Auckland Action

The Tulip Bulb Fundraiser is here! Our annual fundraiser is an amazing opportunity to brighten up your garden with a beautiful pop of colour. There are seven stunning varieties to choose from. The order form is over the page, with pictures of the types of tulips you can buy included. You can cut this out and send it in, or visit our website news page for more information. Get in quick if you have your eye on a particular variety as stock is limited!

Parkinson's Auckland Golf Day Fundraiser is happening this week! A wonderful day full of golf and camaraderie will be taking place on Monday, 4 March at the beautiful Wainui Golf Course in Silverdale. Keep an eye out on our Facebook page and the next newsletter to see who came away with the prizes.

Parkinson's New Zealand's Parkinson's research presentation is coming up in May. Top New Zealand and U.K. researchers will come together and present on their latest findings. Neuroscientist from The Cure Parkinson’s, Dr Simon Stott will be presenting, alongside Assoc. Prof. Maurice Curtis. Neurologist, Dr Barry Snow will chair a panel after the presentations. Tickets are available on the iTicket website, get in quick to secure your spot.
The Northern Action Groups kicked off 2019 with the second phase of our work plan meetings and the Community Engagement Advisor colleagues Jan, Leanne and myself met in the Hawkes Bay in January to outline our strategic focus for 2019. There is some great energy coming out of the regions and I am confident that together we will be able to achieve some solid outcomes in the months ahead.

Our Auckland Action Group desperately needs new members so that we can continue to provide patients and carers in Auckland with great events, social meetings and regular support. You don’t have to have Parkinson’s to join the Action Group, you just need to care about Parkinson’s services in your local community. If you live in East, South, West, Central Auckland or the North Shore or Warkworth and have 5 hours a month to give, then please contact me on 027 527 342 or karen.schade@parkinsons.org.nz to find out more.

2019 is shaping up to be a year of learning for us all.

Karen Schade

A Word From Your Community Engagement Advisor

Our UPBEAT weekend will take place 12-14 July 2019 at the Distinction Hotel, 9 Riverside Drive, Whangarei. UPBEAT is aimed at members under 65 who were diagnosed before the age of 60.

A registration form is now available, if you haven’t already and would like to receive one, please contact National Office on info@parkinsons.org.nz

The cost of the weekend is $140 per person, which includes all meals and 2 nights accommodation or $70 per person, for those who do not require accommodation.

Accommodation is limited so please fill out your forms and get them back to us as soon as possible to ensure your booking. We may organise a bus from the Auckland airport if numbers permit, please indicate you are interested when filling out the form.

Please contact National Office on 0800 473 4636 if you have further questions about UPBEAT 2019. We look forward to seeing you all there.

Insight Summit

Parkinson’s New Zealand has partnered with PD Warrior to bring you Insight Summit 2019.

The summit begins on World Parkinson’s Day, 11 April 2019, and runs for three days. You can watch live and join in the discussion, or watch them later at your leisure.

With the event being online it is easy for everyone to unite, participate and have easy access to the latest global research on Parkinson’s.

There will be ticket options to retain access to the online talks for up to a month after the summit, allowing you to share them amongst each other.

All proceeds from ticket sales using the below link will go directly to Parkinson’s New Zealand.

https://www.insightintopd.com/parkinsons-nz/
A Word From Your Educator

Margaret McNab, Central Auckland
Phone: 09 827 1447 or email: margaret.mcnab@parkinsons.org.nz

All meetings and groups in Central Auckland have begun for the year. Please check the back page for more information.

There are also other regular groups that meet. Dates to be given on contacting me. These groups are usually between 4-6 weeks apart.

**Partner’s Group**
Venue: Greenfinger’s Café in Palmer’s Garden Centre cnr of Shore and Orakei Road, at 11am

**Women’s Group**
Venue: King’s Garden Centre Café Orakei Road, Orakei Basin, at 10:30am

**Men’s Group**
Venue: King’s Garden Centre, Orakei Road, Orakei Basin, at 8:45am

Also Brain Awareness Month in March with three public panel discussions on weeknights during March and a community Brain Day event on Saturday March 23 from 10am-3pm. This year’s event will be held at a new venue – the Faculty of Medical and Health Sciences, University of Auckland, Grafton Campus (85 Park Rd).

Yvonne Glassborow, East Auckland
Phone: 09 533 1105 or email: yvonne.glassborow@parkinsons.org.nz

Rachel Turner, West Auckland
Phone: 027 520 6260 or email: rachel.turner@parkinsons.org.nz

Paddy Sullivan, Rodney
Phone: 09 422 2540 or email: paddy.sullivan@parkinsons.org.nz

There are two new support groups starting in Rodney One for early onset /younger members in Orewa and a new carer support group in Matakana.

The new group times and dates are as follows:

North Rodney carer group: 3rd Thursday 10am 661 Matakana road Warkworth.

North/South Rodney early onset/young person’s: 3rd Wednesday 10:30am Pine House café 244 Hibiscus coast Highway Orewa.

The Sing Up Rodney term one information is over the page. This is a great opportunity to assist with your speech and have fun. There is an Auckland Transport bus service all the way to Wellsford to enable people to attend.

As we all know exercise is very important in the management of Parkinson’s. Using the 7 Principles Amplitude (Big movements), High Effort, Powerful, Daily, Specific, Challenging & Fun.

In our area we have Hibiscus Neuro Rehab, PD Warrior, Kick boxing, Tai Chi Orewa and Warkworth. Warkworth has a specific class for neurological conditions.

Please contact me if you require assistance, I cover Wellsford to Helensville and work 20 hours per week.

Rhonda Thorn, South Auckland & Franklin
Phone: 09 299 6607 or email: rhonda.thorn@parkinsons.org.nz

Caroline Yandall, North Shore
Phone: 09 818 2793 or email: caroline.yandall@parkinsons.org.nz

In memory of Malisa Williams (Yeet Heang Ng) who sadly passed away in a car accident, along with her husband Bernard. Malisa was such a supportive, patient and dedicated Tai Chi Instructor to all of us who attended her classes. She will be very sadly missed.
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

and:
2nd MONDAY (New) OF EACH MONTH AT 10am, Waitakere Resource Centre, 8 Ratanui Street, Henderson. Please bring a gold coin donation for room and morning tea.

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, New Venue: Hawthorn Dene Cafe, 280 BOTANY ROAD, BOTANY DOWNS due to renovations, until further notice.

North Shore: 2nd THURSDAY OF EACH MONTH at 10am, Windsor Park Complex, East Coast Bays Road

North Shore: Discontinued due to low attendance. Please register any interest in reinstating this group with Caroline Yandall.

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

Waiuku: 2nd MONDAY OF EACH MONTH, 10am-12pm, St Andrews Centre, 85 Queen Street, Waiuku

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 10am, NEW VENUE: Dawn Kitchen, Kelston Mall, meet by entrance.

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 10am, Hawthorn Dene Cafe, 280 BOTANY ROAD, BOTANY DOWNS

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

North West Auckland: 2nd WEDNESDAY OF EACH MONTH, at 1:30PM, Cafe Botannix, Palmer’s, Westgate, Northside Drive

Sing Up Rodney!
A community music therapy group for people living with a neurological condition, partners and carers.
$10 per person/couple, including morning tea
WARKWORTH 2019
First Thursday of each month, 10:30am-12:30pm, Methodist Church Hall, Church Hill, Warkworth 0910
Next dates: 7 March, 4 April & 2 May
SILVERDALE Term 1, 2019
Every Thursday, 10:30am-12:30pm, Rotary House, 2 Hibiscus Coast Highway
Dates: 14, 21, 28 February, 14, 21, 28 March & 11 April 11, NO
Class on 18 & 25 April

Thanks to our recent sponsors!

[Images of logos]