Auckland Action

Thank you to every one who attended our yearly Dolphin Theatre fundraiser. Many of you have given us feedback that it was an enjoyable night and that the show was delightful. Thank you to those that came at the last minute to fill some of the empty seats and donate. We hope to continue the Dolphin Theatre tradition but may have to rethink how we do this in the future.

Many thanks to those who helped out with our Awareness Week Street Collection. Due to bad weather, it got off to a windy start. We had to cancel the Howick collection on Thursday as there was no proper shelter and the weather was horrendous. Fortunately we were able to our collection throughout the rest of Auckland.

Awareness Week is an opportunity to raise our profile with the general public. It’s because of our presence that we picked up new referrals, which is great.
This Awareness Week Mike Lloyd from Auckland flew to New York City to take part in the New York City Marathon.

This was Mike's 10th New York City Marathon which is incredible, especially as he is both blind and diagnosed with early onset Parkinson's.

"I was told in 2012 at the age of 42 that I have PD after noticing that I was finding it so much harder to run," Mike said.

Mike Lloyd was guided by Three News presenter, Mike McRoberts. See pictures below and for more story see *The Parkinsonian*.
A Word From Your Educators

Yvonne Glassborow, East Auckland
I have a few notices for our classes, groups and meetings next year.

Our Monthly Meeting will reconvene on 27 Feb 2019. Our topic of discussion will be: "Future proofing your home. Ways to overcome obstacles and remain in the home you know and love". All are welcome.

Tai Chi Group finished up 27 Nov 2018 and will start again 5 Feb 2019. Why not come along to a class and trial a free session? Classes are on Tuesdays at 12:30pm. St Andrews Church Centre, Corner of Ridge Rd & Vincent St, Howick.

We may review the venue of the Carer Support Group (10am on 3rd Tuesday of every month except Dec & Jan) next year. Please check with me if you are wanting to attend in 2019. This group will commence 19 Feb 2019. All carers and supporters are welcome.

You can contact me by phone: 0274 882 038 or email: yvonne.glassborow@parkinsons.org.nz

Rachel Turner, West Auckland
- Men’s group: January meeting moved to the 8th
- Carers Support Group: as normal
- Ladies Group: no December group, restart 22 Jan
- Pinesong: no December meetings, resume Jan
- Physio Group: finishes 13 December restarts 14 February further info to come for 2019

You can contact me by phone: 0275 206 260 or by email: rachel.turner@parkinsons.org.nz

Rhonda Thorn, South Auckland
Auckland South are having their Christmas party at the Manurewa Cossie Club on 12 December, at 11.30am.

The Auckland South Carers meeting will be held on 19 December as planned at Café Miko. We will not be holding a support group in January but will hold the carers group on 16 January 2019.

Franklin support group Christmas party was on 6 December at the Franklin Baptist Church at 10am, where we had a potluck.

The Carers group will be at Petals’n’Pots café at 10am on 20 December at 10am. The franklin support group meeting will not start until February 2019 but the Carers group will meet on 24 January at Petals’n’Pots café at 10am.

You can contact me by phone: 0275 206 805 or email: rhonda.thorn@parkinsons.org.nz

Caroline Yandall, Northshore
The support groups don’t run through January, they will start again in Feb. I will send a bulk email informing everyone of updates for 2019.

As usual our exercise groups do their own notices so keep an eye for updated 2019 information through the usual methods.

You can contact me by phone: 0275 204 836 or by email: caroline.yandall@parkinsons.org.nz

PHOTO BOOTH
Parkinson's Groups

North Rodney: 1st TUESDAY OF EACH MONTH at 10am, Totara Park Retirement Village, 5 Melwood Drive, Warkworth
West Auckland: 4th WEDNESDAY OF EACH MONTH AT 1pm, Pinesong Village, 66 Avonleigh Road, Green Bay
South Rodney: 2nd MONDAY OF EACH MONTH at 10am, Maygrove Retirement Village, 65 Tauranga Place, Orewa
West Men’s Coffee Group: 1st TUESDAY OF EACH MONTH at 10am Kreem Café, 231 Universal Drive, Henderson
North Shore: 2nd THURSDAY OF EACH MONTH at 10am, Windsor Park Complex, East Coast Bays Road
North Shore: 4th FRIDAY OF EACH MONTH at 10am, Zion Hill Methodist Church Lounge, Cnr Onewa & Birkenhead Roads, Birkenhead
North Shore Young Persons: 3rd TUESDAY OF EACH MONTH AT 11.30am, Northcote Tavern, 37 Queen Street, Northcote
West Women’s Coffee Group: 4th TUESDAY OF EACH MONTH at 10.30am, Kreem Café, 231 Universal Drive, Henderson
Central Auckland: 2ND FRIDAY OF EACH MONTH at 10am, St Barnabas Church Hall, Cnr Bellevue & Mt Eden Roads, Mt Eden
Kohimarama: 1st FRIDAY OF EACH MONTH at 10am, St Thomas’ Church Hall, cnr Kohimarama & St Heliers Bay Roads, Kohimarama

Howick: 4th WEDNESDAY OF EACH MONTH at 10am, St Andrews Church Hall, Cnr Vincent & Ridge Roads, Howick
Franklin: 1st THURSDAY OF EACH MONTH at 10am, Baptist Church lounge, 128 Victoria Street West, Pukekohe
Manukau: 2nd WEDNESDAY OF EACH MONTH at 10am,Manurewa RSA, cnr Maich Road, Manurewa

Carers Groups

South Rodney: 4th THURSDAY OF EACH MONTH at 10am, Kings Plant Barn, Cnr East Coast Road & Hibiscus Highway, Silverdale
North Shore: 1st THURSDAY OF THE MONTH at 10am, Altura Café, 25 Anzac Road, Browns Bay
North Shore: 2nd TUESDAY OF EACH MONTH at 10am, Settlers Retirement Village, 550 Albany Highway, Albany
West Auckland: 3rd TUESDAY OF EACH MONTH at 10.00am, Kreem Cafe, 231 Universal Drive, Henderson
Central Auckland: 4th THURSDAY OF EACH MONTH at 1.30pm, Circus Café, 447 Mt Eden Road, Mt Eden Village
Howick: 3rd TUESDAY OF EACH MONTH at 10.00am, Homestead Café, 2 Bells Road, Lloyd Elsmore Park
South Auckland: 3rd WEDNESDAY OF EACH MONTH at 10am, Café Miko, Botanic Gardens, 102 Hill Road, Manurewa
Franklin: 4th THURSDAY OF EACH MONTH at 10am, Petals ‘n’ Pots Café, 25 Paerata Road, Pukekohe