



Parkinson's NSW

PARKINSON'S NSW Annual Report 2011



Parkinson's disease in brief

- A chronic, progressive, incurable, complex, disabling neurological condition which currently has no known cure.
- The four key symptoms are tremor, rigidity, akinesia/bradykinesia and postural instability, with many secondary symptoms.
- Over 80,000 Australian's have been diagnosed with Parkinson's disease.
- 10% of those diagnosed will be under the age of 40.
- Parkinson's disease is more prevalent than prostate, ovarian or cervical cancer or leukaemia.
- 1 in 5 people with Parkinson's disease are of working age (15-64).
- Prevalence is increasing at around 2-3% per year.

Parkinson's NSW Inc.

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Who we are

WHO WE ARE

Parkinson's NSW Inc is a not for profit, community-based organisation established in 1979 to provide information, counselling and support to people living with Parkinson's disease.

We work in partnership with a network of support groups throughout the state.

We encourage research into Parkinson's disease and co-operate with those undertaking it.

We advocate on behalf of the Parkinson's community and strive to increase community awareness of the disease.

We look towards taking a leadership role in representing the Parkinson's community in New South Wales and Australia-wide.

OUR VISION

A community free of Parkinson's disease.

OUR MISSION

To enhance the quality of life to all people living with Parkinson's disease.

2011 PARKINSON'S NSW ADVISORY COMMITTEE

Dr Colleen Canning
Dr Lyn Chenoweth
Sr Evelyn Collins
Dr Alistair Corbett
A/Prof Kay Double
Dr Victor Fung
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Dr Simon Lewis
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2011 PARKINSON'S NSW STAFF

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Isabelle Clark
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The Council of Parkinson's NSW



Chris Davis
President



John Hassett
Vice President



Phillip Maundrell
Treasurer



Peter McWilliam
OAM
Secretary

Resigned as of June 2011



Graham Dawkins
Secretary

Instituted as of June 2011

COUNCIL MEMBERS



Bernard McGrath



Bruce King OAM



John Silk OAM



**Assoc Prof
Kay Double**



Dr Paul Clouston



Rebecca Silk



Samuel Chu



Dr Simon Lewis



Vera Heil



President's report

Our ability to navigate the turbulent waters of growing a small charity organisation has been enhanced by two factors: firstly, the calibre of our Council members, who voluntarily give of their time and expertise to help steer the ship. We have a blend of research, business and people skills among our council members and that has always guaranteed a prudent, balanced consensus when it comes to big issues. I have initiated a delegation of some Council matters to standing committees, so small groups can address matters of detail, freeing up the Council meetings for big ticket issues.

For Parkinson's NSW, the year 2010/2011 has been both challenging and rewarding: challenging because of the ongoing need to raise funds for our services; and rewarding when we see how important those services are to members.

A major change early in the year was the end of the term of office of past President John Silk OAM, who drove us doggedly and passionately into a much stronger financial and corporate position than we had been when he began serving as President some four and a half years ago. John's combination of business nous, energy and sheer chutzpah enabled us to tackle new ventures and to strengthen our revenue streams. A key example is the Unity Walk and Fun Run; initiated on John's watch and rapidly growing as our major fundraising and profile raising event. Having stepped down now as President, John continues to be our representative to Parkinson's Australia – a key strategic role. As the old saying goes, behind every successful man... John's wife Rebecca has been a pillar of strength; helping John in his role but also serving as a member of Council in her own right and adding value. Thank you John and Rebecca.

The other factor has been our taking the major step of engaging our first ever, permanent staff member as Fundraising Manager: Arahni Sont. Arahni has tackled her role with gusto and I look forward to a gradual but ultimately substantial increase in our fundraising income. For a charity like ours, it is a fact of life that finding money is a serious, ongoing activity, needing a systematic, organised approach and the building of a network with philanthropic organisations, the corporate world and, of course, individuals who have the ability to donate or bequeath substantial funds.

We are now well settled into our new premises in Coxs Road, North Ryde, which we share with Alzheimer's Australia NSW. Already, though, we are just managing to fit into the space available, which places constraints on our ability to grow in the short term.

That we manage to achieve as much as we do, on the modest funds available, is owing to the dedicated efforts of our staff, led by Miriam Dixon (who has now served for ten years as CEO) and assisted by a band of volunteers. Of course, that covers just the activities of our Sydney headquarters: there is a great deal happening among our 64 Support Groups – all volunteer driven, with guidance and support from Trish Morgan. My sincere thanks to all of you for your commitments.



Peter FitzSimons, sporting great, author and raconteur, agreed to be the ambassador for Unity Walk 2011. Many thanks, Peter.

We are concerned that the ability of stem cell therapy to cure or to alleviate Parkinson's disease is, in some instances, being presented as a current reality. In fact, although stem cell therapy may well be viable in future, it is not so yet and we urge caution to anyone who may consider treatment at present.

Chris Davis
President



Chief Executive Officer's report

YOUNG ONSET RESEARCH PROJECT

This new research project is in partnership with the Institute for Sustainable Futures from the University of Technology Sydney and is funded by the NSW State Government.

The project seeks to understand the issues faced by people, under the age of 65, diagnosed with Parkinson's disease: their experiences and challenges. It is hoped the results will inform future service development, policies and planning.

An awareness campaign, seeking participation in this research, will accompany the project and we are hopeful that the campaign will also raise the general awareness of Parkinson's disease in the community.

AWARENESS ACTIVITIES

Our awareness activities have several purposes. Improving public awareness of Parkinson's disease and its effects increases understanding of the challenges faced by individuals and their partners, families and carers. This, in turn, assists our quest for more support and services. By providing details of our services, we aim to ensure that those in need receive them.

Over the last year we have extended our use of social media including Facebook and Twitter. We now average over 18,000 contacts each month. Our web, Facebook and Twitter details are inside the front cover of our Annual Report.

Awareness Week in September was supported by the New South Wales Department of Health with a commitment to support for a further two years. The image used on the front cover of this report was also used as our poster.

I would like to express our appreciation to IBM for organising and facilitating a workshop, with their outstanding executives, to develop ideas for future awareness activities, both within the IBM organisation and throughout the rest of the community.

I would also like to acknowledge the vital work done by our support groups, speaker's group and Council members in awareness activities.

ADVISORY COMMITTEE RESPONSE TO MEDICATION CONCERNS

We met with the Clinical Excellence Commission following concerns, raised by our members, that people living with Parkinson's are not receiving the correct dose of their medication on time every time in public hospitals. They said they would work with our organisation and other organisations, such as the National Prescribing Service, to ensure people living with Parkinson's receive best practice care. Subsequently a safety notice has been developed for use in hospitals.

I would like to acknowledge the assistance of our Advisory Committee, who consist of neurologists, researchers and other allied health staff, who freely give their time and expertise.

OUR GOAL

Each year Parkinson's NSW seeks to achieve more, including being a long term and steadfast support and champion for people living with Parkinson's disease.

Services

Some of our essential services include:

- InfoLine
- Counselling
- Support Groups
- The First Steps program for newly diagnosed people
- The Young Onset Camp
- Education
- Neurological nurse educator
- Promoting Research

DEEP BRAIN STIMULATION

We have joined in lobbying the NSW Government for public funding for this very expensive procedure. We are concerned that patients without private health insurance should have an opportunity to undergo this procedure when medically appropriate.

SYRINGES AND CONSUMABLES FOR INJECTABLE MEDICATIONS

With the support of the Movement Disorders Society we have also been lobbying for State Government funding, similar to funding for diabetics, for syringes for injectable Parkinson's medications. This campaign is continuing.

NEW RESOURCES

I would like to thank the Trust Company of Australia Limited/Fred P Archer Fund for providing funds for the booklet *Nursing Care of the Person with Parkinson's disease*. This is a brief practical guide covering nutrition, medication, pain management, sleep, depression, dementia and cognition.

With the assistance of the Australian Chinese Charitable Foundation, we have also translated our booklet *DASH to the InfoLine: Promoting a Healthy Brain and Mind in Parkinson's disease* into Chinese.

Dr Simon Lewis and Associate Professor Sharon Naismith from the Brain & Mind Research Institute authored this booklet focussing on **D**epression, **A**nxiety, **S**leep disturbance and **H**allucinations.

With the assistance of funding from the NSW State Government we are now working on a booklet for home and community care workers.

DONORS AND SPONSORS

We are particularly appreciative of the generosity and support of our donors and sponsors, who are essential in enabling us to provide our services and giving us the capacity to encourage research. This Annual Report has further information about our fundraising efforts.

I'd like to thank our President, the other members of the Executive, the Council and our other wonderful volunteers and staff for their extraordinary dedication and efforts as we strive to achieve more in being a long term and steadfast support and champion for people living with Parkinson's disease.

Yours in Parkinson's Friendship



Miriam Dixon CEO

Services

FIRST STEPS PROGRAM

Two specific programs are available for people in their first year of diagnosis.

The seminar program, run in partnership with the Concord Parkinson's Clinic, features a Parkinson's Specialist Nurse, physiotherapist, dietician and Parkinson's specialist counsellor.

The second is in partnership with the Brain and Mind Research Institute.

This half day seminar features Dr Simon Lewis, physiotherapy, and a presentation on the services provided by Parkinson's NSW.

Both programs are highly praised by participants.

SUPPORT GROUPS

Sixty-five support groups meet across NSW, providing an opportunity for people living with Parkinson's to share tips, experiences, mutual support and company. They are particularly important as sporting or work connections often cease as Parkinson's disease progresses. We assist the groups through our support group co-ordinator and by providing resources and opportunities for support group leaders to meet, swap notes and stay in touch through both face-to-face meetings and teleconferencing.

This year four new support groups were launched in: Lismore, North Arm Cove, Mudgee and the Central Coast.

In addition to our face-to-face support groups we have a telephone support group for people living with Parkinson's Plus conditions. Our Young Women's support group (the Tulip Belles) meets via phone and face-to-face meetings. Our Working Age Men's Network continues to meet face-to-face and through internet, linking rural and regional members.

Most support groups meet monthly, often with a guest speaker on aspects of Parkinson's or a general interest topic. Groups also enjoy social outings such as dinners, picnics and BBQs.

In addition to providing support, our groups play a vital role in raising awareness of Parkinson's disease in their local areas.

Counselling



Counselling: Deb England and Claerwen Armstrong

Parkinson's NSW provides a counselling service that is flexible and adaptive.

Our team of counsellors provides face to face, telephone and, if requested, email counselling, that is free of charge and available to anyone affected by Parkinson's, with no referral required and no limit on the number of sessions.

This gives people the reassurance of knowing that help is at hand, at different points along their journey with Parkinson's, whenever and for as long as they need it.

During the completed financial year we provided a total of 1285 counselling sessions.

We recognise that 'counselling' means different things to different people and our counselling service is geared to responding to the unique needs and circumstances of each individual, couple and family it supports.

Counselling may encompass providing information and reassurance to help someone adjusting to a recent diagnosis or it might involve helping people develop tools and strategies to manage anxiety and depression. Some people are looking for ways to help them adapt to changes in roles or relationships and others want guidance on how to access other agencies and services for specialist advice on legal, financial or employment issues. Not uncommonly, people come for counselling when they experience a series of changes in quick succession and become overwhelmed. Just acknowledging these experiences to a counsellor and to themselves and connecting with feelings around them, forms a vital part of the process of people with Parkinson's adjusting to these changes.

Whether providing crisis intervention or ongoing support, our team of counsellors is able to draw on a variety of approaches and work collaboratively with clients to support them in overcoming or adjusting to whatever challenges they are facing.

THE FOLLOWING ARE QUOTES FROM OUR COUNSELLORS:

Claerwen Armstrong:

"As someone once related to me, when describing her experience of counselling and its value to her, 'More than anything, what I really needed was to tell someone, and explain to myself, what had happened and I knew talking about it with my partner or my family would just be upsetting for them, but if I don't speak about it, it just goes round and round endlessly in my head and I can't focus on anything else'."

Sallyanne Aarons:

"Parkinson's is a very complex disease and each individual diagnosed with it seems to have a different experience. The main aim of my work is to help people with Parkinson's disease and their families to have the best quality of life possible."

Deborah England:

"Each time that I speak with someone about a matter that they are worrying over or struggling with, I am humbled to be trusted with this sometimes, intensely private and personal information."

Another aspect I value is being able to help raise awareness. To demystify a lot of misconceptions about Parkinson's is a mighty thing. If a person has a 'why' something is happening explained, that person can often live with the 'how' it may be manifesting."



Education

This year we provided education sessions to nursing homes, hostels, hospitals, community nursing, support groups and other community organisations.

We are proud of the *Traffic Lights Program on Nursing Care of Parkinson's disease*, generously funded by the Cecilia Kilkeary Foundation. This involved 40 workshops in rural and metropolitan aged care facilities.

What participants say about this program:

"Understanding the illness, therefore knowing what they're feeling will make me a better nurse/carer." Nurse, Weston, ACT.

"This session was very good because it helped me to be patient with residents with Parkinson's disease." Staff member, Grafton.

"Understood the importance of medications to be given on time and the consequences if medications are missed."

"Giving us a better understanding of what they are going through was helpful".

Our support group network has received education sessions with topics including: living with a chronic illness; managing depression and anxiety and caring for carers. These presentations are very well received. "Thanks so very much for coming up and giving such a great talk, there have been so many compliments about you," said a course participant.

We have had many more specific seminars, such as Surgical Interventions. Our education programs also provide material to other allied health staff, GPs and residential care facilities.

In the coming year our education projects across NSW will include the *Living Life Seminars* and a focus on education in residential care facilities.

The Parkinson's NSW InfoLine

People living with Parkinson's disease, their family members, carers and friends use the InfoLine.

The InfoLine staff answer enquiries about a wide range of Parkinson's disease topics including: questions about the latest research, symptom management, treatments, legal and insurance questions, where to access assistive devices, community care, local support groups, and counselling. Health professionals also make enquiries about: patient management, formal education, brochures, and where they can refer their patients for holistic care.

The staff all have professional qualifications in nursing or psychology and respond to distressed callers with both information and support.

ENQUIRIES TO INFOLINE

From July 2010 to end June 2011: The InfoLine received 3696 phone and email enquiries.

From July 2009 to end June 2010: The InfoLine received 2676 phone and email enquiries.

This is 1020 more enquiries by phone and email over the period. An increase of 38%.

HEALTH PROFESSIONALS

From July 2009 to end June 2010: the InfoLine received 411 phone and email enquiries.

From July 2010 to end June 2011: the InfoLine received 655 phone and email enquiries.

This is 244 more enquiries by phone and email over the period. An increase of 59%.

PEOPLE LIVING WITH PARKINSON'S DISEASE (PLWP)

From July 2009 to end June 2010: the InfoLine received 875 phone and email enquiries.

From July 2010 to end June 2011: the InfoLine received 1292 phone and email enquiries.

This is 417 more enquiries by phone and email over the period. An increase of 48%.

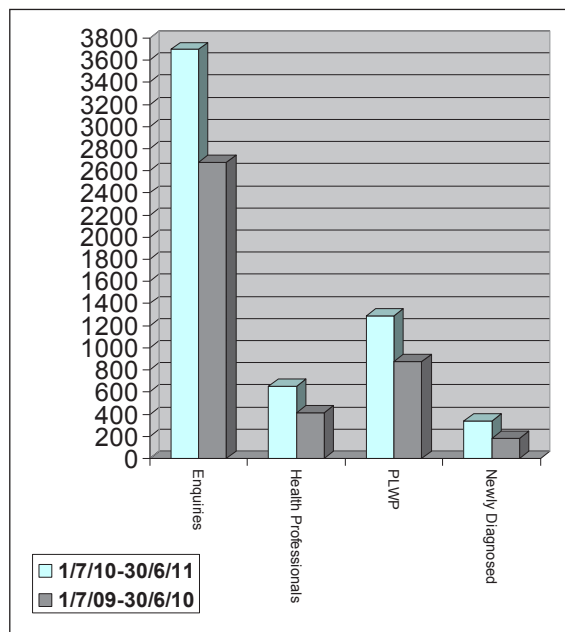
NEWLY DIAGNOSED

From July 2009 to end June 2010: The InfoLine received 180 phone and email enquiries.

From July 2010 to end June 2011: The InfoLine received 336 phone and email enquiries.

This is 156 more enquiries by phone and email over the period. An increase of 87%.

Table 1. Comparison of InfoLine Statistics for the period of July 2010 to end of June 2011 and July 2009 to end June 2010



Shoalhaven nurse

It has been 19 months since the Shoalhaven Neurological Educator pilot project commenced. A total of 176 referrals have been received, where 148 of these referrals are for Parkinson's disease and 18 for Parkinsonism or Parkinson's Plus Syndromes. A total of 315 consults have been attended, including follow-up consults. At baseline or initial consultation, 41% of the patients/clients seen are in the advanced stages (with Hoehn & Yahr Stages 4-5) of Parkinson's disease, and 59% are in the early to intermediate stages (with Hoehn & Yahr Stages 1-3) of Parkinson's disease. Therefore when you compare these results to the National Statistics on Parkinson's as published by Access Economics, only 20% of those with Parkinson's disease are within the advanced stages of the disease.

Over 30,000 kilometres have been driven attending to the 261 (83%) home or residential care facility visits. Thanks to the Bendigo Community Bank for their ongoing support of a car, fuel and services which has continued to prove invaluable. I am only too proud to be driving in a car that displays the Bendigo Bank logo as well as the Parkinson's logo.



Carers play a very important role in caring for their loved ones with Parkinson's disease, resulting in carer burden as the disease progresses. As part of my role, I also provide support for carers and identify needs of Carers. One of the needs carers have expressed is the need for a Carer Support Group specific to carers of people with Parkinson's disease. With the support of Parkinson's NSW and Carers NSW, I am starting up 2 Carers of People with Parkinson's Support Groups in the Shoalhaven area (Nowra and Milton-Ulladulla) before the end of the year, as well as looking at starting up another one further south of the Shoalhaven. These support groups will provide on-going education on Parkinson's disease, services available not only for the person with Parkinson's disease but also for their carers and a social support network.

As well as attending to patients/clients and carer needs, my role also includes education of health professionals in residential care facilities and acute care hospitals as well as education in the community. I have been invited to numerous community groups to show case my role as well as discuss Parkinson's disease and its challenges for people, their carers and family members and the community. Community awareness and education has been a big part of my role this year with many community groups such as Kangaroo Valley View Club and Lions Club, Narooma and Nowra Quota Club and Ulladulla Probus Club inviting me to their annual meetings. The support from community members has been fantastic towards their fellow community members who have Parkinson's disease and the Neurological Nurse Educator Project. They realise that the service is not just a necessity in the Shoalhaven but also in other rural and remote areas.

The members of the two Shoalhaven Parkinson's disease Support Groups (Nowra and Milton-Ulladulla) and surrounding areas Support Groups, Eurobodalla, Bega and Southern Highlands, have also been of vital importance to the Neurological Nurse Educator Project by providing support of the project as well as lobbying for more Neurological Nurses in other rural & remote areas.

I may be the nurse working on the field but there are so many other people who are working incredibly hard on this project. Parkinson's Australia, Parkinson's NSW, Dr Simon Lewis and his team at the Brain and Mind Research Institute and the Parkinson's disease Clinic all play an important role on this project. They deal with the politicians and work hard on increasing the awareness of Parkinson's disease and the importance of the Parkinson's and Movement Disorder Nurses in our communities.



I would also like to acknowledge all my fellow Parkinson's and Movement Disorder Nurses all over Australia for their ongoing support and networking. Together we work hard at improving services for our patients or clients so that they and their carers can have a good quality of life. Parkinson's disease is a very challenging condition and as health professionals we are fortunate to be able to network and discuss these challenges and how we can best overcome them. Community Nursing continues to be a very fulfilling part of my nursing career. I encourage other Neurological or Aged Care Nurses to take on the role of Neurological Community Nursing and enjoy meeting the most beautiful people, our patients or clients with Parkinson's disease, their carers and family members.

On a more personal note, we are slowly settling in to the beautiful Shoalhaven region and looking forward to exploring it further. Life in the Shoalhaven is completely different from life in Sydney, it's so tranquil and there is no traffic! But at the same time it can be isolating. For this reason it is easy to understand how a Neurological Nursing Service is of vital importance in areas like the Shoalhaven where people retire to, leaving their families and friends back in large cities like Sydney, Canberra or Melbourne where they once lived and worked, and therefore may not have the support of immediate family and friends as their Parkinson's progresses, increasing the burden on their carers, mostly spouses.

I do hope that the Neurological Nurse Educator service continues to prove valuable to the people living with PD, their carers and family members, health professionals and community members living in the Shoalhaven and its surrounding areas. And hopefully we will have more Neurological Nurses providing a service to rural and remote areas all over Australia.

If you are a person living in the Shoalhaven or surrounding areas and would like to get in contact with me, you can call me on 0448 881 669 or at the Nowra Community Centre on 4424 6300.

Marilia Pereira
Shoalhaven Neurological Nurse Educator

Back to the Future goes back to the movies



To celebrate the 25th Anniversary release of the film, *Back to the Future*, starring Michael J Fox, Parkinson's NSW staged a charity screening, with a digitally re-mastered version of the film from distributor Universal Pictures, at Event Cinema George Street in early December 2010. The charity re-screening coincided with similar events held all around the world.

The event attracted huge crowds, thanks in part to an appearance from Doc Brown, his faithful dog Einstein and the amazing time travelling DeLorean Motor Car. An iconic image of the three in front of the Sydney Opera House even made it on to the front page of 'MX' newspaper. The vehicle then went on display in front of the George Street cinemas in the lead-up to the night. This vehicle has been described as the best replica of the real movie car in the world.

The event sold out well in advance and the theatre was abuzz with many Back to the Future fans dressed in character. The mood of the night was added to by a wedding proposal. Radio station Nova 96.9's Ryan Shelton, himself a confessed Back to the Future fan, flew up from Melbourne, at his expense, to MC on the night.

There was a fantastic air guitar competition with the winner receiving a new red electric guitar from Australis Music and Calvin Klein donated, (what else?) underwear. We all sat back with our popcorn and soda pop and went Back to the Future. The atmosphere had the audience on a high as the credits rolled amid loud cheers. The night raised \$10,000 for Parkinson's NSW.

Flushed with this success, we held a mini marathon of the second and third movies in the Trilogy in April 2011, raising a further \$7000.

SPONSOR AND PRIZE LIST

Universal Pictures

Abby's Premium Towing

AMF Bowling

Astra Limousines

Australia Music

Calvin Klein

Code Red

Doc Braun & Einstein

Event Cinemas George St

Rydges World Square

Sydney Harbour Foreshore Authority

2010 Parkinson's Unity Walk



Led by the Hills District Pipe Band, resplendent in their tartan kilts and green blazers, 1,416 people headed down Olympic Boulevard and into surrounding bush land for the third annual Parkinson's Unity Walk.

The crowd was in great spirits with a fantastic \$142,101.07 net raised. The event gathers families in significant numbers, showing their support to a family member who has Parkinson's disease. Although a family fun day, it can be a moving occasion, with many wearing a pledge card showing they are walking in someone's memory. The day means a great deal to everyone.

Our walkers were reinvigorated with fruit from our supporter, Sydney Markets, as they settled back into 'Find a Cure Park' to listen to *My Future Lies* and *One Eyed Jacks*; both bands which have felt the impact of Parkinson's disease.

Our Support Groups attended in great numbers. Artist Leone Harris, a person with young onset Parkinson's, spoke movingly of her battle with Parkinson's. She was flanked by her young son who spoke of his pride in what his mum has achieved.

In 2010, Unity Walks were held in all state capitals except Hobart. The Territories are still to join. The national website was sponsored by Boehringer Ingelheim.

Our valued sponsors, many of whom have been with us since the first Unity Walk, help make it possible, especially our presenting sponsor Bendigo Bank. Hawaiian Airlines and Hawaii Tourism provided great incentives for our supporters to fundraise. We are unashamedly pleased to support those who so generously support us.

The money raised was divided evenly between research grants and services to support people living with Parkinson's, their carers and families.

SPONSOR LIST

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In Touch Direct
Ben Hur Arena Spectacular
ANZ Stadium
Clubs NSW
KENO
Battery World
Pharmacy Guild of Australia
Sydney Olympic Park Authority
Sydney Markets
Novotel Sydney Olympic Park

2010 Parkinson's NSW Golf Classic



Monash Country Club

Twenty-six teams hit off simultaneously in the Shotgun Ambrose for the 2010 Parkinson's NSW Golf Classic at the magnificent Monash Country Club.

It was a very successful day thanks in part to the amount of support received. The \$44,400 raised was slightly down on last year's total. Once again we didn't let our supporters down, with almost everyone who attended the official dinner walking away with a prize, thanks to our prize facilitator extraordinaire David Samer. David's team was also this year's winner.

SPONSOR LIST

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We also wish to acknowledge the following donors for their generous cash and prize donations:

Ann Milch
Kooindah Waters Golf Resort
Lexus Chatswood
Manathai Resort Phuket
Medina Apartments
Pacific International Hotel Cairns
Toga Group

The role of copper in the brain in Parkinson's disease

Written by Katherin Davies

Copper is essential for the health of our brain cells. However, too much or too little copper in the brain compromises brain cell function. Changes in brain copper levels can result in rare but serious neurological disorders. Examples of such disorders include Menkes' disease and Wilson's disease. In addition to these well-characterised disorders, disrupted brain copper levels may also play a role in other neurodegenerative diseases, including Parkinson's disease. Recent work from our group suggests that, in Parkinson's disease, copper levels are reduced in the brain region where the cells die, called the substantia nigra. Reduced copper levels in the brain may affect the function of important proteins that maintain brain cell health, and therefore contribute to the death of brain cells. We believe that changes in copper levels in the brain in Parkinson's disease result from alteration in the way copper is transported. Surprisingly, little is known about how copper levels are regulated in the human brain, although we do have some clues from studies in breast cancer and placental cells. Therefore, to understand why copper levels are reduced in the vulnerable brain region in Parkinson's disease, it was necessary to first study how copper is transported in the healthy human brain.

Since receiving the Parkinson's NSW Seed Grant, we have shown for the first time that copper transport proteins, previously identified in other tissues, are present in the healthy human brain. Interestingly, however, the location of these proteins within brain cells differs to that reported in other tissues, suggesting that copper may be transported differently, or used for different purposes, in the human brain. The amounts of two particular copper transport proteins were associated with the amount of copper found in the brain, suggesting that these transporters play a key role in regulating copper levels in



Research group photo legend: From left to right: International student Leon Hilgers, Research Assistant Veronica Cottam, Assoc Prof Kay Double, and PhD student Katherin Davies investigate copper transport in the human brain.

the human brain. Most interestingly, we found that the substantia nigra contains twice as much copper as other brain regions. This suggests an especially important role for copper in this vulnerable brain region, where copper levels are altered in Parkinson's disease. Now that we've uncovered part of the puzzle of how copper is transported in the healthy brain, we have begun to investigate where brain copper transport may be disrupted in Parkinson's disease. We will also investigate the effect of reduced copper levels on brain cell health, as we suspect that reduced copper levels may compromise the function of a number of vital proteins that depend on copper to function correctly.

In addition to our work in the human brain, we will investigate cell loss and copper-dependent protein function in the vulnerable brain region of a mouse model of Parkinson's disease. We have measured copper levels in the vulnerable brain region of the most commonly used mouse model of Parkinson's disease and found that copper levels are unaltered, making this model unsuitable for our study. Therefore, we are investigating cell loss and copper-dependent protein function in a new mouse model of Parkinson's disease with reduced brain copper levels. We aim to demonstrate that correction of brain copper levels in this mouse model restores copper-dependent protein function and promotes brain cell health. We are able to do this because we have recently been granted access to use a specialised facility in Grenoble, France, called the European Synchrotron Radiation Facility, which will enable us to measure metals in the brain with extremely high precision. This rare opportunity will allow us to gain invaluable information about the effect of copper supplementation therapy on brain copper levels and brain cell health in this Parkinson's disease mouse model.

Our work in the human brain and in a Parkinson's disease mouse model will lead to a better understanding of how brain copper levels are controlled, and what happens when copper levels are too low. These findings may help us to develop new treatments for Parkinson's disease that maintain brain cell health.

Key researchers on this work are PhD student Katherin Davies (formerly Katherin Scarpin), student Leon Hilgers, research assistant Veronica Cottam and our collaborators Dr. Dominic Hare from the University of Technology, Sydney, Professor Julian Mercer at Deakin University, Associate Professor David Finkelstein at the Mental Health Research Institute of Victoria and Professor Glenda Halliday, Neuroscience Research Australia.

Is an innovative muscle power training program an effective exercise intervention in Parkinson's disease?



PROJECT INVESTIGATORS

*Dr Colleen Canning,
The University of Sydney*

*Ms Serene Paul,
The University of Sydney*

PROJECT OUTLINE

In February 2011, Parkinson's NSW provided us with \$59,892 in funds to conduct this project. The aim of the project is to determine whether people with Parkinson's disease, demonstrated in the older general population, can gain the benefits of muscle power training on walking speed and balance. Forty participants with Parkinson's disease will be randomly allocated to one of two groups. One group will train in pairs at The University of Sydney Cumberland Campus, in Lidcombe, and the other group will train individually at home. Both groups will train twice a week for three months, as well as record falls for an additional three months. Measures of muscle strength, muscle power, posture, walking and balance, will be taken before and after the three month intervention period at The University of Sydney in Lidcombe.

PROGRESS

At the end of July 2011, four people with Parkinson's disease have been involved in this project from the St George/Sutherland and Dundas/Parramatta support groups. We are in the process of recruiting participants from three Parkinson's NSW support groups (Ultimo, Dundas/Parramatta and Castle Hill) to commence the project in August 2011.

We wish to thank Parkinson's NSW for funding and supporting this initiative. As well as providing the required funds to establish the project, they have given valuable assistance with recruitment by informing members in the relevant areas about the study. Trish Morgan deserves a special mention for her help in linking us to the various support groups. We also wish to thank our enthusiastic participants.

This project, analysing the effect of muscle power training in people with Parkinson's disease, will be completed and submitted for publication by the end of 2012. A summary of results will be made available in *Stand By Me*.

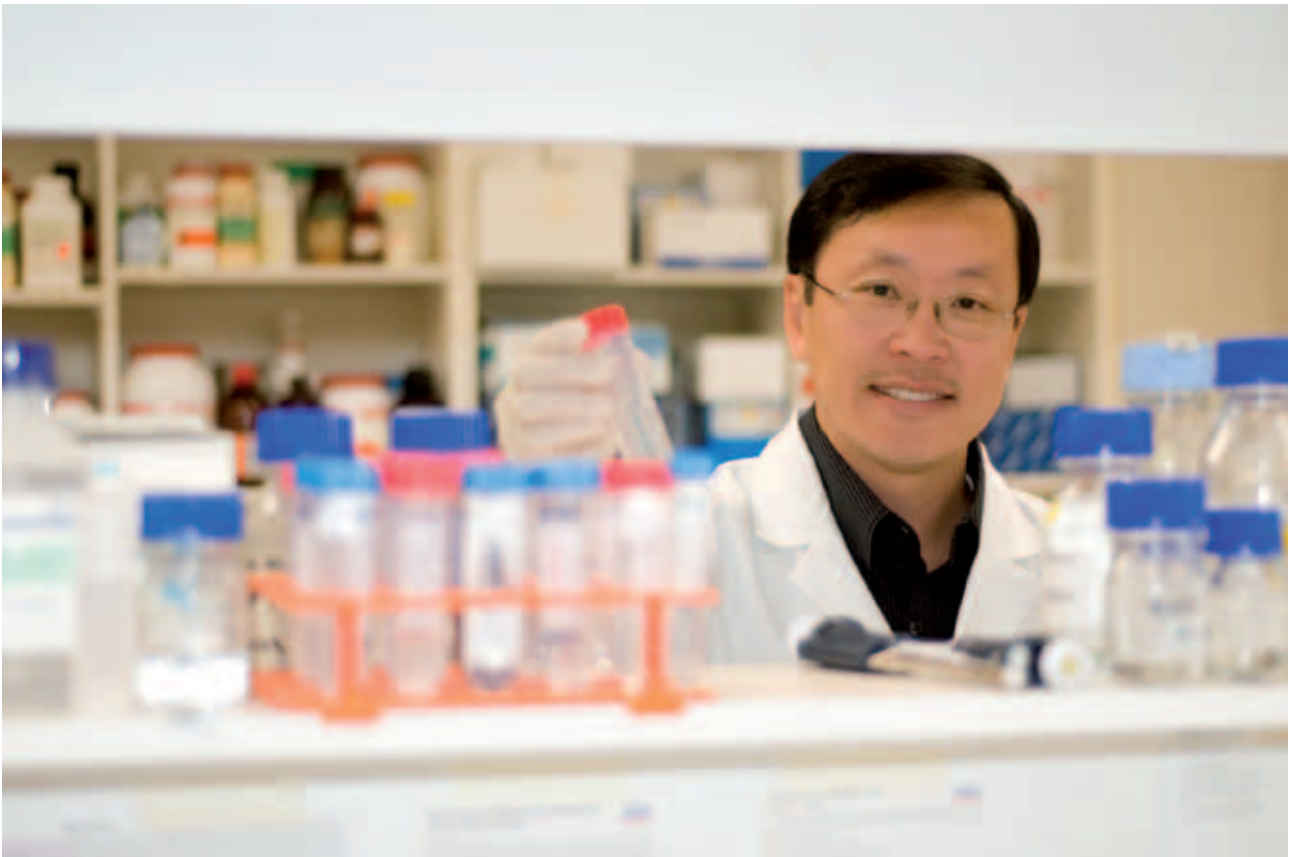
MORE VOLUNTEERS NEEDED

This project has recently commenced and we will be recruiting participants from the greater Sydney metropolitan area. We would like to invite any person with Parkinson's disease who would like to be involved in the project, or who would like to know more about the project, to contact us at The University of Sydney.

Ms Serene Paul 9351 9435 or 0405 303 102

Dr Colleen Canning 9351 9263 or 0415 300 337

Lipids are potential regulators of α -synuclein aggregation process in Parkinson's disease



Dr Scott Whyte

Written by Dr Scott Whyte – Head of Department of Neurosciences, Gosford Hospital

Parkinson's disease (PD) is a progressive disorder of the brain resulting from the degeneration of neurons that produce dopamine, an important signaling molecule required for cell-to-cell communication. It affects the substantia nigra, a part of the brain which controls smooth, coordinated function of the body's muscles and movement. The pathological hallmark of PD is the abnormal aggregation of a protein called alpha-synuclein (α -synuclein) in the neurons that produce dopamine. Genetic and environmental factors are thought to be triggers for the onset of PD but the precise molecular mechanisms are still unknown and there is no cure. The human brain is extremely rich in lipids compared to other organs in the body. Lipids are a broad group of naturally occurring molecules commonly known as "fats" such as cholesterol. Lipids are transported around the brain by a group of proteins called ATP-binding cassette

(ABC) transporters and in recent years there has been mounting evidence indicating that ABC transporters control brain lipid homeostasis and regulate a number of neurodegenerative disease processes, including Alzheimer's disease. However, the role of ABC transporters in the neurodegenerative processes of PD is fundamentally unknown, although a recent paper reported that one member of the ABC transporter family, ABCA5, was genetically associated with a reduced risk for PD. At this stage virtually nothing is known about the functional role of ABCA5 in the pathological processes of PD. We therefore proposed a hypothesis that ABCA5 functions as a lipid transporter in neurons and regulates the α -synuclein neurodegenerative process in PD. The principal aim of this project is to determine how ABCA5 impacts on the production and aggregation of α -synuclein in neurons. The new data will reveal novel molecular targets that could be exploited to inhibit α -synuclein aggregation providing potential therapeutic avenues for the treatment of PD.

Fall risk factors and exercise in Parkinson's disease



Research Update from Natalie Allen

I wish to thank Parkinson's NSW for funding and supporting my studies, through both the Research Student Award and funds for project 2, as well as for valuable assistance with recruitment of participants. I recently completed my PhD and all my doctoral projects have been published in peer reviewed journals. Special thanks also goes to all the enthusiastic PNSW support groups, and people who participated in these research projects.

PUBLICATIONS

1. Allen NE, Canning CG, Sherrington C, Fung VS. Bradykinesia, muscle weakness and reduced muscle power in Parkinson's disease. *Mov Disord* 2009;24(9):1344-1351.
2. Allen NE, Sherrington C, Canning CG, Fung VSC. Reduced muscle power is associated with slower walking velocity and falls in people with Parkinson's disease. *Parkinsonism & Related Disorders* 2010;16(4):261-264.
3. Allen NE, Canning CG, Sherrington C, et al. The effects of an exercise program on fall risk factors in people with Parkinson's disease: A randomized controlled trial. *Mov Disord* 2010;25(9): 1217-1225
4. Allen NE, Sherrington C, Paul SS, Canning CG. Balance and falls in Parkinson's disease: a meta-analysis of the effect of exercise and motor training. *Mov Disord* 2011; DOI: 10.1002/mds.23790

MUSCLE POWER AND STRENGTH AND THEIR RELATIONSHIP TO WALKING SPEED AND FALLS IN PEOPLE WITH PARKINSON'S DISEASE.^{1,2}

People with Parkinson's disease were shown to be 16% weaker and 22% less powerful in their leg extensor muscles than a neurologically-normal control group of the same age and gender. This study reported that reduced leg extensor muscle power (the ability to use muscles forcefully and quickly) is strongly associated with reduced walking velocity and a history of multiple falls in people with Parkinson's disease. This is important, as many day to day activities such as walking or reacting quickly in order to prevent a fall, appear to depend more on our muscle power than our muscle strength.

CAN SUPPORT-GROUP BASED EXERCISE REDUCE FALL RISK IN PEOPLE WITH PD?³

The exercise program used in this randomised controlled trial targeted leg muscle strength, balance and freezing of gait. The exercise group showed a 7% greater improvement in a falls risk score than the control group. This result was not statistically significant, possibly due to lack of statistical power. The exercise group improved compared to the control group in freezing of gait and timed sit to stand, and had strong trends towards improvement in leg muscle strength and fear of falling. The journal article from this project was selected by 'The Movement Disorders Society' for use in its internet journal, 'Continuing Medical Education', ensuring that it will be widely accessed internationally. This project informed the development of a larger, ongoing project designed to determine if the exercise program can reduce falls in people with Parkinson's disease (the PD_FIT trial).

EXERCISE AND MOTOR TRAINING FOR BALANCE IN PEOPLE WITH PARKINSON'S DISEASE: A SYSTEMATIC REVIEW WITH META-ANALYSIS⁴

This review showed that exercise and motor training can improve the performance of balance-related activities in people with Parkinson's disease and that highly-challenging balance exercises appear to be particularly effective. However, the effect of exercise and motor training on falls remains unclear and warrants further investigation.

PRESENTATIONS

This work has been presented nationally and internationally at 14 different conferences and workshops. Most recently I presented these findings as an invited speaker at the National Falls Prevention Summit in Brisbane.

AWARDS

2008 – The Inaugural Parkinson's NSW Student Prize awarded at The Parkinson's National Conference

2008 – The University of Sydney Faculties of Health Research Conference poster prize

2009 – Best presentation by a student researcher at the Australian Physiotherapy Association's National Neurology Group Conference

Remote monitoring of motor function in people with Parkinson's disease



Maria Bernardi

*Fifth year medical student and
BSc(Med)Hons candidate*

*University of NSW Rural Clinical
School, Coffs Harbour*

It is well known that, for people living with Parkinson's disease in regional Australia, best practice care is difficult to achieve because of limited healthcare providers and isolated patients. Telemedicine, a passion of Dr Stuart Smith from Neuroscience Research Australia in Sydney, could overcome these barriers.

In 2010 I coordinated the rural arm of a larger study run by Dr Smith and Paulien Verhoef, a fellow medical student with experience in Parkinson's research in the Netherlands. We tested whether a small computer-like device was a feasible way to self-assess motor function daily in the participant's own home and whether the information could be sent remotely to a health information management system.

Assessments were based on automated tasks similar to those many neurologists use such as alternate tapping of the fingers. The results showed high levels of computer literacy, compliance with daily testing, technical performance and satisfaction. Significant barriers faced included participant travel commitments and lack of internet access. In the future, such a device has the potential for wider applications, including in therapeutic trials, complementing videoconferencing consultations, flagging deteriorations in motor function and helping inform clinicians' decisions. As a result, I believe development of an improved device and website, based on participant feedback from this preliminary study, is now indicated.

Huge thanks go to the participants and their partners, Vera Heil and all at the Coffs Harbour Support Group, Professor Curran, Stuart and Paulien, Rick and Gillian my supervisors, Professor Aggarwal from the outreach clinic and, of course, Parkinson's NSW.

Young Men's Group (now working age mens network)



Every fourth Thursday of the month the Parkinson's Young Men's Support Group meets at the Parkinson's NSW office in the grounds of Macquarie Hospital in North Ryde, with some members joining by teleconference.

The meetings are a great opportunity to develop new friendships, increase your understanding of Parkinson's disease and most importantly discuss your concerns with others in the same situation.

Coordinated and chaired by Garry Cearns, meetings are reasonably informal with topics ranging from a new member of the Group and how they have come to join, their Parkinson's disease history and diagnosis, or a discussion on someone's travels. Seemingly unrelated to Parkinson's disease these conversations draw people into a discussion on how everyday experiences, e.g. travel, affects Parkinson's disease sufferers. We have the occasional guest speaker, talking about research projects or perhaps exercise and its benefits.

Through the Group, three of us discussed cycling and encouraged each other to ride in 'The Sydney to the Gong' bike ride. We did it, and we'll be doing it again this year.

This group reinforces that support is a two way process and quite often you are able to provide help to someone rather than seeking assistance for yourself.

Robert McDonald

My name is Robert McDonald and I was diagnosed with Parkinson's 17 years ago shortly after my 50th birthday. At the time I was captain of the Pambula-Merimbula Golf Club playing off a 5 handicap and training for the Melbourne marathon. Marathon running wasn't new to me as I had already run marathons in Adelaide and Canberra. I had known for some months that I had a problem as I had developed a tremor which often showed when I was doing club presentations and during marathon training my right legs would become very stiff and tired.

I was determined not to let this disease beat me and took a very positive attitude from the start but things were to change in a way I could not imagine. Two years after my diagnosis my wife of 30 years had a massive Cerebral bleed and after spending 10 months in hospital she is now a resident in our local nursing home as she requires constant care. I have assisted with this care up to four days a week for the last 14 years. This put enormous pressure on my Parkinson's but again things took a turn for the better when I met Jean Nicholson at the Golf Club. Jean and I became friends and now partners and she has helped me cope and remain positive.

Did I say I was a golf addict, since being diagnosed I have played golf in Scotland, Ireland, South Africa, China, New Zealand and Norfolk Island as well as all over Australia. At last count I have played 284 courses throughout the world.



I have maintained a very strong fitness ethic as everything I read about this insidious disease points to the need to exercise, exercise, exercise. My weekly routine includes four morning walks of up to one hour, two Tai Chi classes, three full rounds of golf (which I walk). My previous sports background as an AFL footballer for 20 years, which included being captain of the South Australian 2nd eighteen in 1966, and winning the Phelan medal for the best and fairest in NSW in 1970, has helped me maintain the focus needed to handle the trials associated with Parkinson's.

I'm always searching for new information about this disease and becoming a member of Parkinson's NSW 14 years ago has enabled me to obtain a wealth of knowledge about Parkinson's.

A little over two years ago Jean and I, and four friends formed the Bega Valley Parkinson's Support Group. As President I feel I can give valuable help to the members of our Support Group. Knowing that there is always help a phone call away through the 1800 644 189 number is enormously reassuring.

The availability of Counsellors such as Deborah England has provided our members with great help and support. Those that have availed themselves of this service have talked about positive results.

Parkinson's NSW through CEO Miriam Dixon, and Support Group Leader Trish Morgan together with the great staff provide a valuable link with our members.

John's journey with Parkinson's



My wife, Janice, first noticed a tremor in my right hand in early 2006. In late September the following year, I received the news that I had Parkinson's. I was 63. I was stunned by the diagnosis as my GP, along with the local consultant physician, initially thought the condition may have been a Benign Essential Tremor.

Taking early retirement from the Commonwealth Public Service in Canberra gave me a new outlook on life. Always mindful of the neurologist's advice, "realise your dreams over the next few years", my wife and I have not let Parkinson's prevent us from travelling all over the world. We now also spend more time with our children and grandchildren as we understand the importance of time.

Muscle stiffness is probably my greatest concern. To keep mobile I walk five times a week for 30 minutes and do stretching exercises at least twice daily. To keep my mind active I review books on economic and investment matters for the Australian Investor's Association, and belong to an investment discussion group. I also attend a range of University of the Third Age Classes, for example, music appreciation and botany. As time permits, I meditate.

As a member of the Coffs Harbour Parkinson's Support Group, I find it a highly valuable resource in coping and living with Parkinson's. It is reassuring to know you're not alone and to be able to hear from others facing the same problems every day.

My brain feels sharp, but sometimes my body doesn't. By all accounts I'm doing well, according to my GP. I have hope for the future.

Kel and Jill Healy's philatelist philanthropy



In 2001 Kel and Jill Healy took up the challenge of supporting Parkinson's NSW by processing and selling donated, used postage stamps.

Since then the Healy's, along with a small band of other wonderful volunteers, have spent countless hours preparing stamps for sale. With the late David King spreading the word about 'Stamping Out Parkinson's' across clubs, retirement villages and organisations, Kel and Jill have been able to collect, especially from Support Groups, huge amounts of stamps and many donations.

They remain steadfast in their endeavours to raise funds for Parkinson's NSW and constantly seek opportunities to raise the awareness of Parkinson's Disease in the general community and to raise funds.

Their efforts have not been unproductive and to date they have raised over \$16,000. A terrific result, so thank you, Kel and Jill.

Treasurer's report

It is with pleasure that I report to the members of Parkinson's NSW on the financial position and trading results for the year ended 30 June 2011.

Parkinson's NSW experienced a deficit in 2011 of \$84,666 compared to a surplus in 2010 of \$164,510.

Our income was down \$302,000 on prior year but this was primarily in the area of bequests and grants where we were down \$332,000 on 2010. As explained in last year's report, it is the nature of donations and bequests that they are variable and difficult to predict from year to year. It is for this reason that your Council continues its objective to develop alternative sources of income to create greater security for the provision of our services.

The Unity Walk continued its growth with income up \$80,000 on 2010 to \$285,000. Whilst costs were also up \$35,000, the net income enjoyed an increase of \$50,000 over 2010. The Unity Walk has developed into our signature event and we look forward, with your support, to grow its potential. The golf day was down \$65,000 on last year but this was the result of a one-off generous donation in 2010. The golf day continues to be a significant fundraiser for us and we look forward to continuing success in the future.

Expenses remained under tight control during the year with a reduction in total costs of \$100,000. Gross wages and on-costs increased by \$175,000 during the year but this was as a result of increasing services in both the Info Line and Counselling areas. We were also able to recover an additional \$150,000 in employment costs through grant administration. We continued our commitment to providing 50% of the profits from the Unity Walk towards research. As foreshadowed in last year's report, expenses were aided by not having to pay rent during the year resulting in a reduction of costs of \$55,000 over 2010.

Our cash reserves improved by \$65,000 during the year, with a total of \$895,000 now held in account. Of this amount \$385,000 are grants that we are holding in trust. This includes the Nowra Neurological Nurse's project, which we are managing on behalf of Parkinson's Australia, which accounts for \$120,000 of this amount.

The independent trust established to facilitate larger donations and bequests continues to perform strongly and in the last financial year the trust provided \$95,000 for research projects.

I would take this opportunity to thank Tracy, Chris, Marianna and Linda in the administration area of Parkinson's NSW for the wonderful support that they have provided to me in the past year and for the hard work that they put in each working day. Also I would thank the Council for the support they have provided and the hard working approach they have provided to their duties.

P W Maundrell

Parkinson's NSW Inc
ABN 93 023 603 545
Income and Expenditure Statement
for the year ended 30th June, 2011

Income	Note	2011	2010
Donations and grants	2	545,346.44	881,171.76
Subscriptions	3	56,531.47	53,940.93
Other income	4	51,396.15	51,880.54
Interest received		33,966.33	32,561.62
Transfers from :			
Unity Walk	5	147,203.26	100,961.57
Golf Day	6	40,487.11	100,774.20
Total income		<u>874,930.76</u>	<u>1,221,290.62</u>
Expenses			
Salaries and employment costs	7	559,362.40	535,287.88
Education, support and promotion	8	184,024.18	209,237.35
Research grants and bequest	9	101,502.16	141,432.48
Operating expenses	10	114,708.01	170,822.79
Total expenses		<u>959,596.75</u>	<u>1,056,780.50</u>
Net profit (loss) attributable to the association		<u>-84,665.99</u>	<u>164,510.12</u>
Opening retained profits		680,044.03	515,533.91
Net profit (loss) attributable to the association		-84,665.99	164,510.12
Closing retained profits		<u>595,378.04</u>	<u>680,044.03</u>

Detailed Statement of Financial Position
as at 30th June, 2011

Current assets			
Cash	11	895,183.96	830,151.20
Debtors	12	74,502.11	45,475.59
Prepayments		63,901.79	66,631.55
Merchandise on hand		23,599.04	15,474.49
GST refund		5,994.78	3,685.73
Parkinson's Australia - Neurological Nurse Project		0.00	39,587.93
Total current assets		<u>1,063,181.68</u>	<u>1,001,006.49</u>
Non-current assets			
Plant and equipment	13	108,320.68	94,625.23
Total non-current assets		<u>108,320.68</u>	<u>94,625.23</u>
Total assets		<u>1,171,502.36</u>	<u>1,095,631.72</u>
Current liabilities			
Creditors		26,988.63	81,725.64
Employee entitlements		72,728.15	50,370.42
Grants received held in Trust	14	265,339.96	224,482.36
Prepaid membership fees		92,181.21	59,009.28
Parkinson's Australia - Neurological Nurse Project		118,886.37	0.00
Total current liabilities		<u>576,124.32</u>	<u>415,587.70</u>
Total liabilities		<u>576,124.32</u>	<u>415,587.70</u>
Net assets		<u>595,378.04</u>	<u>680,044.02</u>
Accumulated funds			
Accumulated funds at the beginning of financial year		680,044.03	515,533.91
Current year surplus (deficit)		-84,665.99	164,510.12
Accumulated funds at the end of the financial year		<u>595,378.04</u>	<u>680,044.03</u>

Parkinson's NSW Inc
ABN 93 023 603 545

Statement of Cash Flows
for the year ended 30th June, 2011

Cash flow from operating activities

Receipts from members and sponsors	851,946.56	1,118,414.65
Payments to suppliers, members and employees	-793,984.68	-916,746.03
Interest received	33,966.33	32,561.62
Net cash provided by (used in) operating activities	<u>91,928.21</u>	<u>234,230.24</u>

Cash flow from investing activities

Payment for plant and equipment	-26,895.45	-51,110.36
Net cash provided by (used in) investing activities	<u>-26,895.45</u>	<u>-51,110.36</u>

Net increase (decrease) in cash held	65,032.76	183,119.88
Cash at the beginning of financial year	830,151.20	647,031.32
Cash at the end of financial year	<u>895,183.96</u>	<u>830,151.20</u>

Parkinson's NSW Inc
ABN 93 023 603 545

Notes for the year ended 30th June, 2011(continued).

	2011	2010
	\$	\$
Note 2: Donations and Grants		
In memoriam	41,310.30	41,979.47
Support groups	13,275.00	18,039.15
Deceased estates	171,000.00	146,000.00
Members	18,092.00	15,707.00
Corporate	0.00	17,760.00
Research	77,774.88	39,052.57
General	167,931.07	211,419.05
Bequests	37,467.00	319,548.67
Specialist nurse	0.00	800.00
General	14,493.37	20,865.85
Don Wilcox	0.00	50,000.00
DFACS Small Equipment	4,002.82	0.00
	<u>545,346.44</u>	<u>881,171.76</u>
Note 3: Subscriptions		
Life membership	5,059.10	6,968.18
Renewals	50,836.01	46,395.47
Association membership	636.36	577.28
	<u>56,531.47</u>	<u>53,940.93</u>
Note 4: Other Income		
Sale of merchandise	19,358.00	14,085.69
Less: Cost of Goods Sold	-17,844.49	-1,725.22
Gross Profit (Loss) from Merchandise	<u>1,513.51</u>	<u>12,360.47</u>
Basement Charity Fundraiser	0.00	10,286.78
Back to the future	35,713.77	0.00
Community awareness	0.00	15,000.00
Seminar fees	6,691.34	5,175.91
Education	2,198.91	2,584.00
Other income	3,533.16	4,909.74
Newsletter	1,745.46	3,113.64
Everyday Hero subscriptions	0.00	-1,550.00
	<u>51,396.15</u>	<u>51,880.54</u>
Note 5: Unity Walk Account		
Registrations	36,223.50	30,560.53
Donations	12,324.09	10,825.46
Sponsorship	235,913.13	161,318.79
Total Income	<u>284,460.72</u>	<u>202,704.78</u>
Less expenses	-137,257.46	-101,743.21
	<u>147,203.26</u>	<u>100,961.57</u>
Note 6: Golf Day Account		
Donations and sponsorship	47,837.00	115,037.64
Registrations	10,463.64	10,849.99
Total Income	<u>58,300.64</u>	<u>125,887.63</u>
Less expenses	-17,813.53	-25,113.43
	<u>40,487.11</u>	<u>100,774.20</u>

Parkinson's NSW Inc
ABN 93 023 603 545

Notes for the year ended 30th June, 2011(continued).

	2011	2010
	\$	\$
Note 7: Salaries and Employment Costs		
Wages and salaries	450,916.68	334,927.64
Fringe Benefits Allowance	149,989.79	119,961.91
Superannuation contributions	81,141.22	67,913.10
On costs	25,641.08	19,804.65
Consultant and temporary staff	84,191.42	73,817.50
	<u>791,880.19</u>	<u>616,424.80</u>
Less: Recoveries on grants	-232,517.79	-81,136.92
	<u>559,362.40</u>	<u>535,287.88</u>
Note 8: Support, education and promotion		
Service costs	5,166.37	4,664.47
Counselling expenses	2,161.08	1,642.78
Member and volunteer activities	24,819.94	24,770.04
Support groups	11,398.72	16,066.34
Education expenses	22,946.07	18,205.44
General awareness expenses	22,084.51	11,862.50
Public relations and fundraising	49,993.08	42,503.26
Publications and resources	875.00	5,219.11
Parkinson's Australia	43,017.73	53,704.11
Moving expenses	1,561.68	30,599.30
	<u>184,024.18</u>	<u>209,237.35</u>
Note 9: Research Grants and Bequest Expenses		
Bequest expense	2,191.46	3,022.95
Research expense	97,726.95	78,125.17
Grants expense	1,583.75	60,284.36
	<u>101,502.16</u>	<u>141,432.48</u>
Note 10: Operating Expenses		
Accounting fees	14,049.36	16,330.00
Fees to auditor for -		
auditing	5,412.00	7,570.00
other services	0.00	0.00
Depreciation	13,200.00	13,200.00
Travel and accommodation - Conferences	952.90	540.79
Telephone and communications	7,583.43	9,093.00
Internet expense	454.55	503.63
Insurance	15,329.99	6,993.96
Office expenses	22,897.46	23,038.22
Postage	14,605.01	17,979.02
Printing	2,462.50	4,999.18
Rent	0.00	55,853.63
Repairs and maintenance	7,787.99	4,840.73
Staff amenities and meetings	283.64	547.77
Membership and subscriptions	3,465.19	2,444.55
Stationery	6,223.99	6,888.31
Legal expenses	0.00	0.00
	<u>114,708.01</u>	<u>170,822.79</u>

Parkinson's NSW Inc
ABN 93 023 603 545

Notes for the year ended 30th June, 2011(continued).

	2011	2010
	\$	\$
Note 11: Cash Assets		
Bendigo Bank trading account	246,330.76	200,280.78
Bendigo Bank term deposit	515,085.97	490,054.93
Cash on hand	400.00	250.00
Commonwealth Bank of Australia	22,958.14	18,755.43
Commonwealth Bank term deposit	0.00	15,984.32
Macquarie Bank term deposit	110,409.09	104,825.74
	<u>895,183.96</u>	<u>830,151.20</u>
Note 12: Debtors		
Department of Health and Ageing	0.00	7,086.30
Unity Walk sponsorship	53,500.00	15,000.00
Debtors	8,491.57	8,804.10
Sundry debtors	12,510.54	14,585.19
	<u>74,502.11</u>	<u>45,475.59</u>
Note 13: Plant and Equipment		
Office Equipment	218,853.68	191,958.23
Less: Accumulated depreciation	-110,533.00	-97,333.00
	<u>108,320.68</u>	<u>94,625.23</u>
Note 14: Grants Held In Trusts		
Chinatown Support Group	5,563.50	50.00
Coffs Harbour Nurses Fund	3,316.00	3,040.00
Cecelia Kilkeary	5,573.59	0.00
Education - Living Life	18,221.90	20,000.00
Australian Chinese Foundation	3,760.00	0.00
Tom Burns Trust for PD Nurses	34,891.22	37,877.12
CDSE Grants	605.00	58.45
Young Men's Network	115,158.48	85,541.73
Bondi Lions Club	0.00	2,000.00
Eventide Homes	25,000.00	
Parkinson's NSW Trust	-99,311.92	-1,000.00
Goulburn Nurses Fund	7,924.00	7,924.00
DASH - Perpetual	0.00	40,450.72
DASH - Dementia Community Program	0.00	-4,459.66
Fred P Archer Charitable Trust	0.00	28,000.00
Hornsby Support Group Nurses	5,000.00	5,000.00
Coffs Harbour Support Group - Operating Exp	2,150.00	0.00
Young Onset Parkinson's Project	77,679.19	0.00
James N Kirby	5,000.00	0.00
NGO Grant Program	1,200.00	0.00
HACC Training	53,609.00	0.00
	<u>265,339.96</u>	<u>224,482.36</u>

**Parkinson's NSW Inc
ABN 93 023 603 545
Independent Audit Report**

Scope

We have audited the attached financial reports, being special purpose financial reports, for Parkinson's NSW Inc, comprising the Detailed Statement of Financial Position as at 30th June, 2011 and Income and Expenditure Statement and Statement of Cash Flow for the year ended on 30th June 2011. The financial statements have been prepared for the purpose of fulfilling the requirements of the Associations Incorporation Act 2009 of New South Wales. The Council is responsible for the financial report and has determined that the accounting policies used are appropriate to meet the requirements of the said Act and are appropriate to meet the needs of the members.

We have conducted an independent audit of this financial report in order to express an opinion on it to the members of Parkinson's New South Wales Inc. No opinion is expressed as to whether the accounting policies used are appropriate to meet the needs of the members. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

Committees' responsibility for the financial report.

The Committee members are responsible for the preparation and fair presentation of the financial report and the information contained therein. This responsibility includes establishing and maintaining internal controls relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error, selecting and applying appropriate accounting policies, and making accounting estimates that are reasonable in the circumstances.

Auditor's responsibility.

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Committee, as well as evaluating the overall presentation of the financial report.



Parkinson's NSW Inc
ABN 93 023 603 545
Independent Audit Report

These procedures have been undertaken to form an opinion whether, in all material respects, the financial report is presented fairly in accordance with the basis of accounting decided by the Committee, so as to present a view which is consistent with our understanding of the association's

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Auditor's Opinion

In our opinion, the financial report presents fairly, in accordance with the accounting policies decided upon by the Committee, the financial position of Parkinson's NSW Inc as at 30th June, 2011 and the results of its operations for the year then ended.



Allan Dodd FCPA
Frost Crane & Co Pty Ltd
26 September, 2011

Parkinson's NSW Inc
ABN 93 023 603 545

Lead auditor's independence declaration under the Associations Incorporations Act of New

To : the Committee members of Parkinson's NSW Inc :

I declare that, to the best of my knowledge and belief, in relation to the audit for the financial year under review, there have been no contraventions of :

- (a) the auditor independence requirements as set out in the said Act in relation to the audit; and
- (b) any applicable code of professional conduct in relation to the audit.



Allan Dodd FCPA
Frost Crane & Co Pty Ltd

23 September, 2011

Thank you to all of our volunteers

As a not for profit organisation Parkinson's NSW relies heavily on the generosity of others in many different ways. None more so than those that give their time. From our regular office and administration volunteers to those that have helped at our events. These people enable us to do the work we do and make our events the success they are. We would like to thank all of our volunteers.

Fit4It Health and Fitness

Alex Kinsey

Alice Chan

Amanda Blake

Angela Bolton

Anita Jeffree

Anna Firth

Ben Bessant

Betsy van Bree

Betty

Bowral Golf Club - Tulip Time
Volunteers

Brian Guo

Bronwyn Kosman

Christopher Jones

Courtney Clark

Dasha Black-Gutman

Dr Magdalena Kamecka

Eric Hockings

Eunice Wong

Flora Zhao

Freda Dixon

Giuletta Daniele

Gunnar Schramm

Heather Dryburgh

Helen Houston

Helen Inkpen

Hugh Farmer

Jackie Cousins

Jane Whitfield-Horesh

Janine le Roux

Joan Sansom

Joanna Irving

Joanna Tan

John Sullivan

Judy Marshall

Karen Whitton

Ken Birkett

Lesley Talbot

Linda Davies

Lyn Smith

Majorie Webb

Matt Caffrey

Matthew Sain

Michelle Sain

Mick Talbot

Monica Chu

Monique Moller

Patrick Whitton

Paul Howarth

Paula Argy

Peter Traill

Phoebe David

Pubudhini Rupasinghe

Quota - Tulip Time Volunteers

Raymond Lam

Renea Alenaje

Reyhan Ulutas

Robyn Ferguson

Robyn Kirkwood

Ross Jones

Rudolph Wirawan

Samantha Ye

Samuel Chu

Shoalhaven Support Group - Tulip
Time Volunteers

Sophia Liauw

Southern Highlands Support Group -
Tulip Time Volunteers

Stefanie Reyes

Stephen Kinsey

Sue Rance

Sue Rooleht

Teddy Bradley

Ting Zhao

Tulip Time Volunteers

Vienne Leung

Zoltan Levitt

Parkinson's NSW supporters in 2010-2011 financial year

ORGANISATIONS

Abbott Products Pty Ltd
 Airport Sydney International Motor Inn
 Anonymous
 Argyle Inn Camden
 Armpell Civil Pty Limited
 Balance
 Ballina Rabbit Trappers
 Banjo Advertising Pty. Ltd
 Batemans Bay First National Real Estate
 Batemans Bay Property Services
 Battery World Australia Pty Ltd
 Bendigo Bank Limited
 Boehringer Ingelheim Pty Ltd
 Bullock & Walters
 Cafe2u North Ryde
 CBA Social Club Charity
 Claudios Quality Seafoods
 CMC Coil Steels
 Coleambally Community Bank
 Crane Group Limited
 Creative Landscape Supplies
 Cromwell Operations
 Curves West Ryde
 Don Edgar Pty Ltd
 Donaghys Pty Ltd
 E Smart Finance Pty Ltd
 Edwards Constructions (NSW) Pty Ltd
 Elidavid Pty Ltd
 Ernst & Young
 Eventide Homes
 Facilitate Digital
 Galston Financial Services Ltd
 Gilbert & Tobin Lawyers
 GRJA & GJ Burgess & Bayfoyle Pty Ltd
 Harmonlodies Cantonese Opera Inc
 Henning Harders Australia Pty Ltd
 Invocare Australia Pty Ltd
 J & M Trevasakis & Sons
 John Healey & Assoc Pty Ltd
 Juro's Real Estate
 Kasio Mechanical Services Pty Ltd
 Kemp Strang
 Kentia Group
 Lighting Affairs
 Lind Golf
 Loraway & Associates
 Lundbeck Australia
 M & C Saatchi
 Murray Darling Freshwater Research Centre
 Myora Pty Ltd
 Nachi (Australia) Pty Ltd
 Nature Coast Properties Pty Ltd
 North Sydney Council
 Novartis Pharmaceuticals Australia Pty Ltd

Paul & Scollard Pty Ltd
 Peoplebank Australia Pty Ltd
 Peter Wright Golf Agencies
 Regiti Pty Ltd
 Reynolds Court Coffee Club
 Rosmarn Pty Limited
 Smartline Personal Mortgage Advisor
 Summit Gear Pty Ltd
 Sydney Airport Corporation Limited
 Sydney Markets Limited
 The New Generation
 Tong Li Pty Ltd
 Tranter Lawyers
 Tuggerah Realty
 W B R City Fencing
 Wall's Nursery
 Watson Erskine & Co Pty Ltd
 Webstercare
 Westpac Banking
 Whelan Investments Pty Limited
 Wynwood Nursing Home
 Zappia Bro Pty Ltd

TRUSTS AND FOUNDATIONS; GOVERNMENT

AMP Foundation Charitable Trust
 Australian Chinese Charity Foundation
 Cecilia Kilkeary Foundation Ltd
 City of Wagga Wagga
 CMV Foundation
 Department of Family & Community Services
 Kogarah Council
 Macquarie Bank Foundation
 Macquarie Group Foundation
 NSW Health Department
 The James N Kirby Foundation
 The Kevin Williams Trust
 Willoughby City Council

BEQUESTS

Estate Late Alan James Walker
 Estate Late Colin Davey
 Estate Late Dagmar W Halas
 Estate Late Ronald Griffith Delve

PARKINSON'S NSW SUPPORT GROUPS

Bankstown
 Casino
 Castle Hill
 Central Coast
 Coalfields
 Coffs Harbour
 Cowra Parkinson's
 Eurobodalla
 Grafton Parkinsons
 Hawkesbury
 Hornsby/Kuring-gai

Illawarra North
 Lismore
 Lower North Shore
 Maroubra
 Nambucca Valley
 Newcastle
 Northern Rivers
 Parkes
 Port Macquarie
 Shoalhaven Nowra
 St George/Sutherland
 Tamworth
 Wagga Wagga
 Yamba
 Yass

COMMUNITY SECTOR

8 Lunch Bar
 Abermain View Club
 ARD at University of Wollongong
 Baptist Community Services
 Business Relationships at Sunrise (BRAS)
 Cabra-Vale Diggers
 Cessnock Lions
 Chester Hill Writers Club
 Clubs NSW
 Country Womens Association of NSW Northumberland
 Epping RSL (Sub Branch) & Community Club Ltd
 Friday Furies
 Grafton Senior Citizens Inc
 Illawarra Combined Seniors' Dance Groups
 Keno
 Lioness Club of the Sutherland Shire
 Lions Club of Beecroft - Cheltenham
 Lions Club of Parramatta Inc
 Lions Club of St Ives
 Lismore Golf Club Social Fishing Club
 Mount View High School
 Mount View High School Canteen
 Mount View High School SASS Staff
 Narrabri Seventh Day Adventist Church
 Peats Ridge District CWA
 Rotary Club of Orange-Calare
 Royal Aeronautical Society
 Sandy Creek & Charleroi Fire Brigade
 St Catherine's Friendship Club
 St George Hospital Physiotherapy Dept
 St Paul's Seniors' Friendship Group
 Terrigal Evening Country Womens Association
 The Rotary Club of Strathfield
 Transport Women Australia Limited

Tuggerah Lakes Art Society Inc
 Valhalla Village Craft Group
 Westpac Retired Officers' Club - Central Coast Branch

INDIVIDUAL DONORS

Graham Aboody
 Andrew Adam
 Mary Adamopoulos
 Robyn Adams
 Beverley Adcock
 Cleone Addison
 A Adler
 Margaret Allen
 Paul Alliston
 John & Yvonne Almgren
 Tricia Alzate
 Alan Anderson
 Helene Anderson
 Rachael Anderson
 Donald Andrews
 NE & K Andrews
 John Andronas
 Rosalind Anne
 Audrey Anstee
 A Arditi
 Doris Armstrong
 William Arnold
 Michelina Arquilla
 Arquilla & La Schiazza Families
 Fiona Arroyo
 Jess Arroyo
 A Ash
 Martin Ash
 Robert Ashton
 Yvonne Ashton
 Arthur Auld
 Evon Bacash & Family
 Annette Baggie
 Jackie Bailey
 Walter Bailey
 R Baird
 Shane Baker
 C Baker
 Patricia Baker
 Ross Balken
 Dawn Balken & Family
 Norma Rae Barker
 J Barnicoat
 Rob Barnwell
 Margaret Barrett
 Margaret Barry
 Lisa Baskin
 G Basser
 Christine Bates
 Peter Baulman
 Lesley Beath
 Wal Beatty
 Joanne Beaumont
 Cain Beckett
 R Beddows
 S Beecher
 J Beenie
 Ken Beenie

Parkinson's NSW supporters in 2010-2011 financial year

Meg Behrendt
 Cathy Bell
 Olive Bennett
 Deborah Bennetts
 George Benson
 Gwen Benton
 Helen Berick
 Gillian Bersten
 David Besson
 Jayne Betts
 Rodney Beveridge
 Frances Bible
 Stephen Bible
 Margaret Bible
 E Bickford
 C Bierer
 Pamela Binnie
 Brendan Birthistle
 Dorne Biscaya
 Helen Black
 David Blacklock
 Yvonne Blake
 WM & NF Blanshard
 Sharyn Blass
 Ray Blizard
 Michael Boake
 R Boersma
 George & Rony Bogнар
 Anthony Bogнар
 Sean Boiling
 Johanna Boland
 Brian Bolland
 John Bond
 F Bonforte
 Margaret Booth
 David Boreham
 Derek Boulт
 J Bowe
 Dianne Bowman
 Simone Bowskill
 Max Bowtell
 Susan Boxall
 Douglas Boyling
 G. Bradford
 Ben & Kathrene Bradley
 Veronica Bradley
 John Breckenridge
 E Brewer
 Brian Brigham
 Alan Brindley
 Shirley Brockwell
 Bob & Helen Brown
 Keith Brown
 Margaret Brown
 Ruth Brown
 Joan Brown
 Ormonde Brown
 W & S Browne
 Ray Browning
 Mary Bryant
 Judith Bryant
 J Bugden
 Joyce Bunch
 Carolyn Bunney
 Elizabeth Burgess
 Ian Burke

Robert Burke
 Fred Burke
 Bruce Burne
 D Burns
 ML Burrage
 Yvonne Burton
 Belinda Burton
 Karen Butchers
 Ben Butera
 Ronald Butler
 George Butler
 Annie Cage
 Louise Cahill
 KL Cahill
 Hilary Caldwell
 Coral Callan
 Shane Cameron
 John Cameron
 Ronald Cameron
 John Cameron
 Cammeray Marina
 Reginald Campbell
 Ann Canham
 Ian Canham
 Beth Card
 Joseph Carnuccio
 Angela Carrick
 Betty Caruana
 Michael Cass
 Mary Cathro
 R & C Cattana
 John & Yvonne Cattana
 P Cattermole
 Lydia Ceccato
 Guy Centrone
 Louis Challis
 Anny Chan
 K Chang
 John Chapman
 Ruth Cheers
 Keith Cheeseman
 R & E Cherny
 M Cherny
 Danielle Cheung
 Athol Chiert
 G Chiert
 W Chiert
 M Chiert
 Colin Childs
 Mollie Chivers
 Angela Cho
 Florence Chou
 Dorothy Christensen
 Christine Clark
 Clark Family
 Allan Clarke
 Barry Clarke
 Frank Clarke
 Elma Clarkson
 Alan Clay
 Kerry Clay
 Leila Clifford
 John Clifford
 Edna Coaldrake
 Ian Cobcroft
 BR Coghlan

J Cohen
 Pamela Cohen
 Dick Collingridge
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 Nina Conomos
 Chris Constanti
 Alan Cook
 Anne Cook-Moore
 Anthony Coombs
 Michelle Cooper
 Honora Corbett
 J. Cottle
 Deborah Coulls
 Robyn Counter
 Margaret Couzens
 P M Cowley
 Darren Cowling
 Leah Craig
 A & A Craparotta
 Phillip Craparotta
 Henry Crawford
 Vilma Creed
 Phil Crichton
 Gordon & Betty Crimp
 Caroline Crowe
 F Cullen
 David Cumming
 Jan Cumming
 Robin & Margaret Cummins
 John & Ann Cunningham
 Barbara Cuthbert
 Nicola Cuthbert
 Steve Cutler
 Michael Daly
 Margaret Daly
 Keith Daniel
 John Daniell-Webb
 Bernard Danks
 Lois Dannecker
 Eric Dargie
 Audrey Dark
 Dennis Darras
 Shirley Darton
 Andy Davey
 Margaret Davey
 Joan Davidson
 N Davies
 Helen Davies
 Barry Davis
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 Lidia De Nicola
 Liana De Sisto
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 Maria Defant
 J & V Deguara
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 Margaret Downes
 Ada Downie
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 Peter Eastway
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 Robert Edwards
 Bruce Edwards
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 Noelene Elliott
 Ian & Yvonne Ellis
 Chris Ellis
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 WF Elton
 Tania Enever
 Ernie Erba
 Mike Evans
 John Evans
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 Penelope Evans
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 J Fitzgibbon
 Chris Fitzmaurice
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 Romano Fois
 Marjorie Foot
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 Joan Ford
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 P M Foy
 Tessa Francis
 Andrea Franco
 Bruce Frank
 Wayne Frankland

Parkinson's NSW supporters in 2010-2011 financial year

Valentino Yerko Franolich
 H Frazer
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 A Frilingos
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 Elaine Gilbert
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 Ronald Gillan
 Betty Gilmore
 Joy Gimbert
 Edda Giorgiutti
 V Glass
 Marion Gledhill
 Anthony Gleeson
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 Lorraine Godfrey
 Pamela Gordon
 Audrey Gorham
 Teunis Gorsel
 Paul Gosling
 Hans Gotthard
 Nola Gould
 J E Gould & family
 Veronica Gover
 David & Jane Gow
 Naomi Gracey
 Jennifer Gracey
 Dan Grady
 Edward Grant
 Karen Graves
 Steven Gray
 Helen Grebert
 Maurice Green
 Michael Green
 David Green
 Graeme Greenwood
 John Gregor
 Jean Griffiths
 Kendall Griffiths
 Leonard Groat
 Gross Family
 T Grossman
 Peter Grove
 Margaret Guinane

John Guinane
 Nancy Gulbrandsen
 Joe & Carol Gullotto
 Michael Gunnell
 Dasia Gutman
 Jocelyn Hackett
 Nigel Hadley
 Pamela Hadley
 Sue Hain
 David Hain
 Harry Hair
 Paul Hales
 Frank Haley
 Michael Hall
 Roland Hall
 James Hall
 Joan Hallett
 Max Handcock
 John Hanna
 D Harding
 Peter Harding
 John Harding-Smith
 Kathryn Harle
 Miriam Harman
 Bruce Harper
 Beryl Harrington
 Blair & Melinda Harrington
 Beryl Harris
 Catherine Harris
 Quan Harris
 Leone Harris
 Baden Harrison
 John Harrod
 Brendan Hartnett
 Estelle Hartstein
 D Hartstein
 Vicki Hartstein
 Louis Harwin
 John Hassett
 Adam Hatch
 Juanita Hattersley
 A Havas
 David Hawdon
 Kel & Jill Healy
 Joyce Hedlund
 Hedney Webb, Marg &
 Graham Denis and Family
 Mark Heffernan
 Patricia Heilman
 J & F Hellyer
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 Bill Henderson
 Michael Henry
 Robert & Helen Herculson
 Serena Hershon
 Jennifer Hershon
 Bethany Hetherington
 Terry & Colleen Hetherington
 P Hetherington
 Hibbitts Family
 Jo Higgins
 Peter Hilder
 Carolyn Hilder
 Sally Hill
 Anne Hillman
 James Hindle

Peter Hitchcock
 J Hitchen
 Rita Ho
 Vince Ho
 S Ho
 Jan Hobbins
 Joan Hodgkinson
 Barbara Hogan
 Susanne Hogan
 Margaret Hogan
 Loyla Hogarth
 Jane Holland
 Elaine Hollis
 IR & JD Hooper
 Mary Hopson
 Henry Hourihan
 Andrew & Georgie Howard
 Geoff & Jann Howard
 Donald Howe
 Joan Hoyle
 Yue Huang
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 Carmel Hubbard
 Aileen Huggill
 Andrew Hunt
 Diane Hunter
 Mark Hurden
 Al Hurst III
 Paul Hutchins
 Sandra Ianitto
 Bill Inglis
 Shaun Ireland
 Phill Irvine
 Joan Isaksen
 Janice Iwaniak
 Bethyl Jackett
 Katy Jackett
 Stephen Jackson
 Irene Jackson
 P & S Jacobson
 M Jarrett
 D & A Jeans
 Warren Jesson
 John Cameron & Annette
 Doolan
 Elfriede Johnson
 Reg Johnson
 Keith Jolly
 J Jolly
 Brian Jones
 Margaret Jones
 Ross Jones
 Robin Jones
 Ralph Joseph
 Amanda Judge
 Dorothy Juknaitis
 Duriye Kandemir
 Yvonne Kappler
 J Karakatsanis
 Stephen Karas
 Susie Kassab
 Michael Katsoulakos
 Kenneth Kearns
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 Marcus Kennedy

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 Dennis Kennedy
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 T Kho
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 Peter King
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 Margaret Knox
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 A Kokkinis
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 Zoe Kominatos
 Konstantas
 Alex Koroknay
 Gerald Kosman
 Helen Koulinos
 Horst Krietsch
 Kritharis
 H Krug
 Krystyna Wareing and Michael
 Smietana
 Pip Kuczerawy
 Marios Kyriakides
 Harry Laboyrie
 Jim & Mary Lagis
 Lagoutaris
 Grace Laidlaw
 Kaye Lain
 Elizabeth Laing
 Andy & Margaret Lang
 C Langdon
 Eve Laron
 George Laron
 Wing Lau
 D Laverty
 Joan Lawler
 Anita Lawrence
 George Lawson
 Pat Lawson
 Tom Lawson
 Tina Le
 Ronald Leahy
 Cathy Lean
 Gary Lee
 Bernadette Lee
 S Lee
 William Lee
 Joan Lee
 Geoff Leech
 M I Lehrle
 Eileen Leigh
 Michele LeRoy
 Barry Leveson
 Stanley Levin
 ETTYANN LEVY

Parkinson's NSW supporters in 2010-2011 financial year

G Levy
 H Lewis
 Ian Lewis
 James & Fotoula Liaros
 L Lilienfeld
 Ron & Patricia Liling
 Irene Lim
 John Lincoln
 Paul Lindwall
 Mark Ling
 Janet Linklater
 Grace Lombardo
 Toni Lombardo
 Dorothy Long
 Joy Longfield
 Keith Loosemore
 Alessandra Lopert
 Helen Lorne-Smith
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 Brendan Maley
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 C Manning
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 Stephen Marks
 Larry Marks
 Mabel Marks
 K Marsden
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 Cyril Marshall
 John Marshall
 Ella Martin
 Bronwyn Martin
 Jennifer Martinelli
 Maurice & Celine Martinelli
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 PJ & MJ Meers
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 Marjorie Merrill
 G & P Metcalf & Hackett
 K Meyer
 S Micholson
 Caterina Milazzo
 Robyn Milne
 Alan Milston
 Joshua Milston
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 Janice Minnis
 Joan Minors
 Phil Mirams
 Valerie Mitchell
 M S Mitchell
 Edward Mitchell
 Isabel Mitchell
 Margaret Mohlenkamp
 Hugh Montgomery
 Tony Moon
 Angie Moonen
 Tony Mooney
 Mary Mooney
 Mooney Family
 Dawn Moore
 Dean Moran
 Jens-Peter Moreitz
 Alex & Ann Morgan
 Kay Morgan
 Dennis Morgan
 Keith Morley
 Margaret Morrow
 Keith Morrow
 Gail Moses
 Glenn Moss
 Janice Mossfield
 Frank Mossfield
 Ross Motbey
 Liam Harper & Mr Tim Longuet
 Lesley Muir
 Lyn Mulligan
 Gloria Murphy
 Laurie Murphy

Bruce Murray
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 Filippo Navarra
 Bernadette Neal
 Gweneth Neely
 Prue Neidorf
 Lynne Neilson
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 Jackie Ness
 Iris Neuendorf
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 Jeffrey Newman
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 Minh Tam Nguyen
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 B Nicholson
 John Nicholson
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 Ann Nugent
 Audrey Nutman
 Kaylene Oakley
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 Angela O'Connell
 Maureen O'Connor
 Una O'Doherty
 Tom & Mileva Ojdanic
 Helen O'Loughlin
 M Organ
 Marion June Organ
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 Carolyn Osborne
 Dorothy Osborne
 Geoffrey Ottewill
 Antoinetta Pace
 Doug Palmer
 Spiro Pandelakis
 Papatheodotou Family
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 P Pappas
 Hedy Pardey
 Andrew Pardoe
 John Pardoe
 Ray Pargeter
 Rhondda Paton
 Alice Paton
 Malcolm Paynter
 Barry & Thelma Peacock
 Peak Promotions
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 John Pemberton
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 Eugene Percharowicz
 Beryn Petersen
 Kathleen Petrik
 Joseph Phelan
 Keith & Catherine Phillips
 Fred Phillips

Arthur E Phillips
 Kate Phillips
 Pamela Philpott
 Narelle Phipps
 Dawn Picker
 Chris Pickering
 Ronald Pickford
 Tony Pidimont
 June Pink
 N & S Pittas
 Vito Pizzitola
 R Place
 Gina Plate
 John Poole
 Allan Poole
 W Pope
 Vince Porgida
 G & MD Porter
 Michelle Post
 Maisie Pownall
 Thea Prammer
 F Pratt
 Z Prdjan
 G Preneas
 Letty Presser
 Douglas Price
 Carole Prokop
 George & Afroula Pserras
 Steve & Patty Pserras
 Teresa Puglia
 Barry Pullbrook
 Claire Pullen
 I Quah-Smith
 Glenn Quince & family
 John Rabbitts
 Gwen Radke
 Donald Raffell
 Geoff Rainbow
 Jill Ralston
 Leila Ramadan
 Cecilia Rao
 E & J Rapee
 Malcolm Rattray
 Nicole Raven
 Brian Rawlinson
 Glenda Rawlinson
 John Read
 Cassandra Read
 Leigh & Lynne Reading
 Kenneth Reed
 Barbara Reeson
 Margaret Reid
 Gordon Renneberg
 Cheryl Reynolds
 P & J Rhodes
 Thelma Rice
 Norman Richards
 Michael Richardson
 Gary Richmond
 P Rickard
 Louise Rickards
 Roslyn Riordan
 John Roberts
 Ian & Maureen Robertson
 Joan Robinson
 Bruce Robinson

Parkinson's NSW supporters in 2010-2011 financial year

Helen Robinson
 Marie Robinson
 Stephen & Katerina Robinson
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 Ken & Marie Ronan
 Barry Ross
 Ron & Phyllis Ross
 LG & BD Roucher
 Matthew Rowe
 Nicoletta Rowlands
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 Jim Rudd
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 M. E. Rumbel
 Chris Rush
 Shirley Russ
 Janice Russell
 Elinor Russell
 John Russell
 K Ryan
 Paula Ryan
 Joyce Ryder
 Leonard & Diana Rynkiewicz
 Julie Sadleir
 Kohar Sakaian
 F Salatino
 David Samer
 V Sandeman
 Trevor Saunders
 Warren Saunders
 Mary Savidis
 Eleni Saville
 Gail Saxby
 Thomas Scahill
 Gisella Scheinberg
 Maria Schiller
 Jann Schlunke
 Gundhilde Schocher
 Ellen Scott
 Amelia Scott
 Ruth Selmes
 Malcolm Sender
 Helen Sham-Ho
 M Shapiro
 Reginald Sharp
 Margaret Sharp
 Di Shaw
 Peter Shea
 Christine Sheeley
 Peter Shepherd
 Clive Sher
 Doreen Sherring
 Arthur Len Sherring
 Rachel Sherwood
 Irene Shirlow
 Elsa Shum
 Siva Sidapragasam
 Urs Sieber
 John and Rebecca Silk
 Helen Simos
 Allan Simpson
 Elsa Simpson

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 Ros Small
 Helen Smith
 Ian Smith
 Margaret & Ted Smith
 Paul & Lynda Smith
 Leonard Smith
 Ken Smith
 Joan Smith
 Geraldeene Smithers
 June Snedden
 W Snodgrass
 Barry Snowball
 Betty Solomon
 M Somerville
 Karen Sonneman
 Paul Sorensen
 T & A Souris & Family
 George Souris & Family
 Shirley Spencer
 Graeme Stace
 Albert Stafford
 Lillian Stammer
 Ilma Staples
 Irene Steele
 Walter Steller
 Tony & Fina Stellino
 Gerard & Lyla Stephen
 Alan Stephenson
 Pamela Stern
 Barbara Stern
 Joseph Stern
 Eileen Stevenson
 George Stevenson
 Ian Stewart
 Joanne Stolley
 John Stormon
 Owen Streatfeild
 Edna Street
 John Sullivan
 Barb Supple
 Jeff Suters
 Peta Sutherland
 Barry Swain
 John Swivel
 Jill Sykes
 Betty Symonds
 J Symonds
 G H Symons
 Shymeen Taiyab
 David & Patricia Tandy
 Gwen Tasker
 Rita Tavender
 Frances Taylor
 Gill Taylor
 Robert & Antonella Taylor
 Barbara Taylor
 Penny Taylor
 Robert Teagle
 The Caracatsanis Family
 The Whitton Family Trust
 Nick Theodosis

L Theodoulou
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Thank you to all of the online supporters who donate at other events throughout the year.



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Parkinson's NSW Inc. Publication 2011

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