

Support Groups



Support Groups for Members, Caregivers, Families and Friends of the Society:

Whangarei: Held the first Friday of every month starting at 11.00am. There is always a Guest Speaker or some sort of entertainment. The Support Luncheon is held at The Kamo Club, Meldrum Street, Kamo. Lunch is catered for at \$5.00 per head. A Trading Table is available and there is always a raffle.

Kerikeri: Held the third Thursday of each month. Usually at the St. John's Ambulance Hall on Kerikeri Road starting with Music & Voice Exercises 10.am then meeting at 11.00am, lunch to follow. Sometimes they venture out to local cafes and private homes. Once again members should check the newsletter. We endeavour to provide Guest Speakers at as many meetings as possible and members are welcome to make suggestions of who they would like. Members should bring a plate for a shared lunch.

Kaitia: Held the third Tuesday of every second month. Usually at the Union Parish Hall at 11.00am but sometimes they go to member's private homes or local cafes. Once again members should check their newsletters. Guest Speakers are provided at some meetings. Members bring a plate for a shared lunch.

Dargaville: Meet every second month throughout the year. Usually a Morning Tea meeting at 10.00am either at the Community Services Centre Dargaville Hospital or at one of the local Rest Homes. If numbers are sufficient then sometimes they venture out to local places of Interest or cafes.

Waipu: Held on the 3rd Friday of every month at the Waipy Presbyterian Church Hall (Gold coin donation & morning tea is provided).

Carers' Only Groups:

Whangarei: Meet every second month usually at the home of Elizabeth Swift, 18 Markson Avenue, Onerhai at 10am for Morning Tea. All Caregivers are welcome. Phone Elizabeth on 09 436 0691 if you are interested in attending.

Kerikeri: Meet from time to time at a local café usually whilst their partners attend their own session with Vicki. They then all meet together for lunch.

Upbeat & Newly Diagnosed:

Upbeat is a special interest group for people diagnosed with Parkinson's under the age of 60.



National Office organize an Outward Bound Course each year in Picton. An Upbeat Conference is usually held every second year for those diagnosed under 60 and they can attend these conferences until they reach the age of 65.

In Northland we have formed a very social group along with the Newly Diagnosed and they meet from time to time to play Table Tennis, Ten Pin Bowling and other exciting things or sometimes just for lunch or coffee. Contact Lorraine Kokich 09 434 6874 if you are interest in attending these groups.

Care & Share Luncheons

Social Get Togethers are held in private homes or cafes etc from time to time. We are always looking for hosts so if you would like to host a luncheon please contact Trisha 09 437 6878. Attendees bring a plate for a shared lunch so you only have to provide the venue.



Subsidised Podiatrist Visits.

Up to 4 subsidised visits per year are now offered by the Northland Division to all financial members. To obtain a Subsidy Card please ensure you have paid your Annual Subscription or call your Community Educator Vicki Sadgrove 09 437 6876 or Barbara Leslie 09 437 6881





Walking Group

A group of keen walkers meet in Whangarei every Monday morning and walk one of the many beautiful walkways we have around the city and adjacent beaches etc. A very enthusiastic group who have already conquered Mt. Parihaki via the Dundas Road track which is a lot steeper than the Mair Park track. If there was enough interest another group could be organized for those who can only manage

short walks. So a challenge to all Parkinson's couch potatoes to give walking in a supportive group an honest try. Bring your walker if you need to use one, your walking stick or hiking stick, whatever aid is required. Just get out, get fresh air and there is always good company. Please phone Margaret Page 09 435 6239 if you are interested.

Singing/ Voice Training Group

Held every Tuesday at 10.00am at the New Hope Church in Nixon Street, Whangarei. Come along and join in the singing. The ability to hit the right note or keep a tune is not necessary and does not take away the fun of belting out the good old songs we all know. It's not about the singing it's about posture, expanding your chest, facial exercises and getting your voice out there.

The aims of this group are:

1. To have fun
2. To counterbalance the softening of the voice and the flattening of the tone.
3. To strengthen the lungs and enunciation.



Contact Community Educator Vicki Sadgrove 09 437 6876 if you would like to join.

Pilates for Parkinson's

Classes are throughout the year at the New Hope Church in Nixon Street, Whangarei. Classes are conducted by Mrs. Barbara Faust or one of her specially trained instructors. Please phone Barbara 09 432 0386 if you are interested in registering for one of these classes. There is a charge for these classes.

Other Pilates classes are held around the North so ring Barbara and she will give you times and venues.



Subsidised Hydrotherapy

Whangarei: Every Thursday 2.15pm to 3.0pm @ Whangarei Aquatic Centre.

Kerikeri: Every Wednesday 1.30pm to 2.00pm @ Little Dippers Pool



Physiotherapy Groups



Every Tuesday 2 – 3pm at Kensington Gym
Classes taken by
Isobel Finlayson Physiotherapist

Subsidised Tai Chi Classes

Coopers Beach - every Thursday morning @ 11am at The Physiotherapy Clinic in Coopers Beach

Kerikeri - every Tuesday afternoon @ 3.30pm at Kingston House
Classes last 30 minutes taken by Jill Freeman - Teacher of the Alexander Technique, Natural Vision Improvement, Tai Chi Health Senior Trainer.
09 406 0969



In addition to these exercises our Community Educators, Vicki Sadgrove (Whangarei North) and Barbara Leslie (South of Whangarei to Te Hana) visit Parkinsonians and their Carers in their homes to monitor their condition and give support and advice.



Vicki Sadgrove
09 437 6876



Barbara Leslie
09 437 6881

Sport Northland

Hold various Sit and Fit classes and other exercise groups around the north so contact your local Sport Northland Office for venues etc. They do Green Prescriptions so get your forms from your G.P. and away you go. The Therapy Pool at Whangarei Pool Complex is also available and is run by Sport Northland as well.

**For more info on any of these groups please contact:
Vicki 09 437 6876**