

DON'T MISS IT!!!
INFORMATION MEETING NO.3
SUNDAY FEBRUARY 16th
SACRED HEART PARISH HALL VICTORIA CROSS CORK
2.30pm to 5.00 pm (Doors open 2.00pm)

Special Guest Speakers

Charlotte Deasy,
Parkinson's Ireland Specialist Nurse

Jill Murphy,
Cork University Hospital, Parkinson's Specialist Nurse

Dr. Ruth McMullagh,
Senior Lecturer in Physiotherapy, UCC

Sile Hunt, Trainer,
Department of Social Protection

Leanne Ahern,
Physiotherapist, HSE Cork North Community Services

Q & A Session

Powerpoint presentations

Parkinsons ireland information leaflets,

Tea, coffee, biscuits and chats

friendly welcome

maybe even a song and a dance!!



Change of dates in May & September

May information meeting no.4 change of date to 11th May
Key speaker Diana Olszewska, Movement disorders specialist CUH and many more

AGM & open forum deferred to September 27th

Charlotte Deasy
Parkinson's Ireland Specialist nurse
Appointment service available

Many members have already attended appointments with our super new Parkinson's Ireland nurse specialist at her base in Primary Care Centre, Kilnagleary, Carrigaline.

The feedback has been fantastic. We are so lucky to have a specialist nurse of Charlotte's experience and expertise now available to us after many years of practice as an advanced nurse specialist with the NHS.

Charlotte also attended our annual lunch in the Clayton Silversprings Hotel and showed off her prowess in Ceili dancing! Jackie presented Charlotte with a bouquet of flowers to welcome her to Cork.

Charlotte will be the first special guest speaker at our next information meeting on 16th February. We are delighted that Charlotte has also invited Jill Murphy, the HSE Parkinson's Specialist Nurse based in CUH to also address us as to her experiences as a Parkinson's Specialist Nurse based in Ireland.

All people with Parkinson's, whether public or private patients, are welcome to make an appointment with Charlotte for specialist advice to complement services provided by their existing clinical team.

Minimal waiting list at present -all welcome



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, Kilnagleary, Carrigaline, Co. Cork.

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

Welcome to all our new and returning members

As January is the month for joining or renewing membership of Parkinson's Ireland (PI) we are sending you this reminder.

If you have already renewed your membership we thank you and you do not need to take any further action.

Membership is for a person living with Parkinson's or a carer or a health professional.

Fee: Full Membership €25 per annum

People can join as members via the website www.parkinsons.ie or can pay at any of the events/classes they attend. Please note that for insurance purposes people would need to be members of the association to avail of any of the events or classes.

Membership will also keep you up to date on developments in research, organised activities, information events and social gatherings that helps to keep our Parkinson's community connected.

We have an exciting year planned for our members. Included with the newsletter is a sheet with information on upcoming events and activities.

Parkinson's Ireland is made up of eighteen branches throughout Ireland. Each Branch is operated by volunteers and these Branches form part of the national organisation.

Warm regards,

Jerome Maume

Jackie O'Reilly

Des Donnelly

Gearoid Duffy

Tom Maher

Diana Olszewska

PI Cork Branch Committee

**If you have any questions or need further assistance,
please feel free to reach out to us.**

jerome@parkinsons.ie or jackieoreilly@parkinsons.ie

**ALL CLASSES ARE UP AND RUNNING AGAIN
EVERYONE IS WELCOME INCLUDING BEGINNERS!
CLASSES ARE PART SUBSIDIZED 50% FROM
BRANCH FUNDRAISING
(SUGGESTED CONTRIBUTION €5 PER CLASS)**



New term of Tai Chi classes starting March

**Monday@ 2.00pm
Glounthaune Community Centre**

**Monday@ 5.45pm
Ballinlough Youth Centre**

**To book please email
jackieoreilly@parkinsons.ie**

**Classes are subsidized by Cork Branch,
Parkinson's Ireland Fundraising**

Irish Dancing Classes



**Marian Hall Ballinhassig
Tuesdays at
2.00pm - 3.00pm**

Queries to - jerome@parkinsons.ie

These classes are part subsidised by Cork branch, Parkinson's Ireland fund raising



Choir



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**

**Wide range of songs including;
Rock, Blues, Classical, Chants, Folk, Pop and Soul**

EVERYONE IS WELCOME.

Queries to - jerome@parkinsons.ie

Calling out to those with Parkinson's and friends in West and North Cork

Please let us know how we can help you fight Parkinson's progression and if you can please get involved and help us to set up activities and events in your local area.

New singing group for Bantry??

As we mentioned in last month's newsletter we were approached on January 1st by an excellent singing teacher and experienced choral director, Eilish Butler. This was at the suggestion of Judd Weidner, one of our members in West Cork. Eilish is interested in setting up a weekly choir/singing group in Bantry for people in West Cork affected by Parkinson's including pwp, carers and clinicians and also if necessary other people suffering from other neurological conditions in the area.

Eilish is actively looking for funding. We have indicated that we would be very interested in collaborating with her and linking up 'Perpetual Motion', our existing choir, based in the

Lough Parish Centre (Monday evenings 7.30 to 9.00).

90% of people with Parkinson's may suffer vocal and swallowing issues. Group singing is proven to help with this and has many other health benefits in terms of breathing, posture and mental health.

If you would be interested in joining please email jerome@parkinsons.ie

New Irish Dancing class in Mallow??



We were approached back in September by Martina Harrington, an experienced Irish dancing teacher who was willing to set up a weekly Irish dancing class in Mallow on Mondays from 11am to 12pm. We had agreed to subsidize the costs of the class but unfortunately only two gentlemen came forward (reluctantly) to express an interest in taking to the floor.

Dancing, in particular Irish dancing has been scientifically proven by research to assist in slowing the progression of Parkinson's and is great craic! There are on average over 20 regular attendees at our existing class run by Fionan Cogan in Ballinhassig on Tuesdays at 2.00pm. If you would like to join in please email jerome@parkinsons.ie

Ballinhassig on Tuesdays at 2.00. If you would like to join in please email jerome@parkinsons.ie

Siel Bleu or Tai Chi classes and other activities??

We are applying for lottery grant funding for Siel Bleu targeted exercise classes and possible Tai Chi classes in Midleton, Mallow and West Cork. We have been approached by trainers willing to set up a singing group in Kanturk, chair yoga classes in Bantry/Skibbereen and Macroom but we cannot proceed unless there is sufficient interest. All of these targeted exercise activities help with neuro-plasticity and general mental and physical health. Our chair yoga class in Innishannon on Tuesdays and Dance for Parkinsons in Ardfallen Centre Douglas on Thursdays each now have an average of 16 regular participants who get great benefits from these classes. Please get involved to help slow the progression of Parkinsons and establish local peer group supports.

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

YOUGHAL PARKINSON'S SUPPORT GROUP MEETING!

Friday February 21st

11.30 to 12.30

Youghal Community Health Project

Blackwater Heights

Youghal-Lands

Youghal

Co.Cork



A special meeting to introduce Parkinson's Specialist nurse service and discuss establishing a local support group as part of Parkinson's Ireland Cork Branch for Youghal and environs.

(Parking to be confirmed but most likely available at Bru na Si Eircode: P36 YE98)

We are very grateful to members from East Cork who have been trying hard to resurrect the very active local support group that met in Youghal for coffee every month prior to Covid. Some of them made contact with Pamela Smyth, Occupational Therapist with the HSE East Central Cork Primary Care Team and Nicola Lucey, Community Worker with the HSE.

Pamela and Nicola have kindly agreed to host an initial meeting on 21st February from 11.30 am to 12.30 am in the Youghal Community Health Project.

Everyone affected by Parkinson's is very welcome to attend.

Charlotte Deasy, our new, Carrigaline based nurse specialist should be in attendance to introduce the new appointment service. Members of Parkinson's Ireland Cork branch committee will also be there with information leaflets and advice from experience with the setting up and running of similar groups in Kinsale, Glounthaune, Kingsley and Silversprings and OrielHouse, Ballincollig.

As Parkinson's is generally such a long term progressive condition which is currently incurable, people with Parkinson's, their care partners and families do benefit greatly from peer support. Even just getting out at least once a month to meet up with others in a similar situation can help to make friendships, share mutual experiences and information and fight cognitive issues like apathy, anxiety and depression.

Members have looked at various possible locations for monthly coffee mornings. Hopefully this can be set up on a regular basis for a consistent monthly recurring date, time and suitable venue.

Parkinson's Ireland Cork branch are delighted to provide whatever support we can. If members are interested we could suggest guest speakers to attend monthly coffee mornings or other events. We can explore setting up local weekly targeted exercise classes such as Tai Chi or Siel Bleu or perhaps a singing group or a dance class if there is sufficient interest and funding and resources secured.

SPOTLIGHT ON UCC MARDYKE ARENA
“PD REBELS” CLASS TUESDAYS 12.00 to 12.45

About 6 years ago just before the Covid Pandemic our then chairman Ted Horgan and Conor Mullane Physio (with help from Tony Wilkinson) set up a weekly “PD REBEL WARRIOR” class in the UCC Mardyke arena that continued through Covid.

Conor moved on to a new role in the Information Technology sector but he has always been hugely knowledgeable about Parkinson's and his valuable legacy of support for those of us with Parkinson's still lives on. The UCC Mardyke Arena website still has an extensive section outlining the benefits of targeted exercise for Parkinson's and the PD Rebels class is still going!!!

As the chair yoga class in Innishannon is well established Jerome has now joined the “PD REBELS” class. He just wants to highlight the benefits of this class especially for those in the City and in East/North Cork who may not be able to travel to Innishannon for our Chair yoga class or who may prefer a slightly more active, trainer lead class in a gym environment with background music.

The class is now run by Gillian Foley and is unfortunately under threat because there are now only 2 to 6 regular attendees from week to week. Gillian is very friendly and experienced and varies the exercises from week to week and the nature of the exercises depending on the degree of mobility and fitness of attendees. The original €75 assessment is now gone and the assessment is carried out “In class”. The cost therefore is just €10 per class payable at the front desk. If a sufficient number of members are interested the committee can look into subsidizing the class indirectly by not seeking a contribution to another separate weekly class such as Tai Chi or Dance for Parkinson's

There are you tube videos available demonstrating the “PD Warrior” targeted exercises but it is always better to carry out these exercises in a group setting under supervision from a personal safety perspective and for peer support and sociability. Gill is very reasonable and flexible and indicated that more “PD Warrior” style exercises can be re-introduced if there are a sufficient number of more actively mobile members in attendance. Alternatively if the members attending are interested they can also seek to join other more generally available classes in UCC Mardyke such as Pilates or a Chair Yoga class. Sessions on gym equipment with tailored exercise programs might also be available. Gill mentioned that the time or day of the class could also possibly be changed if this would encourage greater attendance.

Please contact jerome@parkinsons.ie if interested.

**SO CHANNEL YOUR INNER JAMES BOND, CROSS THE RIVER AND BECOME
A PD REBEL WARRIOR!**



Speech & Language rescheduled information day- February 19th

We are very grateful to the Speech & Language therapy students of UCC, to Maeve Sharkey practice education co-ordinator and other co-ordinators Aoife Sheehy & Kerrie O'Grady for not giving up on us. They kindly re-scheduled the open day they had planned for us on 6th January but had to be deferred due to the frosty conditions that day.

Jackie's email on this received an excellent response and the maximum permitted of 24 members have now been booked in to attend the re-scheduled event on Wednesday 19th February in UCC. We are really looking forward to the sessions which includes:

- ♦ **· communication and Parkinson's disease**
- ♦ **· feeding eating drinking and swallowing in Parkinson's disease**
- ♦ **· multidisciplinary management of Parkinson's disease**
- ♦

We are also being offered the opportunity to take away and complete referral forms for primary care speech and language therapy service and to be given guidance on any issues arising.

Members were also invited to volunteer if they wished to participate in a research project being carried out by a number of students under Dr. Noelle Muller "Piloting a Dyadic, client driven communication intervention for persons with Parkinson's disease and their close communication partners in the Irish context".

90% of people with Parkinson's may encounter voice difficulties including reduced volume, issues with monotone pitch, mumbling and rapid incoherent speech as well as swallowing and face masking issues. Speech and Language therapy at an early stage after diagnosis is critical. Conversely there have historically been lengthy delays in people with Parkinson's accessing such services. This kind opportunity from Speech & Language therapy students is therefore of great assistance to members and very greatly appreciated.



Parkinson's Disease research cluster linkups

On 15th January Jerome was delighted to be invited to attend the PDRC call which involves research scientists and clinicians of the highest calibre from UCC and the HSE across various disciplines including neurology, gerontology, physiotherapy, psychotherapy, electrical engineering and it as well as Parkinson's Ireland specialist nurses Charlotte Deasy and Lisa Wynne. This gives a fabulous opportunity to learn about research projects being undertaken of potential benefit to those of us with Parkinson's, to give a "real patient perspective" and facilitate support and involvement by Parkinson's Ireland Cork Branch members in such valuable research.

PDRC has nominated Diana Olszewska, Movement Disorders Specialist Neurologist and a vastly experienced research scientist who also now contributes by zoom to our branch committee monthly meetings.

PDRC members have been more than generous with their time in offering to speak at our information meetings and other events. We are very grateful for this.

PDRC are in advanced planning for an information day with a range of talks by expert speakers for people with parkinsonism and their families and also people with Alzheimers and their families. A similar event before Covid attracted an attendance of about 300. The event is tentatively planned for June and further details will be furnished in due course.

Parkinson's Ireland Cork Branch have always been supportive of PDRC research projects including, by members generously volunteering to answer questionnaires, participate in interviews and assessments or "road- test" prototype equipment. We have also donated €40,000 for brilliant research projects over the past 5 years including as regards various wearable technologies, auditing Parkinson's services, perceived stigma attaching to Parkinson's symptoms, possible connections with pesticides and other projects. The provision of "seed" funding often unlocks much larger multiple amounts of funding from state and other institutions or foundations.

We hope to continue funding and supporting such meaningful reputable research projects from ongoing fundraising. We must now follow clear policies which Parkinson's Ireland has put in place, including the use of a research register and an approval process which requires referral to Lisa Wynne and the Parkinson's Ireland research sub-committee and/or to Shane O'Brien as CEO and the Board. Priority is given to research topics highlighted by members as important to them.

Fabulous food, support, song and dance at our Annual Lunch in Clayton Silversprings

It was great to see such a magnificent turnout at our annual lunch in Clayton Silversprings on Sunday 26th January. Judging by the feedback received everyone had a wonderful time especially with the friendly atmosphere of warmth and support. Particular highlights were :

- ♦ - the enthusiastic and inspirational singing of 'Perpetual Motion' Parkinson's Ireland Cork Branch choir (with re-enforcements from carers, family and friends) including a memorable "we will rock you" with Parkinson's awareness lyrics by Michael Koller Nielson, Orange County Tremble Clefs California.**
- ♦ -the spirited and energetic dance for Parkinson's pieces with full participation lead by our great teacher Marissa Carroll with spectacular imaginary pizza making, bull fighting and plate smashing!**
- -the rhythmic and uplifting Irish dancing with live music played on real instruments by John Gildea and a compadre from the Palace Trio and with everyone being encouraged onto the floor with enthusiastic and humorous cajoling by "fear an ti" Fionan Cogan and his partner Katia**

The staff and management of Silversprings were very attentive and supportive throughout. Main courses of Featherblade beef and fillet of hake were truly described as "melt in the mouth". Unfortunately, beer purchases by members were in short supply due to a key breaking in the store room door housing the pipes. In retrospect this was probably better for us!

Background music was kindly supplied by our Treasurer Tom Maher (previously moonlighting as a DJ and Mahon Point's Santa Claus!). Welcome tables were manned by Jerome and his wife Miriam and Jackie and Tom respectively. Tara from Glounthaune Community Centre also kindly helped make sure members felt welcomed and introduced to as many others as possible. A background power point had eye catching photos and details of branch classes, events and activities.

Speeches were kept to a minimum but on Stella's recommendation Fionan our Irish Dance instructor kindly got everyone to stretch between courses. Guest of honour was of course Charlotte Deasy our new Carrigaline based Parkinson's specialist nurse. Jackie kindly arranged a lovely bouquet of flowers to welcome Charlotte to Cork and as a token of our appreciation for her tremendous work so far.

We were delighted to be joined by Diana Olszewska, Movement Disorders Specialist Neurologist CUH who kindly agreed to join the Branch Committee as liaison with Parkinson's Disease Research Cluster and to give us the benefit of her fantastic energy, expertise, knowledge and experience. Like all committee members she insisted on paying her contribution.

For this especially we must give a huge thank you to the 81 attendees, most of whom booked in advance and who willingly contributed the €20 requested or even kindly donated more for the branch funds. A total of €1365 was received with a further €400 in membership fees from 16 members renewing their membership. We greatly appreciate the support., especially for us as a new committee frantically hosting such a substantial and costly event.

We had hoped to invite as special guests those who had kindly contributed their time to speak at our information meetings or who had helped us over the past 9 months. However it was felt this was not advisable due to restrictions on charity funds. We had also hoped that local support groups would be established who could use community buses to transport members from around the county and to try to facilitate attendance by those in nursing homes. Perhaps this can be achieved next year!

We pass on all our best wishes to those who could not be with us for whatever reason and look forward to an even bigger turnout in 2026!

Don't miss it -get your booking in now!

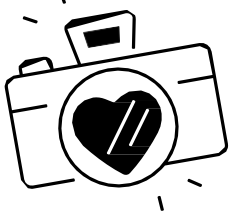


Photo Gallery - Annual Lunch





Cream of potato and leek soup
Or
Chicken & mushroom vol au vent
A symphony of Irish chicken with
mushroom infused in a cream sauce,
in a puff pastry case

Oven roasted featherblade of beef
red wine jus and chive creamed potato
Or
Lemon crusted fillet of hake
chive creamed potato,
white wine lemon cream sauce
Silent vegetarian course
Goat's cheese and red pepper tartlet,
wilted rocket and basil pesto

Mini chocolate brownie, mini lemon tartlet
vanilla ice cream
Tea or Coffee



SAVE THE DATE

Please mark in your diaries-

Saturday March 22nd 1.30 to 5.00

“my moving brain” event in Cork-venue and exact times to be confirmed- we were contacted by future neuro research Ireland centre for translational brain science and asked to host an engagement stand and invite members to attend the “my moving brain” event (previously held in Dublin and attended byHO).

The event aims to open up conversations about brain health and wellness, particularly addressing barriers that may prevent individuals with brain conditions from participating in sports. Further details to follow!

April is Parkinson’s awareness month

watch out for familiar faces on social media

Parkinson’s is #different for everyone

Easter Monday 21st April 7.00 pm

Parkinson’s Ireland Cork branch

Annual Mass & anointing of the sick

Sacred Heart Church

with tea afterwards in hall

Sunday May 11th (note change of date)

2.30 to 5.00

information meeting no.4

Sacred Heart parish hall

featuring: Diana Olszewska

Movement Disorders Specialist CUH

(and other speakers to be announced)

June -to be confirmed

Parkinsons Disease Research Cluster

open information afternoon in UCC

with expert speakers and stands for parkinsons & alzheimers

July-to be confirmed

Summer Outing

suggestions and help please, ideas so far include

-Youghal - Cobh - return to kinsale - West Cork tour by bus

Spike Island - Gugane Barra...

Saturday September 27th

Sacred Heart parish hall- AGM -

(open forum and social gathering]

A walk in the Park for Parkinson's



- **Meet at SacredHeart Hall from 1.30pm**
- **Register, collect T shirt and hand in sponsorship**
- **Pre walk warm up at 1.45pm**
- **Depart at 2.00pm towards Fitzgeralds Park**
- **More details next month**



- **Arrive back to Sacred Heart Hall**
- **Tea & Coffee will be served**
- **Relax and enjoy some conversation**



More details in next months newsletter

We plan to wrap up the event and leave the Parish centre at approx 5.00pm

