



FROM THE COMMUNITY EDUCATOR



1172 Haupapa Street, Level 1
Community Health Hub
Rotorua 3010
P O Box 645 Rotorua 3040
Phone : 3437986

COORDINATOR: Rachel Stewart

Our Office Hours are Mon – Wed
from 9.00am to 12.00pm.
centralplateau@parkinsons.org.nz

COMMUNITY EDUCATOR

Fiona Leighton

Our Community Educator is
available from Mon – Thurs
9.00am – 4.00pm by appointment.
educator.centralplateau@parkinsons.org.nz

If you phone us and our office is
unattended please leave a message
and we will attend to your call as
soon as possible.

COMMITTEE:

Cathie Waites
Don Korte
Karen Nixon
Bruce Holt
Jan Grigg

CHAIRPERSON:

Glenys Searancke

PARKINSON'S NEW ZEALAND

www.parkinsons.org.nz

0800 473 4636

Fiona has been a busy lady of late, at the beginning of the month She attended the Parkinson's annual Educator's Conference in Auckland and now she has had to take unexpected leave until the 28th August.

I know Fiona is eager to share all the news from her time at conference and we look forward to this on her return.

For any general enquires please feel free to contact Rachel in the office.

If you urgently need assistance with a Parkinson's related issue you can contact Parkinson's New Zealand on 0800 473 4636 or contact your GP.



Understanding Parkinson's by Belief in Education, Attitude and Treatment

UPBEAT is a special interest group for people with early-onset Parkinson's, their whanau/families and friends.

Upbeat provides people with early-onset Parkinson's and their whanau and friends, a forum to communicate with other people and to share information, ideas and experiences.

For more information on UPBEAT check out the Parkinson's
Website www.parkinsons.org.nz/upbeat

UPBEAT Weekend - 15-17 September 2017

Registrations are now open for the [2017 UPBEAT weekend](#) 15-17 September.

Hosted by the Waikato branch the event will be held at the Airport Conference Centre in Hamilton.

Presentations during the weekend will include the latest Parkinson's research updates and how to get the most out of exercise

This weekend is open to people diagnosed before the age of 60 and currently under 65 years of age.

The cost is \$140 per person including accommodation or \$70 per person without accommodation. Please contact us if your financial situation would prevent you from attending Hardship grants are available.

Check out the Parkinsons website UPBEAT@parkinsons.org.nz. Or contact our local office for a registration form.

It's time for a big **Shake Down**

2017 represents **200** years since Parkinsons was first recongised as a medical condition.

This will be the theme for this year's awareness Week.
1-7 November 2017

200 tears is **TOO** Long

Acknowledges 200 years of progress in understanding and treating Parkinson's but also highlights 200 years is too long to wait for a cure!

We want to use this time "Shake Down" the Rotorua and Taupo communities in an effort to raise some much needed funds for Parkinson's Central Plateau.

We intend to run some large raffles over this time and attend various community events to sell tickets and raise awareness.

To make this possible we are asking for donations of any items suitable for a raffle (alcohol is not permitted in raffles). No donation is too small.

Please bring items along to any of our groups for collection or call/email the office to arrange drop off or pick up. If you have any connections in the community that could lead to donations now would be the time to use them and don't forget to ask family and friends for support – Many hands make light work.

If you have any other fantastic ideas or know of any events we can attend PLEASE let us know. All ideas are gratefully appreciated.

Watch this space!

COUNTER PUNCH Is coming to the Central Plateau

Counterpunch Parkinson's are high-intensity non-contact boxing-based exercise groups designed for people living with Parkinson's. Specialising in a variety of purpose-built exercise sessions crafted to promote purposeful movement, build strength in your arms and legs, correct posture, and increase energy.

Counter Punch is becoming more and more popular across the country and we are very excited hear it is in the pipeline for Taupo and Rotorua.

In the meantime check out the Counter Punch website and some of the many videos online of our fellow Parkinsonians across the country taking part in this wonderful programme.

www.counterpunchparkinsons.com



Register your interest with Fiona or Rachel and we will keep you posted



FIT YOUR CAR

Older drivers are among the most safety-conscious drivers on our roads because they are more likely to wear their seatbelts and less likely to speed or drink and drive. Unfortunately, when a crash does occur, older drivers are more likely to be seriously injured or killed because of their greater physical fragility. Drivers can improve their safety by ensuring their cars are properly adjusted for them. A proper fit in your car can greatly increase your own safety and comfort and the safety of friends and family who may be your passengers.

Fit Your Car offers older drivers a 12 Point Check-Up of how well they personally "fit" their vehicle. It also provides related information and recommendations that can improve their safety as drivers and enhance their mobility in the community. The "Check up" also provides you with, information form an occupational therapist on areas you may need support in, and sorts of mobility devices to aid your driving.

A CarFit check takes about 20 minutes with trained community volunteers and/or health professionals working with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety.

In conjunction with the Taupo District Council and Sport Waikato, we will be holding a Free CAR FIT workshop on Wednesday the 25th of October.

We highly recommend this workshop and are taking bookings now. Contact Fiona or Rachel to arrange your 20 minute slot.

We hope to have this workshop available in Rotorua soon!

DATES TO REMEMBER!

AUGUST

- Tues 1st** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome
- Thurs 3rd** Taupo Support Group - Taupo Cosmopolitan Club - from 5.00 pm - ALL WELCOME
- Tues 8th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome
- Wed 9th** Care Partners Group – 10.30 am 29 Tamaki St Ngo – host: Valerie Robinson Contact Fiona for more info
- Tues 15th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome
- Wed 16th** Division Committee Meeting - contact the office for more information
- Tues 22nd** ROTORUA Coffee Group - Lakeside café 10:00am ALL WELCOME
- Tues 29th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome.

SEPTEMBER

- Tues 5th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome
- Thurs 7th** Taupo Support Group, Taupo Cosmopolitan Club - from 5.00 pm - ALL WELCOME
- Tues 12th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome.
- Wed 13th** Taupo Coffee Group -10.30 – 11.30am Liston Heights Village Hall
- Tues 19th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome
- Wed 20th** Division Committee Meeting - contact the office for more information
- Tues 26th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome

OCTOBER

- Tues 3rd** ROTORUA Coffee Group - Lakeside café 10:00am ALL WELCOME
- Thurs 5th** Taupo Support Group - Taupo Cosmopolitan Club - from 5.00 pm - ALL WELCOME
- Wed 11th** Taupo Coffee Group -10.30 – 11.30am Liston Heights Village Hall
- Tues 17th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome
- Wed 18th** Care Partners Group – 10.30 am %2 Wylie St Host: Yvonne Thomas Contact Fiona for more information
- Wed 18th** Division Committee Meeting - contact the office for more information
- Tues 24th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome
- Wed 25th** **Fit You Car workshop** – Taupo - contact the office or Fiona for more info or to make a booking
- Tues 28th** SINGING Therapy Group – Linton Park Community Centre 16 Kamahi Place 10:00am – 11.30
gold coin entry, family and carers welcome