



PARKINSON'S DISEASE RESEARCH CLUSTER (PDRC)

- Brain Connections Information Day
- 14th June 2025
- from 1.00pm-4.00pm
- at the Western Gateway Building,
UCC

INFORMATION MEETING NO 4 MAY 11TH @ 2.30 - 5.00

- Doors open from 2.00
- Refreshments 3.30 to 4.00
- The Sacred Heart Parish Hall
- Victoria Cross Cork Eircode T12
CA34



Dr Fiadhnaid O'Keeffe

**Senior Lecturer in
Clinical Psychology UCC,
Chartered Clinical
Neuropsychologist & Chartered
Clinical Psychologist**



Dr Diana Olszewska

**Consultant Neurologist, Movement Disorders
Specialist,
Cork University Hospital and Parkinsons
Disease Research Cluster,
University College Cork**



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SPECIAL GUEST SPEAKERS:

DR. DIANA OLSZEWSKA

Consultant Neurologist, Movement Disorders Specialist,
Cork University Hospital and Parkinsons Disease Research Cluster,
University College Cork

DR. FIADHNAIT O'KEEFFE

Senior Lecturer in Clinical Psychology UCC
Chartered Clinical Neuropsychologist & Chartered Clinical Psychologist

We are deeply honoured and privileged to have two top world class expert speakers at our next information meeting who will give extremely relevant and interesting presentations for all of us living with Parkinson's Disease.

We are delighted that our series of information meetings have proved so positive, popular, interesting, stimulating and truly worthwhile.

There will also be our information stand well stocked with Parkinson's Ireland information leaflets, slide shows of our classes, activities and events and most importantly a chance for a cup of tea and a chat with others affected by Parkinson's and to exchange information and support.

We may even have our traditional song, dance and a few stretches!

There is no charge as our speakers kindly give their time for free. Everyone is welcome, people affected by Parkinson's, family, friend, clinicians, students, researchers.

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An Update from the Parkinson's Disease Research Cluster (PDRC)

The Parkinson's Disease Research Cluster, aligned with UCC Futures: Future Ageing and Brain Sciences at University College Cork brings together experts from clinical, social and health service research fields, and Parkinson's Ireland representatives to improve life for people with Parkinson's.

Our work focuses on understanding causes, symptoms, diagnosis, and care. Key topics include awareness, mental health, stigma, exercise, women's health, technology use, and health services research.

Following the success of past public events, University College Cork is excited to host another **Brain Connections Information Day on 14th June 2025, from 1-4pm at the Western Gateway Building, UCC.**

This event will feature informative sessions on the latest research in Parkinson's disease and Alzheimer's disease/dementia. The programme will include talks on topics including exercise, dance, music, diet, communication, and signposting to local services.

In the building's foyer, attendees can explore information stands featuring research studies, new technologies, and community resources. This event is open to all, and we hope to create a lively and informative afternoon of learning and exchange.

We look forward to welcoming researchers and the public alike to share in this vibrant day of science and community. More details can be found via Parkinson's Ireland, Cork branch, or on their website.



Skibbereen Parkinson's Coffee Group

Would you like to meet for a coffee with other people that are living with PD
We hope to get a coffee morning group set up to take place
once a month in Skibbereen

This would mean meeting once a month - same time each month.
For example the 3rd Wednesday of every week from 11.00am

We are looking for a few volunteers who would act as the point of contact for these every month.
Members of the Cork branch will attend for the first one/two to support the new group

Meet up for a cup of tea/coffee, biscuits and a chat in a relaxed environment. Everyone welcome.
We use our time together to share ideas, information and 'be there for one another
whilst enjoying a cuppa

**Please email jackieoreilly@parkinsons.ie if you would be interested
in attending or if you would be in a position to help get the group up and running**

Parkinson's Ireland Cork Branch
a part of Parkinson's Ireland (registered charity number 20028237)

If, following consultation with your GP, your medical condition is one that must be notified to the NDLS, you will need to have a medical report form completed and make an application for a change of personal (medical) details. This can be done online or through any NDLS centre.

For details on how to apply for change of medical details on a **learner permit** use the address below;

<https://www.ndls.ie/learner-driver/update-my-personal-details.html>

For a **full license** use the address below;

<https://www.ndls.ie/licensed-driver/update-my-personal-details.html>

Where a driver has been advised by their doctor that they should cease driving or that they cannot drive for at least six months, they should surrender their license or learner permit to the RSA at the following address:

Medical Fitness - Driver Licensing,
Road Safety Authority,
Moy Valley
Business Park,
Primrose Hill,
Dublin Road,
Ballina,
Co. Mayo

Please include a short cover note to say that you are surrendering the license on medical grounds.

If they later intend to return to driving, they should discuss this with their doctor and then make an application to the NDLS for a change in personal (medical) details. This application must be accompanied by an up to date medical report form completed by their doctor confirming their fitness to drive.

Drivers should be aware that there may be long-term financial, insurance, legal and criminal consequences where there is failure to report a medical condition that may impact on their ability to drive safely to the NDLS and insurance provider

If you have more questions on this:
please email medicalfitness@rsa.ie or call 096 25000.

Thank You

Parkinson's Ireland Cork Branch are very grateful for a donation of €2,000 from the family of a past member - Christine Hayes (RIP) to PI Cork Branch.

Below is a note that accompanied the donation.

'Our mom was a member of PI Cork Branch for many years and enjoyed getting involved in lots of activities and sharing her experiences with others in the group. Mom was lucky to be living close to Ballincollig and availed of many classes over the years including set dancing, keep fit (or 'my PE class' as she used to call it) and singing classes. As a result of this we hope that the donation in her name will go towards facilitating these classes for existing members. Mom also travelled to coffee mornings and other events held by PI Cork Branch and really benefited from the support given and information shared at these events.

We are so thankful for the difference the PI Cork Branch made in our mom's experience of living with Parkinson's.'

Carol and Noel Hayes

Christine Hayes
(née Cuneen)

Tower, Cork



We would like to take this opportunity to thank Carol and Noel for their very generous donation towards our work with the PI Cork Branch.



IRISH DANCING CLASSES

Dancing Classes will be finishing up for the summer. Last class next week, Tuesday May 13th. We would like to thank our excellent Dancing instructor Fionan Cogan for all his help during the year and to his helper who come along each week to help our members with their Dancing skills.

We are so glad to see 16 to 24 people attending each week and to see great benefits that Irish set dancing in particular has for people with Parkinson's.

Hopefully we will see even more attending in September and finally get other classes launched around the county.



TAI CHI CLASSES

There will be no Tai Chi classes on Monday 12th May as Maurice our instructor is on his well earned holidays. Next classes on 19th may. There is still space in both classes if anyone would like to try it out as the term is nearly over. We may have to discontinue the Ballinlough class in the coming weeks if the attendance remains low. This is disappointing as Tai Chi is proven to greatly help with the progression of Parkinson's symptoms by 2 years.



DANCE FOR PARKINSON'S CLASS
CHOIR
CHAIR YOGA
MONTHLY COFFEE MEETINGS WILL CONTINUE

A WALK IN THE PARK FOR PARKINSON'S



Thanks to everyone who attended events during Parkinson's Awareness Month in particular our " Walk in the Park for Parkinson's" in Fitzgerald's Park on the 5th April. It was a really beautiful day. Huge thanks to all who assisted in any way in particular:

- Friends with our sponsors Dovidia (formerly home instead)
- Honore Kamegni (Deputy Lord Mayor who officially launched the walk once again)
- Conor O'Mullane physio (who lead the warmups)
- All at Sacred heart parish for the use of their hall especially Fr. Con Doherty, Carla parish admin and Alan caretaker
- Liam Curtin and all at Cork city Council
- Everyone who came along on the walk and all who participated in fundraising or contributed in any way.

We don't have an exact total yet but we would like to highlight in particular the tremendous fundraising efforts of Annmarie O' Connor who raised €1,485. Annmarie also did a wonderful job chairing the Parkinson's Ireland online conference - playback now available on www.parkinsons.ie

Also we would also like to highlight and thank Leigh Anne Erangy who raised €2,200 and who walked in memory of her mother who sadly passed away recently after bravely battling a Parkinson's plus syndrome.

€1,305 was raised on the day carefully counted by our brilliant treasurer Tom Maher plus another e23 from recycling! We are not sure of the online total yet but it was certainly in excess of e5k to be shared 50: 50 with Parkinson's Ireland.

MARY ITA O'CONNOR 'S FAMILY FUN RUN FUNDRAISER

A very special thanks to Mary Ita O' Connor who lives in Milford Co. Cork but is also a proud Limerick woman.

Mary Ita is well known for her appearance on " the big fix" where a special sturdy running rollator was engineered for her to keep on running to battle Parkinson's.

Hundreds turned out in support of Mary Ita at the Demesne Newcastle West. The total raised is approximately €32k to be shared between Parkinson's Ireland and the Cork and Limerick branches.

It was a wonderful event and a testament to how much Mary Ita is admired and loved for her inspirational fight against Parkinson's.

A huge thanks to Mary Ita her family and friends and all her running colleagues

ANNUAL MASS - Easter Monday

Our annual mass celebration on Easter Monday was also a powerful beautiful event full of a great sense of community, hope and remembrance. Fr. Con as chief celebrant was kind, helpful and considerate to all of us and was even seen with a tea towel afterwards helping with the washup.

We were greatly honoured by being joined by Rev Eugene Griffin, Rector of the Kinsale union of parishes and his wife Joanna. Rev Eugene gave a most sympathetic, inspirational and deeply moving homily and blessed everyone individually as part of the service of anointing. His magnificent baritone singing voice was a very special addition to an occasion marked by beautiful singing by Perpetual Motion our Parkinson's Ireland Cork branch choir accompanied by Paddy Pollock on keyboard and Miriam Maume on violin.

A huge thanks to all who said prayers or who read or sang and especially to Jackie and Tara who sorted out the teas and anyone else who came along or helped in any way in particular the fabulous team of our vice chairperson Gearoid Duffy and his wife Marie.



Enquiries can be made to

**jerome@parkinsons.ie
or
jackieoreilly@parkinsons.ie**

**We hope to see you all at some of the classes or events
over the coming weeks.**

PI Cork Branch Committee

**Jerome Maume
Jackie O'Reilly
Des Donnelly
Gearoid Duffy
Tom Maher
Diana Olszeswka**