Greetings from Ruth - newsletter editor

After enjoying 12 warm days in Rarotonga it was a shock to the system returning to winter temperatures. The fires have been going every night. Thankfully we have a good supply of wood.

The North Taranaki Midwinter lunch was held on the 18th June at the Waitara RSA. A group of 24 people attended and were entertained by a small group of musicians before and during their meal. Thank you Bev, Leon and Wesley for sharing your musical talents with us.

I am most appreciative of the people who stepped up to help me with this event. Your assistance was gratefully received - THANK YOU.

Great food and Entertainment

Regulations:

- **TYP - 10 Pin Evening**
  Tues 2nd July - 7.00 pm
  Bowlerama
  An evening to catch up & play
  NB: Bring your socks!!

- **Support Group Meeting**
  Tues 2nd July - 10.00 am
  DeBurgh’s Lodge, Lawry St, Moturoa. Guest - Margaret Betteridge, Ascot House

- **South Support Group**
  Tues 9th July - 10.30
  Sandy & Peter Jones’ home
  128R Pembroke Rd, Stratford
  Morning tea provided, bring topic ideas for future meetings

- **South Midwinter Lunch**
  Wed 17th July - 11.30am
  Waitara District Services & Citizens Club, 16 Queen St, Waitara. 2 course meal $20

- **1st Tuesday every 2nd Month 2nd July**
  Support Group Meeting 10.00am at De Burgh’s Lodge. Guest - Margaret Betteridge from Ascot House

- **Last Monday every 2nd Month 26th August**
  Carers Support Meeting 1.30pm at Aromas Coffee Lounge, Devon St East

- **1st Tuesday Evening every month 2nd July**
  Young Parkinsons 10 Pin Social Evening 7.00pm at Bowlerama 10 Pin Bowling Centre, Devon St West

- **Every Monday & Wednesday Counterpunch Parkinsons - 11.00am $5 PER SESSION**
  Box Office Boxing, Leach St, below Supercheap Auto. There is NO Counterpunch on Public Holidays

- **Thursday each week YOGA 10am - 11.30am**
  Free to all members North & South
  Held at De Burgh’s Lodge, Lawry St, Moturoa
  There will be Yoga during July school holidays

- **Last Thursday each month 25th July**
  Waitara Luncheon 11.45am
  Raleigh Restaurant, Queen St, Waitara
  - Nancy to be in touch.

- **Friday every week Walk for Parkinsons - 9.00am**
  Meet at the Buller St. carpark, East-End Beach.
  A group walk, at your own pace, to the wind wand and back.
On all accounts, winter has definitely arrived in Stratford, and the extra clothing layers are necessary on most days, with the raincoat getting its fair share of use also.

At our May meeting, we enjoyed hearing from John Roberts-Thomson who elaborated on his biography booklet "Memories of My Life", which he has done for John and Heathers’ children. I had the privilege of being given a copy of both John and Heather’s stories to read, and now intend making a start on getting my many diaries and journals out to attempt making something similar for our grandchildren. Many thanks to John and Heather for sharing your stories with us as a group, it was fantastic.

I recently had time off work assisting and supporting our family moving farms.

The magnitude of this was huge. Not only are you moving house, but the stock also; which were being moved to the Waikato and the South Island. Not to mention all of the other menagerie (chooks, cats, rabbit) and then the excess machinery etc. that wasn’t required at the new abode, which needed to be removed from the farm.

Luckily, we managed to have the use of a huge covered race car trailer, which all of the house contents fitted into and, as luck would have it, the weather was fine.

For those members who live in the Stratford area, we are going to have a meeting on the 9th July at Sandy and Peter Jones’ home. We will gather at 10.30am at 128R Pembroke Road. Sandy and Peter have very kindly offered us the use of their home for this meeting, which is to get some feedback as to what you as clients and carers would like to have in the future. Morning tea will be provided, so I look forward to as many of you as possible coming along.

A tentative date for our August meeting is Wednesday 21st August, 10am at the Presbyterian Foyer. Our speaker is yet to be finalised.

I look forward to catching up with you all. I hope you are keeping warm and dry. 

Kind Regards
Hi everybody,

I would like to introduce myself as the new Community Educator for Parkinsons NZ. My name is Carol Wells and I emigrated here to your lovely Aotearoa 22 Years ago from England.

I have two daughters Rebekah aged 26 and Daisy aged 24. I am currently living with a kiwi man, originally from Spotswood New Plymouth, who I was lucky enough to meet 8 years ago. We love cycling and tramping together around this beautiful country.

I am both a registered Nurse and Midwife. I have experience working in the community setting with the families of Taranaki and have built good relationships amongst the families I have been involved with, as well as working in the hospital setting, where I am currently working as a Coordinator for Maternity and the Newborn Hearing Screening Service. I really love the primary setting where families can be visited in their own environment.

I have excellent communication and interpersonal skills and work with families in a caring respectful, non-judgmental manner. I feel very privileged and excited to be given this opportunity to work with Parkinsons New Zealand. I have a particular interest in Parkinsons and have personal connections with people affected by Parkinsonism.

I am so looking forward to meeting you all. I endeavour to continue the good work of Parkinsons New Zealand. I promise to deliver individualised holistic care to the highest standard, providing education and support for the families that are affected by this life long and life altering condition.

Ngo Mihi  Carol

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WORLD PARKINSON CONGRESS, KYOTO, JAPAN  JUNE 4-7, 2019

Advancing Science, Promoting Community, Inspiring Hope  Bringing the Parkinson’s Community Together

Spending four days with hundreds of people from all over the world was exciting. Every person at the congress was in some way connected to Parkinsons. Researchers, Clinicians, Therapists, Administrators, Care Partners as well as People with Parkinsons. All together with genuine enthusiasm to contribute in some way.

It was fun to be part of the choir that opened the congress with two original songs composed by Parkinson people and to meet the Norwegian ‘Buddy’ who I was matched with.

Goodwill was obvious throughout the congress. Researchers delved into the highly technical scientific details and Health Professionals shared and explored supportive therapies, while PWP (People with Parkinsons) and Care Partners listened and learned while contributing their experiences and perspectives. It was very difficult selecting which sections to attend because there were so many interesting topics at any one time throughout each day.

As well as the lectures there was the Renewal Room Schedule - almost continually throughout the days, different activities were there for anyone to take part in. Thai Chi, PD Movement Lab, Rock Steady Boxing, Dance for Parkinsons, Yoga, Tango, Drumming plus many others.

Free Massage and Reiki Sessions were provided by volunteers - these needed to be booked and demand exceeded supply. But I was fortunate to be allocated to a delightful Japanese mother and daughter duo. In the Table Tennis Room - I was lucky with a successful Trans Tasman challenge!

The Care Partner Lounge was a space for carers to meet, discuss and relax - ensuring their needs were addressed.

Sessions were provided at regular intervals.

In another area hundreds of posters were on display - I could have spent all the time browsing through the many topics but will need to explore more of the topics through internet searching.

Another large area to explore was the Exhibitors area - demonstrating wearable technologies, therapeutics, pharmaceuticals plus more. Both profit and non-profit organisations demonstrated how they could provide positive help to the worldwide Parkinson’s community.

The WPC Theatre was a space for special performances and talks - Music and Dance, Wearable technologies were presented. The hour-long movie ‘Kinetics’ based on the true story of Sue Wylie an Englishwoman was worthwhile.

Creativity can lift spirits in PD, and dance and video, photography, ceramic art and poetry were displayed.

The 150-page program described many sessions for each day. I will try to mention some of my highlights. Although there are many people all over the world devoting a huge amount of time and energy, the quick ‘cure’ idea is unlikely to occur, but there are constantly new and useful understandings emerging.

Parkinsons is a complex condition, we have all heard that each individual PWP is different in the way we progress and respond to treatments. Researchers are designing treatments for some genetic forms of Parkinsons. There are new clinical trials being designed using subtypes of PD. Some sessions focused on the different types of Pain in PD - one suggestion was that acupuncture may help some folk. Another batch of talks covered the current understanding of Sleep disorders and the different strategies to improve sleep. Different diets and their affects were another interesting topic - Laurie Mischley (USA) reported on a large study that showed that PWP who followed some dietary habits generally had slower progression of PD. The benefits of exercise were emphasised constantly throughout the Congress but Laurie described how having social contact with friends was just as important.

Japan was a wonderful place to hold this conference. From the moment we walked off the plane we were generously welcomed. I am happy to share any further information - just give me a call.  Sayonara - Dorothy

Report written by Dorothy Horwell  Ph: 06 756 7504  Photos Pg 2
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**Walk for Parkinsons**

Come & join this group of PWP & carers who walk to the wind wand and back every Friday morning, departing East End, Buller St Carpark at 9.00am. Set your own pace and enjoy the walk to the wind wand and back along our stunning coastline in the fresh sea air. This distance takes approximately 40 minutes.

**Parkinson’s NZ Trust Website:**

[www.parkinsons.org.nz](http://www.parkinsons.org.nz) - Taranaki Region

Our Community Educators’ contact details 
Dates for regular Group Meetings 
Taranaki Newsletters Fact Sheets for PWP and Information/Help Sheets for Carers.

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**LOCAL CONTACTS**

**Community Educators:**

- **North Taranaki:** Carol Wells - Ph. 027 218 2699
- **South Taranaki:** Jill Richmond - Ph. 027 218 3228

**Email:** carol.wells@parkinsons.org.nz  
**Email:** jill.richmond@parkinsons.org.nz

**Members:**

- Dorothy Horwell (Assistant)
- Andrea Fraser (TYP)
- Helen Page (phone buddy coordinator)
- Ian Lamb (Social calendar)
- Ruth Wiseman (newsletter editor)

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**Events Coming Up**

**Bowlerama - 10 Pin Bowling & Pizza**

Tuesday 6th August - 11.00am

Phone buddies will make contact as we need to know numbers for ordering pizzas.

**South Support Meeting**

Wednesday 21st August - 10.00am

Presbyterian Church Foyer, Argyle St, Hawera

Guest speaker to be confirmed

**Manadon Quiz Night**

October - date to be confirmed