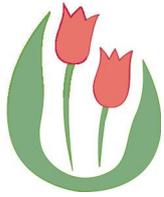


UPBEAT



The Newsletter for People with Early Onset Parkinson's
Understanding Parkinson's by Belief in Education, Attitude and Treatment



The World Parkinson Congress' (WPC) mission is to bring physicians, scientists, allied health professionals, caregivers and people with Parkinson's together, to create a worldwide dialogue that will help expedite the discovery of a cure and best treatment practices for this condition.

Described as a life changing experience, the Congress will share cutting edge research and care models while raising awareness about Parkinson's and increasing the quality of life of people living with the condition.

The programme for the conference can be viewed at worldpdcongress.org. Each day will begin with a *Hot Topics* session where up and coming researchers and clinicians will present their cutting edge work.

Plenary sessions will follow, starting with Day One: *Why and how specific neurons die in Parkinson's disease and what can be done about it*; Day Two: *Non-motor manifestations of Parkinson's disease*; and Day Three: *New views on the management of Parkinson's disease*.

Parallel sessions and workshops are held each day. There is a wide range of topics from living with Parkinson's to highly scientific research presentations. The programme lists the level of each of these sessions, so there is no risk of ending up in a session you don't have the scientific knowledge to understand.

For more information: worldpdcongress.org

Social Media at the WPC

There is a strong focus on social media both for promoting the congress and disseminating information during the congress. Attendees are being strongly encouraged to connect using social media, and to post to the WPC facebook page and tweet during the congress. If you can't make it to the event, you can follow what is going on by connecting via social media.



Facebook.com/world-parkinson-congress



Twitter handle is @WorldPDCongress



The congress You Tube channel is: WordPDCongress. Subscribe to see video submissions as they are uploaded.

Submit an Abstract to the WPC

The deadline for the submission of poster abstracts is 15 April. Submissions can be made by health professionals engaged in research, or people living with Parkinson's who are involved in activities and programmes that are creating change for the Parkinson's community.

For more information about topics for posters, and guidelines on preparing an abstract, please see the Congress website.

WPC Travel Grants

The WPC has a limited number of travel grants available to people with Parkinson's. An online application form and further details of these grants are available on the WPC website.

Discount flights to the WPC

Parkinson's NZ is looking into making a group booking for those wishing to attend the WPC. Return flights will cost approximately \$2700. Minimum group size is 10 people, so if you are thinking of attending, please contact Louise on 0800 473 4636 or info@parkinsons.org.nz.

Is the WPC worth the trip?

Lloyd Jenkins attended the 2010 WPC in Glasgow. He had been invited to a crayfish party in Sweden two weeks before the Congress and decided it was too good an opportunity to miss. Lloyd thought it would give him the chance to catch up with his sister who lives in the UK and also has Parkinson's, and to meet people he had met in online Parkinson's forums.

Lloyd had been diagnosed with Parkinson's six months earlier and found the congress an excellent introduction to Parkinson's. "The first day there is a day long introduction to Parkinson's. They run a parallel sessions for people with Parkinson's, carers, and doctors and researchers. I found this really worthwhile".

He also found the congress offered a good mix of information from easily understood information for the layperson, to in depth scientific papers on the treatment of Parkinson's.

"There were lots of other really interesting things attached to the congress, from hard core science through to complimentary

medicine. I saw one thing with this man who is a drummer, and he sort of does physio to drums. I'd heard of this before but it was good to actually see it."

Lloyd said it as also a great opportunity to meet new people who also had Parkinson's. The atmosphere was very friendly and he would just go up to people and start talking.

Lloyd is considering attending the Montreal congress and would encourage anyone thinking of attending to go.

Lloyd Jenkins (right) with WPC ambassador Bob Kuhn. Bob visited NZ and was hosted by Lloyd as part of his world trip to promote the WPC.



World Parkinson Congress— video competition



The World Parkinson Congress is inviting entries to a video competition about people's experience with Parkinson's. Videos must not exceed three minutes and 30 seconds and it is up to you what your video is about.

There are two categories, and this competition is open to anyone in the Parkinson's community (people with Parkinson's, family members, caregivers etc).

General Parkinson's Category

The sky is the limit on this category. Anyone can share their story in a funny, meaningful, mournful or informational way.

Creativity and Parkinson's Category

Everyone uses creativity at different times and to a varying degrees. You could show how creativity impacts on your daily life, how your Parkinson's has affected your view of creativity, or any other message that mixes Parkinson's with creativity.

It would be wonderful to see some New Zealand entries in this competition!

Many of the 2010 video competition entries can still be viewed on the WPC You Tube channel—WorldPDCongress

UPBEAT is a special interest group of Parkinson's New Zealand

UPBEAT Mission Statement: To improve the quality of life of people with the early onset of Parkinson's and their families by sharing information, experiences and strategies through interpersonal communication and support, until there is a cure.

Connect with others affected by Parkinson's

▶ Join today!



HealthUnlocked

Have you checked out the new blog / sharing space on the UPBEAT website? Powered by Health Unlocked, this space already has users asking each other questions and sharing their thoughts. Most of the users are New Zealand based.

The more people who use this forum, the better it will be for everyone. So take a look, ask a question or put your thoughts into a blog post. You can access this at www.parkinsons.org.nz/UPBEAT. Click on the 'online community' tab.

Here is a sample of the activity already happening on the blog.

Smaller



Posted by [Andy_M](#)

16 Oct 2012 | 6 comments

My world got smaller
 My handwriting
 My voice
 My walk
 My spirit
 My balance
 The space in the world I take up
 It crept up on me - this slowness - did,
 in micro increments
 (those are big words for small and slow)
 until it arrived with a name
 And then it became BIG
 And scary
 And I didn't want it
 But now I had a face
 A reason for the smallness
 And so it became what it is
 I may be smaller, slower
 But I'm still me

Relaxation ??



Posted by [Omas](#)

4 days ago | 4 comments

What a wonderful idea this is, what better way to share our views, frustrations and support, in this lonely journey we share. Does anyone have any ideas for relaxing a tense tired body and mind - So often when i really would like to be relaxed and calm i am an anxious tense mess. Would be great to have some way of taking myself away for a few minutes and be able to really relax.

An interesting quote from a book by Mary Jo Leddy



Posted by [jocelyngrantham](#)

26 Nov 2012 | 9 comments

She is talking about the "boundary" between a suffering person and the professionals...."The person on one side becomes a client, and the person on the other side is professional.....The client is reduced to his or her particular problem, and the professional never ...

Web Resources

Webcasts—Early Onset Parkinson's

This website has a large library of webcasts taken from conferences run by the American Parkinson Disease Association over the past four years.



Topics are varied and include: deep brain stimulation, intimacy and sexuality, complimentary therapies, gastrointestinal issues, exercise, and overcoming communications issues.

youngparkinsons.org

ICE: In Case of Emergency Apps



There are a number of ICE apps available for both Android and iPhones. You can store the contact details of who you would like called in an emergency, as well as other details about your medical condition, what medications you are taking and who your doctor is. This is a useful app for anyone, regardless of whether they have Parkinson's or not.

A widget on the phone's screen allows anyone treating you to view the information you have entered, even if your phone is password protected. ICE apps are available, both free or at low cost, at the Google Play Store or on iTunes.

2013 Parkinson's Recognition Awards

Within the Parkinson's community in New Zealand we are fortunate to have many inspiring people, and many of these people are also UPBEAT members. To mark our 30th anniversary, Parkinson's NZ is giving five special awards. These awards will celebrate the service given to our society by outstanding volunteers and recognise the achievements of members whose attitude is an inspiration to us all.

Nominations are now open and we would encourage you to consider who within the Parkinson's community you can nominate for an award. Nomination forms can be found on our website or your local division. Nominations close on Monday 4 March.

The five award categories are:

The Ron Greenwood Community Spirit Award
Recognition for a person with Parkinson's who contributes to the wider community.

The Sir Peter Snell Keep Moving Award
Recognition for a person with Parkinson's who endeavours to remain active and take part in exercise to the best of their ability.

The Gus & Irene Fisher Carpe Diem Award
Recognition for a person with Parkinson's who 'seizes the day' through their passion for work, creativity or a hobby.

The Sir David Levene Volunteer Award
Recognition for a volunteer who gives outstanding service to the Society.

The Andrew Dunn Volunteer Award
Recognition for a volunteer who gives outstanding service to the Society.



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Facebook.com/parkinsonsnz
Twitter: parkinsonsnz

