Parkinson's Ireland

www.parkinsons.ie

Winter 2026

€388k Research Investment by Parkinson's Ireland



Parkinson's Ireland is a registered charity (registered charity number 20028237)

A MESSAGE FROM THE CEO - **SHANE O'BRIEN**



Dear friends,

Welcome to the final edition of our magazine for 2026. As we come towards the end of the year, we can reflect on increased activity and continued progress across all areas of our work, both nationally and through our branches and local communities.

Investment in Research

Since the last edition, we announced our largest-ever investment in research as part of the latest Health Research Charities Ireland (HRCI) and Health Research Board (HRB) Joint Funding Scheme. Two Parkinson's-focused projects have secured funding under this round, supporting research at University College Cork (UCC) and University College Dublin (UCD). Together, the projects represent a combined investment of €388,183.

The UCC project will examine the impact of mental health symptoms in Parkinson's and capture the lived experiences of people living with the condition. The UCD project will investigate how technology can support home-based exercise programmes for people with Parkinson's. These projects aim to improve understanding of key challenges facing people with Parkinson's and help shape future services and supports.

Research is an important part of our ongoing work, and we have made huge strides in recent years through investing in projects, working collaboratively with researchers and external institutions, and ensuring that the lived experience of people with Parkinson's disease is embedded in all research.

Counselling Service

There continues to be significant demand for our new counselling service. We hope to be able to expand the service in 2027 and increase our level of mental health self-management supports.

Supports for the Early-Onset Community

We have recently expanded our service offering to people with early-onset Parkinson's disease. This included the creation of a dedicated exercise class and the second year of our dedicated conference, which reached capacity a number of weeks in advance. We also have an ongoing online support group and chair yoga sessions run by our Young Parkinson's Ireland branch.

Budget 2027

The recent budget included a €500 cost of disability payment and €10 weekly social welfare increases. Other relevant measures included improved Carer's Allowance thresholds and the Home Carer Tax Credit. Two new funded neuro-rehabilitation teams were announced, but there were no Parkinson's-specific commitments.

Parkinson's Ireland and the umbrella organisations of which it is a member, including the Disability Federation of Ireland, campaigned on the cost of disability payment and warmly welcome the principle that additional costs of having a disability will be recognised through a permanent payment. There is further work to do in engaging with the Department of Social Protection to help guide the co-design process for this permanent payment and hopefully to increase the payment further in future budgets.

Pesticides

Over the past few months, we have been working closely with Parkinson's Europe on concerns about pesticide exposure and Parkinson's, particularly in response to an EU proposal known as Omnibus X, which would weaken the requirement for pesticides to be regularly reassessed as new evidence about their potential health impacts emerges.

We have engaged directly with

Irish MEPs, highlighting concerns that the proposals could weaken important safeguards designed to ensure pesticides are reassessed in light of new scientific evidence.

We will continue working with Parkinson's Europe to ensure that protecting human health remains at the heart of pesticide regulation across Europe.

Care Partners

We recently held an online education webinar specifically for care partners. It included talks from Family Carers Ireland, Care Alliance and the Irish Wheelchair Association, with the latter providing information on Personal Assistance hours for care partners. The webinar is available to view on our website. These organisations also provide a range of services to care partners. We plan to continue to collaborate with them and other organisations that provide services to members of our community. We have also recently published an information booklet specifically for care partners. The booklet is available on our website, and a hard copy version can be ordered by phoning our office.

Advocacy

We are making progress in our advocacy work and have significantly expanded our activity in this area. My colleague Jamie Mac Giolla Bháin has outlined the highlights from the past few months elsewhere in this edition.

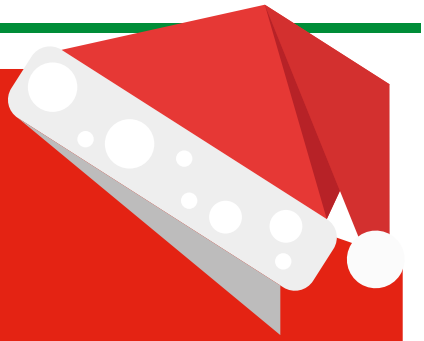
Fundraising

I would like to sincerely thank our members and supporters who have supported Parkinson's Ireland and its branches over the past few months through their fundraising efforts. Whether it's a marathon, a coffee morning, an innovative challenge or a small donation, your efforts ensure that we can continue to deliver and expand our vital services.

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.

Thank you for your continued support.

Shane



Closing Times Over Christmas Period 2026

Our office will be closed on Thursday 24th December 2026 and will re-open on Monday 4th January 2027

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

PARKINSON'S NURSE/ DIETICIAN

Parkinson's Nurse Specialists/ Dietician Callback Service

To request a callback from our Parkinson's Nurse Specialists or Dietician please call our freephone

1800 359 359.



PARKINSON'S IRELAND RESPONDS TO BUDGET 2027: SOME PROGRESS, BUT MAJOR GAPS REMAIN

Parkinson's Ireland welcomes several measures announced in Budget 2027, including the introduction of a once-off Cost of Disability payment and funding to develop two new Community Neuro-Rehabilitation Teams (CNRTs). However, significant gaps remain in addressing the ongoing financial and healthcare challenges faced by people living with Parkinson's and other neurological conditions.

Cost of Disability Recognition Welcome

Disabled people in Ireland face additional living costs estimated at between €11,046 and €15,617 per year. Against that backdrop, Parkinson's Ireland welcomes the Government's decision to provide a €500 Cost of Disability payment to almost 240,000 people in receipt of long-term disability payments.

This measure represents an important acknowledgement that disability brings unavoidable extra costs and that additional supports are needed. The allocation of €119 million is also intended to support the development of a permanent Cost of Disability payment from 2028.

However, the budget stops short of delivering the long-term reforms sought by disabled people and disability organisations. The Disability Federation of Ireland had called for a recurring, universal, non-taxable Cost of Disability payment of €55 per week as an



interim measure pending the development of a permanent scheme. No such commitment was included.

Likewise, the long-standing call to reform means testing so that only a disabled person's own income or means is assessed, rather than those of a spouse, partner, or family member, has again not been addressed.

While the once-off payment is welcome, the reality remains that a single €500 payment does not come close to meeting the substantial additional costs many disabled people face every year.

Positive Measures for Carers and Welfare Recipients

The budget also contains a number of positive measures that will benefit many people affected by Parkinson's and their families, including:

- A €10 increase in weekly social welfare rates.
- A further increase in the Carer's Allowance income disregard of €150 per week for a single person and €300 per week for a couple.
- An increase of €100 in the Home Carer Tax Credit, bringing it to €2,050.

These measures will provide some assistance to households managing the financial impact of disability and caring responsibilities.

New Neuro-Rehabilitation Teams Are Welcome

Parkinson's Ireland particularly welcomes the announcement of funding to commence the development of two new Community Neuro-Rehabilitation

Teams, comprising 19 new posts.

One team is planned for the HSE Dublin North-East Health Region, covering North Dublin, Louth, Meath, Monaghan and most of Cavan. The second team will be established in the HSE South-East Health Region, serving Waterford, Wexford, Carlow, Kilkenny and South Tipperary.

Access to multidisciplinary neuro-rehabilitation services is vital for people living with Parkinson's and other neurological conditions. These services can significantly improve quality of life, independence and long-term health outcomes. Parkinson's Ireland therefore welcomes this investment and looks forward to further details regarding the implementation of these teams.

Existing Commitments Must Also Be Delivered

While the announcement of two additional teams is positive, Budget 2027 must not become an excuse for delaying the full delivery of commitments already made.

In response to a Parliamentary Question in September 2026, the HSE confirmed that several existing and planned Community Neuro-Rehabilitation Teams are still progressing through recruitment, including teams in the Midlands, North East, Donegal and the Mid West. The HSE also acknowledged that currently operational teams are "not funded to cover all geographic areas" and "are not staffed to the recommended levels". It further stated that teams currently live are at varying stages of onboarding staff and that access and waiting times vary significantly as a result.

The HSE's response makes it clear that significant work remains to fully resource and expand the Community Neuro-Rehabilitation network. The organisation noted that funding is still required to uplift existing teams in areas such as Donegal and the Mid West and that recruitment remains ongoing in a number of regions.

Parkinson's Ireland therefore urges Government to pursue a dual approach:

- deliver the two newly announced CNRTs without delay, and
- fully fund, staff and expand the CNRTs already committed to under Budget 2025 and the Neuro-Rehabilitation Implementation Framework.

People living with Parkinson's and other neurological conditions should not be forced to choose between waiting for the completion of existing teams or the establishment of new ones. Both objectives must be achieved simultaneously if Ireland is to provide equitable access to rehabilitation services nationwide.

Parkinson's Remains Absent from the Budget

Despite the welcome neuro-rehabilitation announcements, Budget 2027 contained no specific commitments relating to:

Parkinson's disease services.

Parkinson's Nurse Specialists.

Consultant Neurologist staffing.

Additional specialist supports for people living with Parkinson's.

These issues remain pressing concerns for the Parkinson's community and continue to impact access to timely diagnosis, treatment and ongoing care.

The HSE has submitted Parkinson's Ireland's business case for the continuation of its dedicated counselling service as part of the estimates process. The organisation now awaits the outcome following the Letter of Determination and publication of the HSE Service Plan.

Looking Ahead

Budget 2027 contains welcome steps forward. The introduction of a €500 Cost of Disability payment represents important recognition of the additional costs faced by disabled people, while the commitment to two new Community Neuro-Rehabilitation Teams is a positive development for neurological services.

However, recognition must now be matched by delivery. The Government must ensure that existing CNRT commitments are fully funded and staffed, address the continuing shortfall in specialist Parkinson's services, and develop lasting solutions to the cost of disability that reflect the real financial burden experienced by disabled people every day.

Parkinson's Ireland looks forward to engaging with Ministers, Government departments and the HSE in the months ahead to ensure that people living with Parkinson's receive the specialist care, rehabilitation and supports they need and deserve.

FESTIVE WELLBEING WITH PARKINSON'S

Article by Lisa Wynne

Practical tips for a healthy and enjoyable festive season.

The festive season brings joy, warmth, and connection, but it can also be a busy and demanding time of year. For people living with Parkinson's, a little planning can help you enjoy the celebrations while supporting your health and wellbeing.

PLAN AHEAD FOR PEACE OF MIND

A little preparation can make the festive season more enjoyable and less hectic.

MEDICATION

Make sure you have enough medication to last through the entire festive period. This year, Christmas Day falls on Friday, 25th December 2026, with St. Stephen's Day on Saturday, 26th December 2026. Many GP practices, pharmacies, and other healthcare services may operate reduced hours over the Christmas period, including the substitute public holiday on Monday, 28th December 2026. New Year's Day falls on Friday, 1st January 2027, followed by the weekend, which may also affect service availability.

To avoid disruptions:

Order prescriptions well in advance.

Check your pharmacist's and GP's festive opening hours.

Familiarise yourself with your GP's out-of-hours service. Find out more here: https://www2.hse.ie/emergencies/when-to-go-to-a-gp-out-of-hours/



If you're staying with family or friends, pack enough medication for your full visit and a little extra in case of unexpected delays.

MINDFUL EATING

Seasonal treats are part of the fun, but overindulgence can leave you feeling sluggish and affect sleep and energy levels.

For some people with Parkinson's, high-protein foods may reduce the effectiveness of levodopa-based medications. Taking your medication 30 minutes before meals may help.

Aim for a balanced diet with a variety of foods from all food groups.

For more guidance, see our Eating Well with Parkinson's booklet at www.parkinsons.ie.

STAY IN SYNC

During the festive season, it's easy to fall out of routine due to changes in schedules, social gatherings, travel, and late nights. 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 can help prevent symptoms from worsening and support your overall wellbeing.

KEEP MOVING & STAY MOTIVATED

Exercise plays a vital role in managing Parkinson's, supporting mobility, mood, and overall health. Whether it's a walk, exercise class, gardening, or dancing to your favourite Christmas songs, choose activities that suit your energy levels and bring you joy.

Choose a time of day when you feel at your best and are most likely to enjoy being active.

Use exercise as an opportunity to connect with family and friends

while boosting your physical and mental wellbeing.

SLEEP HYGIENE FOR RESTFUL NIGHTS

Quality sleep starts with good daytime habits.

Stay physically active during the day.

Avoid caffeine, heavy meals, and excessive screen time close to bedtime.

Create a relaxing bedtime routine.

STAY REGULAR

Constipation is a common challenge for people with Parkinson's and may worsen during the festive season due to changes in diet and routine.

Keep active where possible.

Drink plenty of fluids throughout the day, particularly when taking medications such as levodopa.

Include fibre-rich foods such as vegetables, fruits, wholegrains, pulses, and bran cereals.

Continue any prescribed treatments or laxatives as advised by your healthcare professional.

MANAGE EXPECTATIONS

The festive season can bring pressure to attend events, host gatherings, buy gifts, and keep up with traditions.

Prioritise the activities that matter most to you.

Don't be afraid to share the workload. Whether it's cooking, shopping, decorating, or hosting guests, let family and friends support you.

Pace yourself and build in time to rest and recharge.

Remember that it is okay to decline invitations or leave early if symptoms, fatigue, or anxiety become overwhelming.

Focus on enjoying meaningful moments rather than trying to do everything.

STAY CONNECTED

While many people look forward to the festive season, others may find it difficult or feel isolated.

Reach out to family, friends, neighbours, or local support groups.

If attending gatherings feels overwhelming, consider shorter visits, a phone call, or another way of staying connected that feels comfortable for you.

If you are travelling over the festive period, carry medication with you and keep a copy of your prescription or medication list.

Don't hesitate to let others know how they can support you.

ENSURE SAFETY AT HOME

Decorations, visitors, and changes to the home environment can increase the risk of trips and falls.

Keep walkways clear of decorations, cables and gift boxes to reduce trip hazards.

Ensure your home is well lit, particularly stairs and hallways.

Take extra care in the kitchen and avoid rushing when preparing meals.

With a little planning, flexibility, and support, the festive season can be a time of joy, comfort, and connection.

NEW RESOURCE PACK FOR CARE PARTNERS OF PEOPLE WITH PARKINSON'S

Parkinson's Ireland is pleased to introduce a new resource pack for care partners of people living with Parkinson's, providing helpful information and guidance for those supporting a loved one with the condition.

Being a care partner can bring many challenges, and having access to reliable information and support can make a difference.

This resource pack has been developed to help care partners better understand Parkinson's, navigate their role and access the support available to them.

Request your copy

To request your copy, email jamie@parkinsons.ie or call our National Helpline on 1800 359 359.

Parkinson's Ireland is here to support people living with Parkinson's and those who support them. We encourage all care partners to access the information and resources available to them.

WORLD MENTAL HEALTH DAY 2026

By Kathleen Moore Avila, Counselling Psychotherapist

October 10th marked World Mental Health Day 2026. It is important to acknowledge the importance of mental health supports for people living with Parkinson's and their care partners. Mental health support is not a luxury. It is an essential part of living well with Parkinson's, helping people and their families find hope, connection, and strength as they adapt to life's challenges.



A Parkinson's diagnosis can affect far more than physical health. Although clinically classified by motor symptoms, including rigidity and bradykinesia, the psychological symptoms can also present significant challenges (Hinnell et al., 2012). These difficulties likely arise from a complex interplay of neurological and psychosocial factors (Wang et al., 2025).

Receiving a diagnosis can bring feelings of shock, fear, anxiety, grief, and uncertainty, while also challenging a person's sense of identity and confidence. Many people find themselves asking, "Who am I now?" as they adjust to changes in their life. Care partners are also deeply affected. Alongside supporting their loved one, they often carry worries about the future, changing family roles, and the emotional impact of caring. Counselling as a mental health support offers a safe, compassionate space to talk openly about these experiences. Approaches such as Cognitive Behavioural Therapy (CBT) can help people manage anxiety and unhelpful thoughts, while Compassion Focused Therapy (CFT) supports people to respond to themselves with kindness rather than self-criticism.

Mental health support helps people living with Parkinson's and their care partners to:

- Manage anxiety and strong emotions
- Process grief, loss, and uncertainty
- Adjust to changes in identity and roles
- Develop self-compassion and resilience
- Strengthen coping skills and emotional wellbeing
- Feel less alone in their journey

The lack of readily available mental health support is a widespread issue not exclusive to People with Parkinson's. However, issues are often exacerbated by the unseen complexity of PD symptoms particularly the non -motor symptoms. All people with Parkinson's and their loved ones should have access to timely mental health supports such as counselling.

Feeling heard and understood in therapy fosters a sense of hope and reduces feelings of isolation and shame, allowing People with Parkinson's to feel emotionally validated and able to work through challenges. Furthermore, it helps to reduce negative thinking, encouraging positive reframing and perspective taking. It also provides a space to reflect philosophically with self-compassion on the imperfect and finite nature of life, normalising the shared human condition of suffering/illness. Realisation of this common humanity fosters a greater sense of interconnectedness reducing the isolation and stigma that can be common in PD.

If you or your care partner would benefit from counselling support, call the Parkinson's Ireland Helpline on 1800 359 359 to request a referral for our counselling service.

HAVE YOU HAD YOUR FLU VACCINE?

Irish flu activity follows a predictable pattern monitored by the HSE Health Protection Surveillance Centre

Who should get the flu vaccine in Ireland

Free under the HSE seasonal flu vaccination programme:

- ☆ Everyone aged 60+
- ☆ Pregnant women (any stage of pregnancy)
- ☆ Children aged 2–17 (intranasal Fluenz vaccine via GP or pharmacy)



- ☆ People with chronic health conditions (diabetes, asthma/COPD, heart disease, kidney disease, immunosuppression, BMI ≥ 40)
- ☆ Healthcare workers and carers
- ☆ Residents of long-term care facilities

Available at:

- ☆ Your GP (free if eligible)
- ☆ Most Irish pharmacies (free if eligible; small fee otherwise)

Best time: October–November before circulation peaks. Protection is maximal 2 weeks after vaccination.

Christmas Break: Zoom Class Dates

Our regular weekly Zoom sessions will take a short break over Christmas. Please see below for the final class dates of 2026 and the dates each session will resume in January and February 2027.

Mindfulness with Helena

Last class: Monday, 14 December
Resumes: Monday, 11 January

Singalong with Dara

Last class: Tuesday, 15 December
Resumes: Tuesday, 12 January

Chair Yoga and Yoga for YPI Members

Last class: Wednesday, 16 December
Resumes: Wednesday, 13 January

Parkinson's Nurse Specialist Zoom Clinic

Last session: Wednesday, 16 December
Resumes: Wednesday, 13 January

Exercise with Grainne

Last class: Friday, 18 December
Resumes: Friday, 5 February



TOWARDS EQUITABLE NEUROLOGICAL CARE: WHAT CAN IRELAND LEARN FROM EUROPE?

A reflection on the inaugural European Federation of Neurological Associations (EFNA) Conference, Dublin 2026. By Jamie Mac Giolla Bháin Advocacy Officer, Parkinson's Ireland

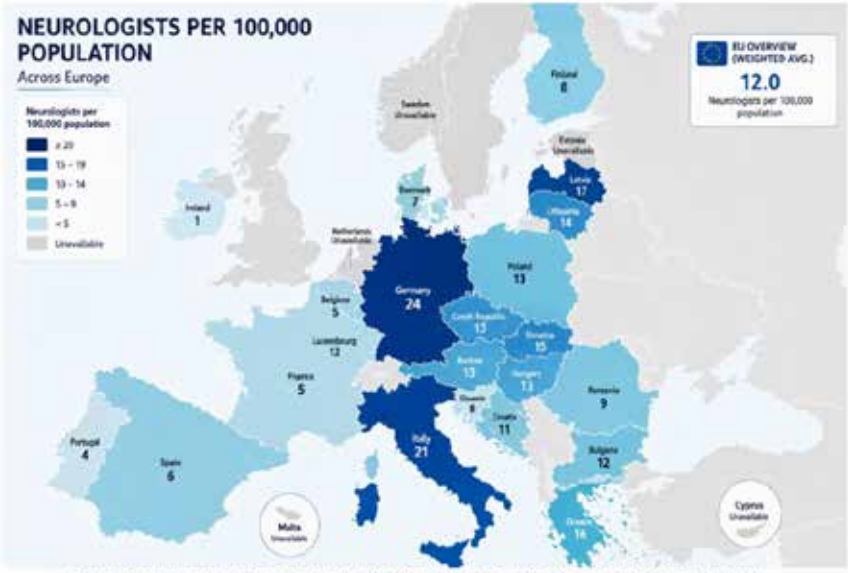
On the 25th and 26th of September, I attended the inaugural European Federation of Neurological Associations (EFNA) Conference in Dublin. EFNA is a non-governmental organisation that brings together European neurology patient groups Neurological Alliances enabling them to be the most effective advocates possible in their own disease-specific areas.

There were over 40 speakers covering a range of topics relevant to dozens of neurological conditions, Parkinson's disease included. Many different countries in Europe were represented, providing a unique experience to learn from neurologists, academics, and policy specialists alike who all excel in their fields.

The Shortfall of Consultant Neurologists in Ireland

Hélène Nicora, the Director General of Parkinson's Europe, delivered a presentation on the role of neurotechnologies and the workforce. There was a graphic posted on the screen which highlighted a stark reality to me.

It was a map of Europe showing the average number of consultant neurologists per one hundred thousand people. Shockingly, Ireland ranked the lowest in the entire continent, with only 1 neurologist per 100,000.



Adapted from European Academy of Neurology (EAN) Fact Sheet: The burden of neurological diseases in Europe (available at https://www.ean.org/research/resources/the-burden-of-neurological-diseases).

Hélène correctly noted that while there is a large disparity between Ireland and our European counterparts, there is an even greater one when you examine the more localised picture of neurological care in Ireland. Neurologists are primarily focused around Model 4 hospitals, those being the country's largest tertiary acute hospitals providing 24/7 emergency care, ICU services, complex surgery, and specialist tertiary care.

Not only does this barely satisfy the need on the ground in the rural area, but it reduces the access that those living in the catchment area where the neurologist is regularly based have to the service. If you take a neurologist out of a Dublin hospital to bring them to a Midlands county for 1 day a month, the capacity of the neurologist's main hospital to meet patient demand is reduced.

Even in areas when care is accessed, the capacity of these services is stretched. Data shows that 1 in 4 people with Parkinson's disease who saw a neurologist felt that their needs were not met (NAI, 2025).

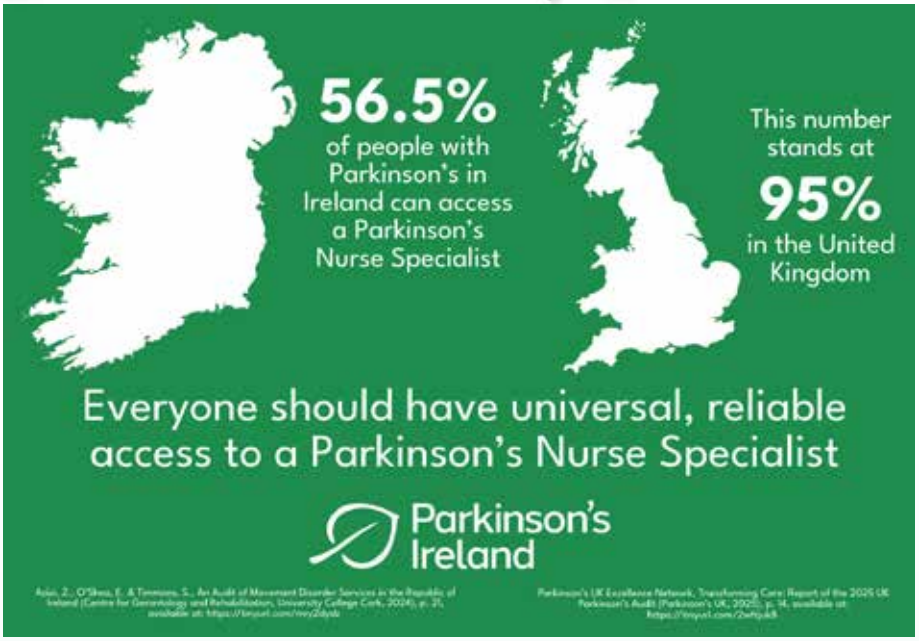
The conference being held in Ireland (as we currently hold the Presidency of the Council of the EU) exhibited the shortfall we fail to meet on our own doorstep. Ireland should benchmark itself against countries with comparable population size and economic capacity. Denmark demonstrates that significantly higher levels of neurology provision are achievable through long-term workforce investment.

A further issue arises when medical graduates who wish to enter the field of neurology inevitably discover that there are more incentives to train in the United Kingdom or Europe. This leads to them entering the workforce in these countries as opposed to coming home to Ireland.

Furthermore, succession planning is severely lacking in Ireland. Consultant Neurologists who are nearing the end of their career end up retiring before a replacement can be hired. Ideally, this role should be advertised well in advance of a due retirement to ensure that adequate training and handover procedures can be executed. Clear, regular, and high-quality succession planning is essential to prevent gaps rising between retirements and successful recruitment and induction.

Countries that have successfully addressed neurologist shortages have done so through coordinated actions including expanding neurology training posts, prioritising regional consultant roles, improving retention by addressing workload and burnout, and investing in multidisciplinary and nurse-led models of care. Evidence from across Europe shows that reliance on international recruitment alone is insufficient; instead, sustainable progress requires national workforce planning aligned with growing neurological demand and population ageing.

Ireland must also implement a targeted campaign to attract neurologists back to Ireland who left to train or work abroad, including incentives to return home.



The Shortfall of Parkinson's Nurse Specialists in Ireland

The conference schedule consisted of speakers discussing a wide array of neurological conditions. Dr. Claire Behan, Programme Director of the Postgraduate Diploma in Neurology Nursing at RCSI, spoke about the importance of neurology nurses.

Parkinson's Nurse Specialists promote self-management and self-care, answer questions on medication and symptom changes, and reduce the overall dependence on a neurologist as the first point of contact for queries.

Parkinson's Nurse Specialists act as a vital link between people living with Parkinson's and their neurologist, helping to bridge the often-lengthy gap between appointments, which are usually 1 year. By providing a range of services based in the community, Nurse Specialists actively reduce the strain put on our acute health services.

Only 56.5% of people living with Parkinson's disease in the 2024 UCC Audit of movement disorder services had documentation of accessing a Parkinson's Nurse Specialist (UCC, 2024). This means that Ireland has less than half of the Nurse Specialists required. Findings of the Parkinson's UK 2025 audit found that 95% of PwPD have such access (Parkinson's UK, 2025). The UK is largely meeting a good standard, but Ireland is falling way short.

Under the NICE Guideline and Neurology Model of Care for Ireland, there should be 1 Parkinson's Nurse Specialist for every 300 patients in Ireland (NICE, 2016). The estimated number of people living with Parkinson's in 2025 is 18,000, meaning there should be 60 Parkinson's Nurse Specialists. Currently, there are only 26, and Parkinson's Ireland provides 2 of these.

The HSE often advertise Parkinson's Nurse Specialist roles and do not fill them, claiming that they do not receive any applications. As Dr. Behan explained in her talk, the new Neurology Nursing

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Postgraduate Diploma in the RCSI aims to tackle this skills shortage by training students in Core Concepts of Neurology, Comprehensive Care and Management of Patients with Neurological Conditions, and Core Concepts and Principles of Neurological Rehabilitation.

Much like the provision of consultant neurologists, the limited number of Nurse Specialists are concentrated around cities and Model 4 hospitals, leaving large areas with no access at all. People with Parkinson's living in more rural areas must travel long distances to overstretched services, again further straining an already overburdened system.

In response to this shortfall, Parkinson's Ireland is consistently advocating for urgent action to address the national shortage of Nurse Specialists, using a combination of increased HSE recruitment through the Hub-and-Spoke model, and targeted funding for Parkinson's Ireland to fund nurse services in current blackspot areas, particularly where travel is a barrier to access.

HSE section 39 funding to expand our nursing service would directly address gaps in national provision, tackle current underserved black spot areas, and significantly reduce travel distances for people with Parkinson's requiring specialist care.

It is vital that additional PNSs are recruited given the impact that they have in reducing hospitalisations and keeping people with PD well.

While this budget was marred by the fuel protests, the new State Savings Plan, and a generous income tax package to make up for the lack of one last year, I do remain hopeful that certain measures we have called for, particularly funding for the continuation and expansion of our dedicated counselling service can be granted.

If Parkinson's and neurology services do not get the investment they require, capacity will continue to remain insufficient to meet rising neurological diagnoses, avoidable deterioration will increase due to delayed access to care, and psychological distress will continue to go untreated for people with Parkinson's. Urgent investment is required to ensure that people with Parkinson's Disease have access to the basic health services that they require.

Christmas Raffle 2026

Our Annual Christmas Raffle Is An Important Part Of Our Annual Fundraising Calendar.

We have included a book of raffle tickets and a freepost envelope in this issue. Each ticket you buy gives you the chance to win one of our super prizes.

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



SUPER RAFFLE PRIZES INCLUDE:

- €1,000 Cash Prize
- Overnight Stay for Two at Seven Oaks Hotel, Carlow
- Overnight Stay for Two at the Bonnington Hotel, Dublin
- Two Tickets to a Gig of Your Choice at 3Arena
- 3 Course Dinner for 2 at the River Lee Hotel, Cork
- €50 Voucher for Kildare Village
- Afternoon Tea for Two at The Royal Marine Hotel, Dublin
- Lunch for Two at the Ashling Hotel, Dublin
- €100 Voucher for Keel Camping, Mayo
- Family Pass to Birr Castle Demesne, Offaly
- Gift Set from Rituals
- Ballymaloe Cookery Book
- Hamper from Keogh's Crisps

and many more prizes

Draw for our raffle takes place on 18th December at 12 noon 2026 in Carmichael House.

PARKINSON'S IRELAND ANNOUNCES LARGEST-EVER RESEARCH INVESTMENT

Two new research projects will explore mental health and exercise supports for people living with Parkinson's disease.

Parkinson's Ireland has announced its largest-ever investment in research as part of the latest Health Research Charities Ireland (HRCI) and Health Research Board (HRB) Joint Funding Scheme, which has awarded funding to 12 health research projects across Ireland.

Two Parkinson's-focused projects have secured funding under this round, supporting research at University College Cork and University College Dublin. Together, the projects represent a combined investment of €388,183, with Parkinson's Ireland contributing €194,091 and the HRB providing matching funding.

The University College Cork project will examine the impact of mental health symptoms in Parkinson's and capture the lived experiences of people living with the condition. The University College Dublin project will investigate how technology can support home-based exercise programmes for people with Parkinson's. These projects aim to improve understanding of key challenges facing people with Parkinson's and help shape future services and supports.

Shane O'Brien, Chief Executive Officer of Parkinson's Ireland, said:



Dr Emma O'Shea who is leading a new research initiative exploring mental health and Parkinson's.

"Parkinson's Ireland is delighted to make what is the largest investment in research in the history of our organisation.

Through a contribution of €194,091 from Parkinson's Ireland, matched by the Health Research Board, we are investing a total of €388,183 in research that has the potential to improve the lives of people living with Parkinson's.

Research remains a key strategic priority for Parkinson's Ireland. By supporting research that addresses issues identified by people with Parkinson's, we can help build evidence that informs better care, stronger services and improved quality of life.

This record investment has only been possible because of the generosity of our supporters. Every donation and fundraising effort contributes directly to Parkinson's Ireland's ability to invest in research that can enhance the quality of life for people living with Parkinson's."

Lisa Wynne, Parkinson's Nurse Specialist at Parkinson's Ireland said:

"The two funded projects explore important topics for people with Parkinson's disease.

Mental health symptoms can impact quality of life as much as physical symptoms in Parkinson's, yet they are often overlooked. By capturing the lived experiences of people with Parkinson's, this research could provide valuable insights to inform more holistic, person-centred care and strengthen advocacy for improved services.

Exercise is an important part of managing Parkinson's, helping people maintain mobility, independence and overall quality of life. By exploring how technology can support home-based exercise, this project may help shape future rehabilitation services and strengthen advocacy for more accessible supports."

The HRCI-HRB Joint Funding Scheme co-funds internationally competitive health research in areas identified by charities and the communities they serve.

ADVOCACY UPDATE WINTER 2026

Young Onset Parkinson's Disease (YOPD) Conference 2026

Parkinson's Ireland is delighted to announce the return of our Annual Young Onset Parkinson's Disease (YOPD) Conference, taking place on Saturday, 28 November 2026.

Following the success of last year's inaugural event, we are once again bringing together members of the Young Onset Parkinson's Disease community from across Ireland for a day of connection, learning, support and shared experiences.

This free event provides an opportunity for people living with Young Onset Parkinson's Disease, their families and supporters to meet others facing similar challenges, hear from expert speakers, and access information and resources relevant to life with Parkinson's at a younger age.

Date: Saturday, 28 November 2026

This event is now sold out

Young Onset Parkinson's Disease (YOPD) Exercise Class

Parkinson's Ireland is pleased to announce a new exercise class for those living with Young Onset Parkinson's Disease and their care partners. This class runs every Thursday at 8pm at South Dublin Martial Arts and Fitness, The Arena, Whitestown Way, Tallaght, Co. Dublin. The class is offered free of charge, but registration is required at parkinsons.ie

Senator Malcolm Noonan Raises Neurology Care Concerns



Parkinson's Ireland is very grateful to Senator Malcolm Noonan for raising important concerns in the Seanad regarding access to specialist care for people living with Parkinson's in Ireland.

In a recent Commencement Matter, Senator Noonan highlighted the national shortage of Parkinson's Nurse Specialists (PNSs) and the need to recruit additional neurologists to improve access to specialist neurological care across the country.

Senator Noonan also raised concerns about access to neurology services for people living with Parkinson's in County Offaly. Despite the proximity of Midland Regional Hospital Portlaoise, people with Parkinson's in the area continue to be referred to hospitals in Dublin to access a neurologist, creating additional travel and access difficulties for patients and their families.

Parkinson's Ireland has consistently called for increased investment in specialist services to ensure that people living with Parkinson's can access the care and support they need, as close to home as possible.

We welcome Senator Noonan's continued attention to these issues and his efforts to highlight the challenges facing people living with Parkinson's. Addressing the shortage of Parkinson's Nurse Specialists and neurologists is essential to improving access to timely, appropriate care for the growing Parkinson's community in Ireland.

Tax Relief Now Available for the Common Conditions Service

You can now claim tax relief on the cost of a pharmacist consultation under the Common Conditions Service and on any medication prescribed by the pharmacist as part of the service. The relief is available at the standard 20%

rate, bringing these costs into line with the tax relief already available for GP consultations and medicines prescribed by a GP.

The Common Conditions Service allows participating pharmacists to assess and treat eight common conditions without the need for a GP appointment in many cases. These conditions are:

- Allergic rhinitis (hay fever and similar allergies)
- Cold sores
- Conjunctivitis (red eye)
- Impetigo
- Oral thrush
- Shingles
- Uncomplicated urinary tract infections (cystitis)
- Vaginal thrush

This service provides faster access to treatment for common illnesses while helping to keep GP appointments available for people with more complex healthcare needs. If you or a family member develops one of these conditions, it may be worth checking with your local pharmacy before arranging a GP visit.

Remember to keep receipts for pharmacist consultations and any medicines prescribed through the Common Conditions Service, as these expenses qualify for tax relief. For many people, this offers a simple way to reduce the cost of accessing healthcare.

For more information on the new tax relief, visit the HSE or Revenue websites.

Resources for Care Partners

Parkinson's Ireland is pleased to introduce a new resource pack for care partners of people living with Parkinson's, providing helpful information and guidance for those supporting a loved one with the condition.

Being a care partner can bring many challenges, and having access to reliable information and support can make a difference. This resource pack has been developed to help care partners better understand Parkinson's, navigate their role and access the support available to them.

If you would prefer a physical copy, Parkinson's Ireland can post one directly to your home. To request your copy, email jamie@parkinsons.ie or call our National Helpline on 1800 359 359.

Parkinson's Ireland

parkinsons.ie

Services & Activities for People with Young Onset Parkinson's Disease

Parkinson's Ireland provides dedicated supports for people in the YOPD Community



Our Dedicated YOPD Services Include:

- Upcoming National Conference - 28th November
- New YOPD - Specific Exercise Class in Tallaght
- Online Chair Yoga Class
- Free Leaflets & Information

For more information visit our website or call our helpline

jamie@parkinsons.ie @parkinsonsire

Parkinson's Ireland is a registered charity. Registered charity number 20028237.

SOCIAL GATHERING 2026

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, our Parkinson's Nurse Specialists Lisa Wynne and Kathy Foley, Pat O'Dea, Frick and Christina and Theresa Kearney.

The musicians who provided the music Chris Loughrey 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.

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 time.







FESTIVE FUNDRAISER

THIS CHRISTMAS, bring your colleagues together for a festive coffee morning, Christmas lunch or seasonal get-together, while raising funds for Parkinson's Ireland. We'll provide a free workplace party pack, complete with Parkinson's Ireland Christmas crackers, posters, balloons, pens and information sheets about Parkinson's. All you need to do is organise a get-together and invite colleagues to make a donation in support of people living with Parkinson's across Ireland. It's free to take part, and every donation makes a difference. Email fundraising@parkinsons.ie to request your party pack and get involved.



RESEARCH TOGETHER 2026

Maynooth University held a 'Research Together 2026' event on Monday the 19th of October as part of research week in the University. The event was titled: 'Building relationships and partnering on health-focused funding applications'. The event was co-designed and co-produced with Health Research Charities Ireland and The Wheel. The event reflected the shared commitment to building meaningful connections between researchers, charities/civil society organisations and other partners, and enabling research that responds to the needs and priorities of people and communities.

Parkinson's Ireland, Epilepsy Ireland and Muscular Dystrophy Ireland, as 3 charities involved in research, each presented on their organisation's research needs, how the organisations support research and what a good partnership and meaningful involvement looks like. This follows a successful period for research in Parkinson's Ireland following an investment of over €388k in two Parkinson's research projects, co funded by Parkinson's Ireland and the Health Research Board, under the HRCI/HRB Joint Funding Scheme.



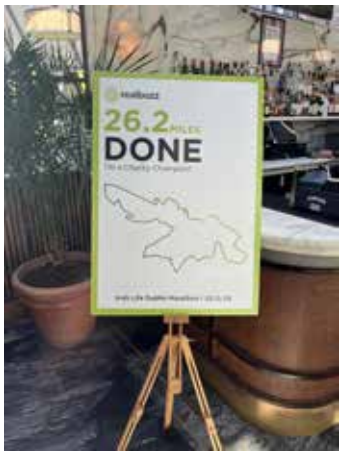
Pictured is Shane O'Brien, CEO of Parkinson's Ireland, speaking at the event.

DUBLIN CITY MARATHON 2026

Some pictures of supporters who participated in the Dublin marathon to raise funds for Parkinson's Ireland.



Sophie Barnwell and her supporters.





Mags O' Connor.



Naomi Harrison.



Jamie Mac Ghiolla Bhain, Robert Brooks and Jamie Malone.



Eben Stewart.



Alex Murphy.

PARACHUTE JUMP FUNDRAISER AUGUST 2026





A huge thank you to Catherine Ledwith and her friend Eileen, who took to the skies in September to raise much-needed funds for Parkinson's Ireland. The pair bravely completed a skydive, raising an incredible €5,350 in support of people living with Parkinson's across Ireland.



Fundraising challenges like this make a real difference, helping Parkinson's Ireland continue to provide vital services, information and support to people with Parkinson's and their families.

Parkinson's Ireland would like to extend a huge thank you to Catherine and Eileen for taking on this challenge, as well as to everyone who donated and supported their fundraising efforts. Your generosity is greatly appreciated!'

YOU CAN NOW MAKE YOUR WILL **FREE** ONLINE



When you remember Parkinson's Ireland in your Will, your lasting gift can make a huge difference in the life of someone with Parkinson's

Did you know that only 27% of Irish adults have a Will? Having an up-to-date Will provides peace of mind for you and your family.

Parkinson's Ireland offers a Free Will Service for our supporters and their partners. Please consider leaving a gift in your Will to continue your important support of our work.

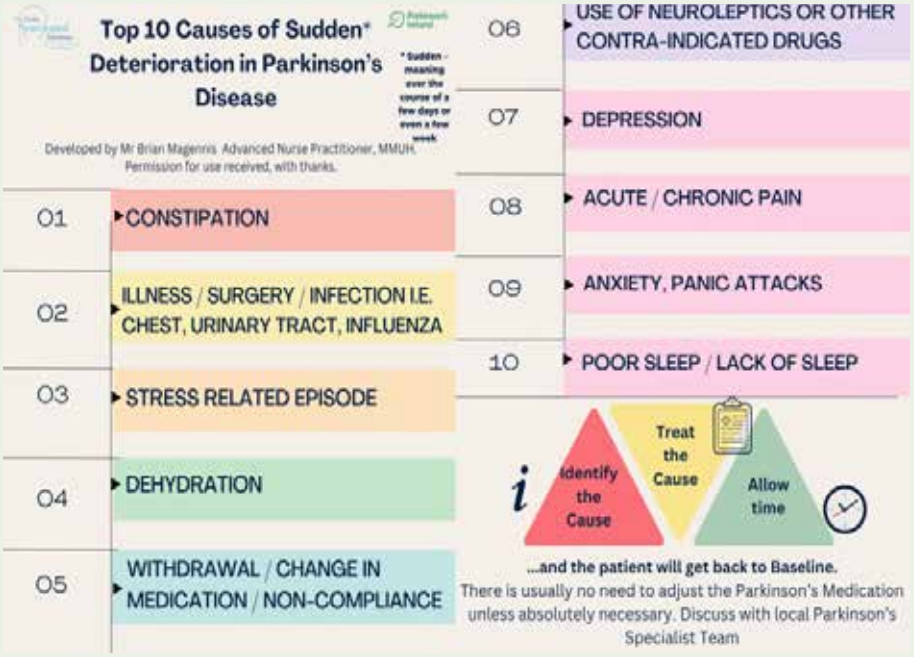
If you are interested in creating a Will online for free, please email fundraising@parkinsons.ie

Parkinson's Ireland

UNDERSTANDING SUDDEN CHANGES IN PARKINSON'S

Article by Advanced Nurse Practitioner at the Mater Hospital Brian Magennis

Advanced Nurse Practitioner at the Mater Hospital Brian Magennis outlines the top ten causes of a sudden deterioration in Parkinson's Disease (PD) in the chart below:



He explained: "Parkinson's disease by its nature is a slowly progressive condition over time, but when it suddenly deteriorates there is always a reason or trigger.

"The Top 10 causes of a sudden deterioration are outlined in the chart to help identify and treat the cause of the deterioration. Once treated and allowing time to recover, there is usually no need to increase the person's Parkinson's medication".

We put together further information on each cause and ways to treat them.

1 Constipation:

Constipation is the number one reason why a person's Parkinson's has become suddenly worse – the levodopa medications used to treat Parkinson's are absorbed by the bowel, so if it is filled to capacity, you are unlikely to get the full benefit from these drugs.

As with Parkinson's generally, the more healthy your lifestyle, and the more active and mobile you can keep yourself, the better.

With bowel problems, it is important to make sure that you drink enough and eat a diet with plenty of fibre, such as fruit, vegetables and whole meal bread and cereals. Drink plenty of fluids throughout the day to help the fibre work.

People with Parkinson's often have a delay in gastric emptying, meaning that the contents take longer to leave the stomach and enter the bowel. This is another reason to ensure levodopa medication is taken without food. Another cause of constipation is the medication itself – levodopa medication can cause constipation, so it is essential that you monitor your bowels, and manage a sluggish bowel.

You should tell your GP, Consultant or Parkinson's Disease Nurse Specialist (PDNS) about your problems and they will be able to provide advice on any additional support available to you.

2 Illness/Surgery/ Infection:

Illness, surgery and infections can cause a setback in anyone's life. An infection or illness can cause an increased inflammatory response, your body's natural reaction to fight. This immune response can temporarily impact symptoms.

Additionally, if required, antibiotics can alter your gut microbiome (environment). This disruption in gut health may exacerbate PD symptoms such as constipation, which is already a common issue in Parkinson's patients.

Some antibiotics can interfere with the absorption or metabolism of Levodopa. Illness, surgery or infection can have a systemic effect on your whole health which may have a temporary impact on your Parkinson's symptoms. This can include fatigue, weakness,

gastro issues and anxiety related to the additional health conditions or in worse case if hospitalisation is required, in turn, causing distress, disruption to daily routine and change of environment.

3 Stress Related Episode

According to a Parkinson's Foundation study, The PD symptom with the strongest stress effect was tremor — experienced by 81.8% of patients. People with PD under higher levels of stress reported worse disease severity on a daily basis, therefore managing your stress will also help to manage your symptoms.

Exercise, mindfulness and other therapies can help manage stress and prevent stress related episodes. Mindfulness is a great way to self-manage your stress. However, if your stress is persistent, you should always speak to your GP, Parkinson's nurse specialist or a counsellor.

4 Dehydration:

It is important for everyone to stay hydrated, all year round. Drinking water has many health benefits: it helps your skin, to remove waste fluids through urine, to transport vital nutrients around the body including to your brain and helps your joints move more smoothly. Dehydration can make Parkinson's symptoms worse, such as low blood pressure, constipation and swallowing issues.

Eating foods that have a high-water content, such as fruits like cucumbers, berries, melon and grapes and cutting down on caffeine can help. Setting alarms and tracking your water intake can help you remember to keep your water intake up. Drink a glass of water with your PD medication will help both your hydration levels and the absorption of your medication.

5 Withdrawal/ change in medication / non-compliance:

You should always consult your GP or Parkinson's nurse if you experience any side effects from the medication you're taking. Don't change or stop the timing or dose of your medication unless you have spoken with a health professional as your symptoms may change or increase. Non-compliance with Parkinson's medication or sudden withdrawal can, in extreme cases, cause medical emergencies requiring urgent medical attention.

6 Use of neuroleptics or other contra-indicated drugs:

Any drug that blocks the action of dopamine (referred to as a dopamine antagonist) may cause immediate changes to Parkinson's symptoms. Drugs used to treat schizophrenia and other psychotic disorders, episodes of acute delirium or behaviour disturbances, known as neuroleptic drugs, are possibly a cause to sudden change in Parkinson's symptoms.

Some medications that should be avoided in Parkinson's include; Haloperidol, Risperidone, Olanzapine, Prochlorperazine and Metoclopramide. This list may extend to other medication. Some medications should be used cautiously if specific Parkinson's medications as prescribed. It is always advised that the treating doctor is aware of your Parkinson's diagnosis and of your prescribed or over the counter medication. A community pharmacist is a valuable health professional to discuss contraindicated drugs in Parkinson's and alongside other health conditions.

Medications should never be stopped abruptly without consulting your GP.

7 Depression:

A study in 2022 by Weintraub, Daniel et al suggest that approximately 35% of people with Parkinson's may experience depression. Parkinson's UK explain that unlike sadness, which is temporary, depression can last for weeks or longer. Depression is a part of Parkinson's itself, resulting from PD-related changes in brain chemistry.

A person with PD may experience depression at any time, even before diagnosis and symptoms can vary, or may come and go. It's important to recognise that depression can intensify both movement and cognitive symptoms. While PD medications can improve tremors and other motor symptoms, they can also help with depression. A combination of exercise, social supports and counselling are recommended along with the use of antidepressants if needed.

Your GP is often the first point of contact for accessing mental health assistance. While discussing mental health concerns with your GP may initially feel challenging, remember that they are there to help and can provide guidance on available resources. In cases of crisis or emergency, there are numerous helplines available for immediate assistance.

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8 Acute / Chronic Pain:

According to Parkinson's UK, acute pain is short-term, typically lasting less than 12 weeks. It may be sharp and severe and presents itself suddenly. For example, it can start following surgery or an injury. 'Chronic' pain is persistent and long-term, usually lasting more than 12 weeks. Normally, the pain experienced after an operation or injury goes away in time, but in some cases it becomes chronic.

Chronic pain is often caused by long-term health conditions, including Parkinson's Disease. There are multiple contributors and causes of pain. Identify potential cause or triggers, the intensity if the pain and what benefits easing the pain. If you are experiencing a new onset of pain it is best to speak with your GP and consult with your pharmacist prior to taking any forms of analgesia. A physiotherapist can help identify the root of the problem and advise on pain management.

9 Anxiety, Panic attacks:

Anxiety is a common non-motor symptom for people with PD and can present itself in different ways. Multiple research suggests 40% of people with PD experience anxiety. Anxiety is a normal response to an abnormal situation but when it is linked to dopamine dysregulation or Parkinson's symptoms it may have a greater impact. Awareness is key.

For those who experience mild and intermittent anxiety, conservative measures such as avoiding stimulants, including caffeinated drinks, tea/ coffee, alcohol and cigarettes, along with identifying and avoiding triggers of anxious episodes can be helpful. Some people find other methods, such as relaxation tapes, yoga, massage, acupuncture, mindfulness, music and complimentary therapies beneficial.

In some more heightened periods of anxiety some people may experience a panic attack is an overwhelming feeling of fear or terror that comes out of the blue and is accompanied by physical symptoms of sweating, a racing heart and shortness of breath. A typical panic attack may last up to 15 or 20 minutes, or longer in some cases. It is important to recognise that it will end and to remember to take deep breaths and be patient with yourself.

If anxiety symptoms start to significantly affect quality of life, then a family member, friend or carer should try to encourage a discussion about this with their doctor. This may result in a referral to a mental health specialist who may recommend treatment.

Taking note of what triggers your anxiety or panic attacks and talking about it with a family member, friend or your doctor may help. Understanding that symptoms can change is also important – if a coping strategy stops working, try something new.

10 Poor Sleep/ Lack of Sleep:

Up to 90% of people with Parkinson's experience problems with sleeping at night. According to Parkinson's Foundation, the most common sleep issues for people with PD are:

- Difficulty falling and staying asleep
- Excessive daytime sleepiness
- Talking, yelling out or physically acting out while asleep
- Vivid dreaming
- Leg movements, jerking, cramping (restless leg syndrome)
- Difficulty turning over in bed

Waking up to go to the bathroom

Poor and/or lack of sleep may be a result of insomnia. About one-third of the adult population has some symptoms of insomnia, and it is even more common in people with PD.

Insomnia and other sleep disorders are more common in people with Parkinson's who have depression, therefore their doctor may suggest specific treatment for this. There are medications, therapies and treatments available for insomnia, but you should always consult your GP or nurse specialist before changing or trying any new medication or treatments.

Dopamine plays a role in sleep regulation so ensure your prescribed Parkinson's medication are optimised. Good sleep hygiene should be implemented. This includes; finding a way to relax and wind down may be beneficial for those struggling to get asleep, avoid electronic devices- a bedroom should be kept for sleep, avoid stimulants such as caffeine, keeping your room at optimum temperature, maintaining a routine for sleep & wake times and regular exercise. Find something that works for you!

BRANCH NEWS

WICKLOW BRANCH

Our CEO, Shane O'Brien, recently visited the Parkinson's Ireland Wicklow Branch to meet with members and volunteers and hear about the work being carried out locally.

It was a great opportunity to catch up with the branch, hear about their activities and plans, and discuss how Parkinson's Ireland can continue to support our members and branches across the country.

Thank you to everyone in the Wicklow Branch for the warm welcome!



NORTHWEST BRANCH

Northwest Branch Receives €2,310 Donation from Tully Lawnmowers

Ann Foxe attended the presentation night at Tully Lawnmowers on 15 October, where she was presented with a cheque for €2,310.

The donation was raised through Tully Lawnmowers' Vintage and Family Fun Day Fundraiser, held on 13 September, with the North West Branch of Parkinson's Ireland chosen as one of the beneficiaries.



The Northwest Branch would like to extend a sincere thank you to Noel, Roy, Carmel and all the staff at Tully Lawnmowers for their generosity and for the time and effort that went into organising the event. This wonderful donation will help support the work of Parkinson's Ireland and the services provided to people living with Parkinson's and their families.

Northwest Branch Members Enjoy Annual Social Gathering in Athlone

A total of 63 members from the Northwest Branch travelled to Athlone recently for Parkinson's Ireland's annual Social and Educational Gathering.

The event was a great success, with members enjoying the talks and activities organised throughout the gathering. It also provided a valuable opportunity to meet and connect with members from branches across the country.

The Northwest Branch would like to thank the hotel staff for their warm welcome and excellent hospitality throughout the event. A special thank you goes to Pauline at Parkinson's Ireland's National Office for organising the gathering and ensuring everything ran smoothly from beginning to end.

It was a very enjoyable few days for everyone who attended, and members are already looking forward to next year's gathering.

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Tully Lawnmowers, Ramelton, held a Vintage and Family Fun Day in September. We were chosen as a beneficiary of their event

Ann attended the Presentation Night and received €2,310. We are very grateful to Noel and his Staff for this generous donation. This support will allow us continue to provide services for People living with Parkinson's Disease in the North West.

Our classes continued in 2026 and were very well attended. We welcomed new members throughout the year and are delighted that they have reached out and availed of our services.

I want to take this opportunity to wish all our members and their families a very happy and healthy Christmas and New Year and look forward to seeing everyone in the New Year.

DUBLIN BRANCH

Christmas Lunch Sunday December 6th Booking Details

Date: Sunday, 6th December 2026

Time: 12:30 PM onwards

Venue: Marine Hotel, Sutton Cross, Dublin 13

Enjoy a four-course festive lunch in the lovely Marine Hotel, with great entertainment, including a fun quiz and raffle prizes. Tickets are €30 per person, subsidised by the branch, and all members, partners, and family members are warmly welcome.

To book your tickets: Please contact our Treasurer, Kieran Connolly, at - 083 105 9922 or dublintreasurer@parkinsons.ie

We accept payment over the phone using debit or credit cards, or you can do a bank transfer, Kieran can provide these details. Alternatively, you can post a cheque, made out to Parkinson's Ireland Dublin Branch to: Kieran Connolly, 8 Bramley Green, Castleknock, Dublin 15 D15 KPW3. Please book by Saturday, November 28th. Please let Kieran know when you're booking if you have any special dietary requirements, eg gluten free or vegetarian.



There is free parking at the hotel and easy access for wheelchairs. It's a short walk from Sutton DART station and buses run from the city centre to Sutton Cross.

MONAGHAN BRANCH

Monaghan branch of Parkinson's Ireland held their AGM on October 27th in Doohamlet Community centre. Kathy Foley, Parkinson's nurse addressed the meeting and gave a very informative and entertaining presentation that was enjoyed by all.

Followed by a question and answers session, that got everyone involved. Well done Kathy and thank you very much for attending.

The development officer of Monaghan sports partnership Aisling McDermott presented her plan for the next 6 months. A lot of thought and hard work was put into this plan. Thank you very much Aisling.

The chairman went on to talk about the last year:

It has been a very busy 2026.

- We co-sponsored a conference in The Errigal house Cootehill along with the Cavan Branch. This was a very informative conference. We had a great turn out and everyone enjoyed the day. This cost us approx. €2500,
- We also had 18 members in total attend the conference in The Hodson Bay Hotel which was held over three days and this includes 7 who came for our Presentation and boxercise class.
- Our plan was to have classes in both north and south Monaghan. Looking back, we have achieved this to a certain extent. I would like to think going forward we could keep classes going in both sides of the county each week.
- At the moment, the activated pole walking class in St Jospeh's Monaghan finished next Thursday 29th October and the HSE are running a class for 8 weeks which will bring us to Christmas. Katie distefano is running this class.
- In Peake Fitness Carrickmacross we have our usual boxercise and gym classes every Tuesday 2:30 – 3:30pm and Thursdays we have Balance and chair exercise for Parkinson's from 1-2pm, running for another 7 weeks with a cost of €15.

The chairman would like to give the following thanks:

- I would like to thank the committee, for all their hard work during the year,
- All our branch members collectively, together we are stronger and if we all help each other the sky is the limit!

- I want to thank all the clubs and groups and individuals who donated money to our branch, this year the big one was from Rossmore golf club who donated €1735.
- Mannan castle golf cub who donated €1350



- Ben & Aoife Finnely €1000 – proceeds from concert in the tin church Laragh,
- Felix Brennan & John Fox €1030 from their poker classic fundraiser.
- The mountain dew quiz night plus auction total received €2130, Ciaran Brennan, John Fox & Mark Kennedy and Corduff handball club for all their sponsorship and support on the night,
- John Farrell for donating a set of golf clubs for auction on the night, and the auctioneer Michael Corrigan.
- Stanley and Linda Carlton, who donated €350 proceeds from their 50th wedding celebrations,
- I want to thank everyone who donated money to the branch, it's greatly appreciated.
- I want to mention Monaghan sports partnership and the development officer Aisling McDermot for all she has done for our branch and all the funding

Continued on page 26





Waterford Branch Members.

that she got for the different classes, she also donated a set of walking poles to the branch, we are blessed to have you Aisling,

- To the HSE and to Katie Distefano for their funding and for her classes,
- To our branch member Francis Traynor for his generosity, he brought the class to The Avenue coffee shop after class,
- I want to thank Christina and Martin McMahon for the programme and classes they have put in place for us, and we are all so proud of the recognition you have got from Parkinson's HQ and to be invited to the conference in the Hodson Bay Hotel to display the class. The reception you got was very rewarding, Well done!
- To our local Pro for Corduff/ Rafferagh community centre Bernie Ruth, she has done a lot for our Branch. She advertises all our events in all the churches throughout the County.
- We are holding our Christmas party night on the 11th December in Manan Castle Golf Club, music by Mickey the Butcher,
- Finally, I would like to take this opportunity to sympathise with all our Club members who suffered bereavements during the year.
- Thank you to each and every one of you who have helped in any way.
- Wishing you all a healthy and happy year ahead for 2027.

Once again if we all help each other, we will become a stronger branch going forward.

The Election of officers then took place:

- Chairman – Seamus Brennan
- Vice Chairman – Peter Brennan
- Secretary – Anthony Byrne
- Assistant Secretary – Kevin McGeough
- Treasurer – John Farrell
- Joint Treasurer – Patricia Farrell
- PRO – Sheila Woods
- President – Jack Morgan

WATERFORD BRANCH

Presentation to Waterford Parkinson's Disease Group by Craft Group in Waterford

Bernadette Myler Driscoll, Chairperson of the Waterford branch accepted a cheque on behalf of the Waterford branch by a craft group in Waterford.

We also had a presentation in Carlow of a cheque for €1,000 from the Lions Club Carlow.

WEXFORD BRANCH

Members of our Wexford Branch enjoyed a fantastic day out in August, exploring the beautiful Mount Congreve Gardens, taking a scenic trip on the Suir Valley Railway and finishing the day with a delicious dinner at O'Donachas Bar. It was a wonderful opportunity to spend time together, enjoy the sights and catch up over good food.


Wexford Branch Members.

A big thank you to everyone who joined and helped make it such a memorable day! A huge thank you to Grantstown Daycare Centre, who held a coffee morning on 4th September in aid of the Wexford Branch of Parkinson's Ireland.
The event raised an incredible €1,100, which was recently presented to the Parkinson's Ireland Wexford Branch.

GALWAY BRANCH

The Galway Branch of Parkinson's Ireland hosted a coffee morning at the Connacht Hotel on 15th October, bringing people together for a lovely opportunity to catch up and support a great cause. A sincere thank you to everyone who attended and donated. Your generosity and support are greatly appreciated and help Parkinson's Ireland continue to provide vital services to people living with Parkinson's and their families.

TIPPERARY BRANCH

Members of the Tipperary Branch recently came together for a Bat and Chat session, offering people with Parkinson's an opportunity to enjoy some physical activity in a friendly and welcoming environment. The sessions are followed by a cuppa and a chat, providing a lovely opportunity to connect with others, share experiences and enjoy some social time.

LOUTH BRANCH

We're thrilled to be expanding our services to Louth! Our new Parkinson's Exercise Programme has launched in Drogheda, providing an opportunity for people living with Parkinson's and their partners or carers to get active, connect with others and support their wellbeing. The class is held in The Barbican Centre, Drogheda every Thursday from 11am-12pm
Classes are provided free of charge. No registration is required. Members can simply turn up on the day and take part. We're delighted to be bringing more Parkinson's Ireland services to the Louth community and look forward to welcoming you!


Galway Branch Members.


Tipperary Branch Members.



Freephone Helpline
Monday - Friday 9am-5pm.
Need to speak to our Parkinson's Nurse Lisa or Kathy or Dietitian Richelle?
To arrange a callback please call Freephone
1800 359 359

If you have any questions regarding help with the day-to-day managing of your Parkinson's symptoms or any medical queries, then we've got the information and support you need.
FREE HELPLINE 1800 359 359



Parkinson's Ireland



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	Times

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.

We work hard to guarantee that the information provided by our services is up to date, objective, and accurate. Please use this in conjunction with medical advice from your Parkinson's team and do not make any changes prior to discussing with your medical team. Please see our website for most up to date version.