



# TULIP TALKS

THE QUARTERLY NEWSLETTER FOR PARKINSON'S BAY OF PLENTY

Elizabeth Staats & Jan Robson | Northland

Allison Smith | Manawatu

Christine Mercer | Bay of Plenty

Kathy Jenkins | Hawke's Bay

Cathie Waites | Central Plateau

Trish Burgiss | Wairarapa

John Haynes | Gisborne

Kitty Fitton | Kapiti-Horowhenua



Ann Cambie | North Shore

Margaret Griffiths | Auckland

Pamela Stohr | Auckland

Carol Tippet | Otago

Belinda Goodwin | Waikato

Ruth Wiseman | Taranaki

Kay Beatson | South Canterbury

Kirby Taylor, Philippa Barker, Trish Ryan, Diane & Brian Cashmore, Joy Woollett, Katy Rhodes, Judith and Brian Clarke, Marion & Russell Good and Erin Jennings | Wellington

## A Word From Your Community Engagement Advisor

LEANNE HAVILL

Kia Ora Central Region!

We enjoy a freedom that much of the rest of the world don't have the luxury to in 2020 thanks to COVID-19. As a result of this, I am experiencing a huge amount of gratitude along with many of you that I have been in contact with in recent times. It's wonderful to see so many of you out and about and making the most of the activities, exercise classes and social events available to you in your respective regions.

We look forward to getting back into the full swing of things and there are many exciting events being planned in your region in the coming months, so please keep an eye on the Parkinson's New Zealand Facebook page, along with checking your emails for notifications of upcoming events and activities in your area.

By the time this goes to print, the Tulip Cream Tea campaign will be in full swing. Make sure you get involved in your regional Tulip Cream Tea event if your friends, family or local Action Group is hosting one! Take care all.

Leanne Havill  
CEA - Central Region  
leanne.havill@parkinsons.org.nz (027 383 1155)



## COMMUNITY ENGAGEMENT AND THE TULIP CREAM TEA CAMPAIGN

This July we launched the Tulip Cream Tea campaign around the country and by now many of you will have registered to host or participate in one!

The Tulip Cream Tea campaign has allowed us to foster fantastic relationships out in the regions, with many people and businesses signing up as event hosts. It has also been so wonderful to make new acquaintances within our regions.

The Tulip Cream Tea events have offered an opportunity for many of you to enjoy a social gathering while doing some good. In addition, it has been heartwarming to have volunteer sewers from the far north to the deep south making a wonderful range of aprons to sell at our Tulip Cream Tea events. We hope to bring you a snapshot of the campaign outcomes and images from around New Zealand in the December issue of Tulip Talks. In the meantime you are welcome to head to the Tulip Cream Tea Facebook page for current event updates from around the country.

We extend our thanks to Dilmah NZ, Lewis Road Creamery and Trio Soy for their sponsorship and support and every one of you who has registered to host this year. We look forward to an even bigger and brighter campaign in 2021.

Karen Schade, Leanne Havill and Janeane Summerfield  
Community Engagement Advisors - Parkinson's New Zealand

# A Word From Your Parkinson's Nurses

LIZ RAPLEY-JONES | GLENNIS BEST |  
PHILIPPA FERGUSSON

Hello from BOP North,

Well we got through lockdown! We learnt how to do zoom meetings, we carried out health assessments via the phone and generally kept in touch well but it has been brilliant getting back out in the community seeing you all.

Most people said the thing they missed most was not having that social interaction whilst in isolation. We had a full house for Tony Lawson's talk on Parkinson's disease and the brain /gut connection it was really interesting.

We continue to run our UPBEAT evening support meetings via Zoom for the Spring months, links will be sent out closer to those dates.

I look forward to seeing you all soon. Take care.

Liz Rapley-Jones, RN  
Parkinson's Nurse North BOP.



It has been an interesting time for all adjusting to being out in the world again. Thanks to you all for turning up in great numbers to the last Red Tulip seminar.

Keep safe and well through the next few months and remember not to get too carried away with Spring cleaning – NO LADDERS please!

Glennis Best, RN  
Parkinson's Nurse West BOP



Hi from the Eastern Bay of Plenty! It's been a tricky time going back in to level 2 and having to postpone our support and exercise groups. I am available via phone and Zoom during this time, if you need support or any help. I have planned for some great guest speakers for when we are back in level 1 again; Tony Lawson will be coming over to Whakatane in October which will be fantastic.

It is important to stay connected and keep well, check out the Parkinson's New Zealand publications for tips and online resources. Take care!

Philippa Fergusson, RN  
Parkinson's Nurse East BOP

## Exercise Sessions

### Katikati PD Exercise Group

WHEN: Thursday, 18 June  
TIME: 10 am  
WHERE: Exercise area at Summerset by the Sea  
\$6 a session to go towards our Instructor, Megs (if you are a carer you can come along at no extra costs!)

### West BOP Exercises:

#### Exercises Central City CITZ Club

Cameron Rd on Fridays 10 am - 11:30 am be there approx. 10 to have tea/coffee and socialise

Sep 4 + carers group; Sep 11, Sep 18, Sep 25  
Oct 2 CANCELLED due to other booking at CITZ and NO Carers group that day; Oct 9 +Carers; Oct 16, Oct 23, Oct 30  
Nov 6 + Carers; Nov 13, Nov 20, Nov 27

### Papamoa - Gordon Spratt

10:30 am - 12 pm with tea/coffee afterwards

September 7, 14, 21 + carers meeting, 28  
October 5, 12, 19 + carers meeting, 26  
November 2, 9, 16 + carers meeting, 23, 30

# Parkinson's Groups and Meetings

**PLEASE NOTE:** Due to the COVID-19 Pandemic, we are unable to hold meetings or support groups currently. Please get in touch with the office in order to check for updates. The following dates and times are tentative.

### Brainwave Singers

WHEN: Every second week September 8 . September 22, October 6, October 20, November 3 and 17  
TIME: 2 pm  
WHERE: Back Lounge at Summerset by the Sea  
Gold coin donation please to go towards afternoon tea.

### Katikati Red Tulip Meeting

**Location:** Summerset by the sea  
October date and speaker to be confirmed.

### West BOP Carers Group

**Location:** CITZ Club, Cameron Rd on Fridays 10 am - 11:30 am be there approx. 10 to have tea/coffee and socialise

**Dates:** September 4, October 9, November 6

### Papamoa Carers Group

Location: Papamoa retirement Village – Te Araukau Drive. Meet at main door if not at exercises first.

Dates: September 21, October 19, November 16

### West BOP Red Tulip Seminars

Held Monthly on 2nd Tuesday at Baptist Church in Cameron Rd opposite CITZ Club 1.30 pm - 3 pm

11th AUGUST: Meet for lunch at RSA Greerton

8th SEPT- Speaker: Tony Lawson (Nurse Practitioner) on Cannabis and Parkinsons – latest research and Medications

13th OCTOBER – Speaker to be confirmed

10th NOV: - speaker to be finalised

### Whakatane support groups, operating in level 1: Wellness Support Group

The Wellness Support Group for people with Parkinson's, and their carers meet regularly for exercise, brain gym and a supportive chat over a cup of tea.

**Dates:** September 2nd & 16th, October 21st

**Time:** 10 am-12 pm

**Venue:** Knox Church Domain road Whakatane

The Wellness Support group meets for lunch at The Whitehouse Cafe, Thornton road Whakatane 11.30 am. All welcome.

**Dates:** September 23rd and October 28th

September 9th: Parkinson's Nurse led support group with guest speaker - 10 am - 12 pm at Knox Church.

October 14th: Parkinson's Nurse led support group with guest speaker Tony Lawson- 10 am - 12 pm at Knox Church

## Thanks to our recent funders!



## TALK TO US

**North BOP:** liz.rapley-jones@parkinsons.org.nz 021 844 566

**West BOP:** glennis.best@parkinsons.org.nz 021 840 808

**East BOP:** philippa.fergusson@parkinsons.org.nz 027 2623232