prizes for the extensive raffle which also included another jersey signed by some of the current Cork senior Hurlers



Members of Perpetual Motion Parkinsons Ireland Cork branch choir and friends started off the evening with a well received performance of Christmas carols. The Tinny Shed Band and friends performed for free and rocked the hall before DJ Ken kept everyone dancing into the small hours

This great night of singing, dancing, friendship, festivity and fundraising can be truly described as a magnificent culmination to a great positive year of classes, events and activities for Parkinsons Ireland Cork Branch. There were about 300 people in attendance throughout the night including most especially about 30 members of the branch and friends. It was a great night to remember!

We have just received confirmation that the amount collected for the branch was an amazing **€7,128.97** with the same for Lavanagh Centre. Photos of the cheque presentation are to follow!

Most importantly there was also some excellent media coverage and opportunities to speak about Parkinsons and raise awareness of the activities of Parkinsons Ireland Cork branch.

HUGE KUDOS AND THANKS TO ALL INVOLVED!

*Thank
You*



Fundraising

We welcome any help people can give with fundraising projects please.

Funding goes towards research, supporting our nurse service, subsidising weekly activity classes, paying admin costs and other events. The principle is that money raised locally be used locally but subject to oversight from Parkinson's Ireland which is a registered charity. All local committees and board members are unpaid volunteers and we get very little government funding so any help is welcome.



Coming Soon!



Annual Lunch 26th January

Time: Doors open 12.30pm

Lunch: 1.00/1.30pm

Venue: Clayton Silversprings Hotel

To book your place email:

jackieoreilly@parkinsons.ie or Jerome@parkinsons.ie

[BOOK NOW](#)

Annual Mass - date tbc

Walk in the Park for Parkinson's April 5th

Information Meeting No 3 February 16th

Parkinson's Disease Research cluster
outreach seminar June (date tbc)

Summer outing July (date tbc)

Information Meeting May 18th

Annual General Meeting September (date tbc)



Parkinson's Ireland - Cork Branch

**We would like to take this opportunity to
thank you for your support during 2024
and we look forward
to meeting you during 2025**

From PI Cork Branch Committee

Jerome Maume

Jackie O'Reilly

Des Donnelly

Gearoid Duffy

Tom Maher

Diana Olszewska