



# TULIP TALKS

THE QUARTERLY NEWSLETTER FOR  
PARKINSON'S BAY OF PLENTY

## A Word From Your Community Engagement Advisor

LEANNE HAVILL

Kia Ora Central Region!

What an interesting quarter we've experienced, with the ups and downs of COVID-19, the shifting of levels, the ceasing, and then the recommencing of activities! I am pleased to say that the 2020 Tulip Cream Tea campaign has been an enormous success despite the uncertain times. There have been over 100 events across the country. The community spirit, generosity, and incredible stories that have come out of this year's campaign have blown the team at Parkinson's New Zealand out of the water.

The Tulip Cream Tea campaign is now an annual activity, and we thank everyone who has been involved. We are pleased to showcase some of the events and look forward to an even bigger campaign in 2021. To the right, we have shared Linley's story as this is typical of those who are reconnecting with Parkinson's through the Tulip Cream Tea campaign - keeping the memories of loved ones alive and doing their bit to help in a fun way. Take care all.

Leanne Havill  
CEA - Central Region  
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## A Family's Journey with Parkinson's (and inspiration to host a Tulip Cream Tea!)



This November, Linley Steel hosted a Tulip Cream Tea in memory of her father, Noel Colman, to raise awareness of her family's experiences, over a 34-year journey, with Parkinson's. Noel Colman was only 48 years old when he was diagnosed with early-onset Parkinson's. Mavis, Noel's wife, and Linley's mother say the whole family needed to adapt to cope with the challenges Parkinson's causes. For Mavis, the support her family received from Parkinson's New Zealand was a "godsend."

Only nine at the time of her dad's diagnosis, it wasn't until Linley became a nurse and a mother that she had a clearer understanding of the impact Parkinson's was having on her dad, both physically and mentally, inspiring her to host this Tulip Cream Tea and fundraise for us!

## Whakatane Tulip Cream Tea

This event was a STIRLING effort from our outstanding Whakatane Action Group members who hosted a hugely successful Tulip Cream Tea and raised nearly \$2,500 for people with Parkinson's in the Bay of Plenty region!

The tables were beautifully set with vintage china and decorated with fresh flowers. A wide variety of food was served high-tea style on elegant 3-tiered plates. During lunch, they were entertained by the Eastern Bay ukulele band, and mystery spot prizes were up for grabs throughout the meal. There were multiple raffles on the day, one being of a Roger Walker limited edition print of the Whakatane Airport building, while one of our members won 3 nights at a Whangamata Beach House!

The organisers were humbled by the support received from the community, friends, and family. They sold raffle tickets, baked delicious food, set the tables, served the food, cleared up, and did the dishes. An extra-big thanks must go out to Julie Meekel, the owner of the lovely house that was their venue, for her generosity, support, and boundless energy. Finally, a huge thanks to Denise Buschor, a very experienced chef, who, although she is busy setting up her own business in Tauranga "Goodness Gracious Hi-Tea," came over to Whakatane for three days to help organise the food.

What a fantastic success and a fun day had by all. Special thanks to New World Whakatane, Whangamata Beach House, and Roger Walker.



## BrainWave Singers -

### Tauranga Speech Classes: 2021 Timings

For further information please phone Dr Robin Matthews on 07 579 8783 or 027 326 1464.

Month	Day	03	10	17	24	*0
February	Wednesday	03	10	17	24	*0
March	Wednesday	03	10	17	24	31
April	Wednesday	07	14	21	28	*1
May	Wednesday	05	12	19	26	
June	Wednesday	02	09	16	23	30
July	Wednesday	07	14	21	28	*2
August	Wednesday	04	11	18	25	
September	Wednesday	01	08	15	22	29
October	Wednesday	06	13	20	27	
November	Wednesday	03	10	17	24	
December	Wednesday	01	08	15	22	*4

Location: Greerton Senior Citizens Hall, 33 Maitland Street, Greerton

Time: 09:45 am - 11:30 am

Red Dates = NO CHOIR

Waitangi Day - \*0 6 February Saturday  
Waitangi Day Observance - \*0 8 February Monday  
School holidays - \*1 17 April - 2 May  
\*2 10 July - 25 July  
\*3 02 October - 17 October  
\*4 21 December - 7 January



JOIN US FOR OUR ANNUAL

# PARKINSON'S BAY OF PLENTY CHRISTMAS LUNCH

Tuesday | December 8, 2020  
12:00 pm onwards

Venue: Oak Tree Restaurant 1237 Cameron Road, Gate Pa, Tauranga 3112

\$20.00 per head - 65+ Over  
\$22.00 per head - 65 Under

Includes buffet lunch!

RSVP to David Monk 021 268 8643  
Email: davidandjessiemonk@gmail.com

## Newly-Diagnosed Course

Starts March 1, 2021. Currently fully subscribed, but get in touch with your nurse for any openings.

Thanks to our recent funders!



Eastern Bay of Plenty Disability Support Trust

# Parkinson's Groups

## Tauranga Carers Group

**WHEN:** First Friday of the month, 10:30 am  
**WHERE:** Citizens Club, corner Cameron Rd and Thirteenth Ave, Tauranga

**Note:** Only operating while the exercise class is on.

## Upbeat Under-65 Meeting

Upbeat meeting for under 65's is starting soon. This is for People with Parkinson's as well as carers, facilitating a time to explore how you personally are managing the condition, getting to know the group and finding new resources. Next meeting date to be advised.

Enquiries: Liz (Parkinson's Nurse) on 021 844 866.

## Brainwave Singers - Katikati

**WHEN:** Every fortnight on Tuesday, starting December 1, from 2 pm  
**WHERE:** Back Lounge at Summerset by the Sea, Park Road, Katikati  
Gold coin donation please to go towards afternoon tea.

## Katikati Red Tulip Educational Meeting

**Location:** Summerset by the Sea, Park Road, Katikati  
**When:** Every two months at 10:00 am  
Dates and speakers to be confirmed.

## Tauranga Red Tulip Educational Meeting

**Location:** Baptist Church, 640 Cameron Road, Tauranga  
**When:** Second Tuesday of the month at 1:30 pm  
Dates, time and speakers to be confirmed.

## Papamoa Carers Group

**WHEN:** Third of the month at 10:30 am  
**Location:** Pacifica Garden Centre, 112 Tara Road, Papamoa

**Note:** Finishes for the year on December 14

# Exercise Sessions

## Katikati Exercise Class

**WHEN:** Thursdays at 10 am  
**WHERE:** Exercise area at Summerset by the Sea, Park Road, Katikati  
The class is run by a personal trainer, Meg.

## Tauranga Exercise Class (run by a registered physiotherapist)

**Location:** Tauranga Citizens Club, 170 Thirteenth Avenue, Tauranga South,  
**When:** Fridays at 10:30 am

These classes generally run until early December 2020. Resumption on February 5, Friday.

## Papamoa Exercise Class (run by a registered physiotherapist)

**When:** Every Monday, except school holiday at 10:30 am  
**Location:** Gordon Spratt Reserve, Alice Lane off Parton Road

Finishes for 2020 on December 14, resumption from Wednesday, February 15, 2021.

# TALK TO US

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

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