



Merimbula Focus Group members, partners and carers together after the focus group discussions. Bernard Taylor, left, Bob McDonald, Jean Nicholson, Robert and Beth Collins, Peter and Martina Lammers, and Margaret and Tas Harlow.
Photo: Merimbula News Weekly

Stand by Me

Early Onset Parkinson's: A race for life

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Young Starters

The Young Onset Parkinson's Disease Research Project.

Parkinson's Disease (PD) is often seen as a disease of older people and much existing research on the disease is focused on the needs of older people, yet there are thousands of people aged under 65 who are living with 'young onset' PD.

Emma Partridge
Research Director
Institute for Sustainable Futures
University of Technology, Sydney

An important research project is being run with the University of Technology, Sydney, funded by Parkinson's NSW and the NSW Government, studying people living with 'young onset' PD. To date, a literature review, two pilot workshops with young onset peer support groups and an online survey of 300 people with young onset PD in NSW have been completed.

Survey participants came from all over the state with more than half outside Sydney. Participant average age was 56 years, while their average age at diagnosis was 50 years. Most respondents were satisfied with the care received

from their GP (80 percent) and their neurologists (84 percent), while some participants indicated they had difficulty accessing GPs (10 percent) and neurologists (18 percent). Access to a neurologist was more difficult for respondents in rural areas. Some of the responses in the survey tell us about the main challenges people living with 'young onset' PD face:

The findings of this study will inform advocacy and lobbying to improve services, programs and information for younger people with PD.

Top line results from the focus groups

Employment

- Having to take early retirement.
- Trying to cope with my job.
- Sense of independence.
- All the things I loved doing I can no longer undertake.

Long term financial security

- I cannot work like I used to, so the financial stress is killing us.
- Not knowing what to expect, and how long I can keep working so I can pay my mortgage and support my family.

Mobility

- Risk of people in public knocking me over.
- Fine motor skills and movement co-ordination.
- Stiffness, balance and generally slowing down.

Activities of daily living

- Not able to do the house work, walking, not able to travel long distances, shopping, not driving.

Relationships

- My wife has turned into a carer.
- Coping with stress and frustration without taking it out on family and children.
- Friends and workmates just can't understand what PD is like.

Social life

- Loss of confidence and social skills.
- Socially I've become more withdrawn.

StandbyMe



Member for Bega and Minister for Ageing and Disability, Andrew Constance, left with CEO of Parkinson's NSW, Miriam Dixon and president of the local Parkinson's support group, Bob McDonald.

From the CEO

Young Onset Research Project

Over recent months I have had the privilege of attending and facilitating focus groups for the young onset research project. The project involved interviewing young onset people living with Parkinson's in Ballina, Bega, Parramatta and Dubbo.

These groups provided a wonderful opportunity for people to share experiences that will help others and assist us develop and advocate for suitable programs and policies. This was also an excellent opportunity to get a better understanding of the challenges faced by people living with Parkinson's, including regional areas.

Stand by Me Survey

We have received a tremendous response to the *Stand by Me* Survey, and appreciate so many people sharing their thoughts. Many of those responding have asked for more information on research in Australia and abroad, and on medications and therapy options. This will assist us in planning future editions of *Stand by Me*, and in selecting material for our website. The results for the survey will be included in the Christmas edition of *Stand by Me*.

Advocacy

Following our lobbying, the New South Wales Minister for Health, Jillian Skinner, established a scoping study to address three issues: the availability, at no charge, of consumables and injections for Apomorphine, the availability in public hospitals of deep brain stimulation, and the provision of funding, and expanded funding, for specialist Parkinson's nurses.

There have been two subsequent meetings with the government on these issues. We understand the government is looking to explore funding models.

We have also been pursuing the extending of PBS listing for drugs to treat hallucinations in Parkinson's, as current listings for these drugs does not generally permit use for that purpose. We were delighted when Sophie Scott of ABC News took this issue up, receiving attention on the ABC1 television news and on ABC News 24. These programs featured new research by our board member Dr Simon Lewis, into hallucinations for people living with Parkinson's.

Retirement of Peter McWilliam

After 18 years of service on the Parkinson's NSW Board, Peter McWilliam has retired. Peter has

held numerous board positions, including President. He also served with Parkinson's Australia. I would like to acknowledge and thank Peter for his enormous contribution to the Parkinson's cause.

New Board Member

We welcome Andrew Kaczor as a new board member. Andrew comes with a wealth of experience in corporate management currently holding the position of Director of Operations, Global Business Services, with IBM Australia/New Zealand.

Lunch for Volunteers

We recently had a lunch, at State Parliament in the Speaker's Garden, to honour our volunteers. The Honourable Victor Dominello, Minister for Volunteering, joined us to show his support.

The assistance of board members and other volunteers is absolutely crucial in helping us achieve most with a limited budget. We would be delighted to welcome anyone interested in assisting us as a volunteer. We have a variety of roles to suit different skills.

Yours in Parkinson's friendship

Miriam Dixon
CEO

Early Onset



From the President

While nobody with Parkinson's would ever see it as a normal part of life, those of us who are over 65 years when diagnosed are probably more able to be philosophical about it.

For younger people, though, it can be like a bolt of lightning, striking at the heart of one's existence. And the earlier it strikes, the bigger the shock.

Dealing with Parkinson's Disease is always hard but, for a younger person, doubly so: relationships can suffer; between partners; with children; and with peers.

Apart from any other aspect, the classic, passive expression can cause miscommunications and create an impression of aloofness.

For someone of retirement age, stopping work is a normal step; often some wealth has been accumulated; and responsibilities have diminished.

For people of working age, though, staying in employment as long as possible is important; money can create challenges; and responsibilities abound. It is especially sad that younger people with Parkinson's often have to conceal their diagnosis in order to hold down a job.

Because the majority of Parkinson's sufferers are older, services and facilities tend to fall into the aged care basket. This can be galling for younger people who don't feel as though they fit into that category. That problem is exacerbated by the fact that there is some confusion


over state and Commonwealth responsibilities for those over or under 65 — younger people tend to fall between the stools.

It is encouraging, however, to see the success of Parkinson's NSW support groups, Speeding Vibrations, the Tulip Belles and the Young Men's group, all of which provide peer contact and support for younger people. The recent National Convention for younger onset members, held at Ingleside in Sydney, was a huge success and seems destined to be a regular event.

Another bright spot is the research project into the needs of younger people funded by the NSW Government. An initial survey is now being followed up by a series of focus groups and the whole study will throw new light on the subject of priorities and key issues. The results will help prioritise both Government services and our own.

This edition of *Stand By Me* is focused on Parkinson's impact on the young, those for whom the Parkinson's journey can be a very long one.

Chris Davis



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Research Grants

Each year, Parkinson's NSW places seed grants for research into Parkinson's disease. These are the three successful research projects.

Mobilising iron in the brain

Principal Investigator
Dr Rachel Cobb
School of Medical Sciences
(Pharmacology)
Sydney Medical School
Sydney University

While iron is essential for good health, its concentration in the body must be tightly regulated, since in excess, iron can cause serious tissue damage. In patients with Parkinson's disease, iron is thought to contribute to the progressive loss of dopaminergic neurons.

In 2010, a new class of agents was developed that showed promise in leaching iron located inside cells. In this project the ability of these compounds to modulate iron-induced toxicities

in vitro models of Parkinson's disease will be determined.

The results of this research will advance knowledge of mobilising iron in the brain as a potential therapeutic option for Parkinson's disease.

In the short term, the compounds used in the research will enable a more complete understanding of the role of iron in the brain of people with Parkinson's disease.

Gene directed differentiation of dopaminergic neurons

Principal Investigator
Professor Carolyn M Sue
Department of Neurology,
Royal North Shore Hospital,
St Leonards.

Parkinson's disease (PD) is associated with the specific loss of dopaminergic neurons located in the midbrain of affected patients. Loss of the dopaminergic neurons is responsible for the progression of motor symptoms in PD.

Replacement of dopamine is the most effective way to improve the motor symptoms of this disease. In this project, new molecular methods will be used to create large numbers of dopaminergic

neurons from other types of cells. The creation of result in a reliable source of dopaminergic neurons that could be used for efficient and cost-effective drug screening and functional genomic studies, the provision of cellular models to investigate disease processes in cells collected from people with PD and the analysis of pharmacogenetic studies to improve treatments for patients suffering from PD.

Future adaptation with non-viral mediated gene-directed differentiation of DA neurons would allow transplantation of large volumes of DA neurons for use as cellular therapy.

Clinical pathological correlations in Parkinson's disease.

Principal Investigator
Assoc Prof Simon J G Lewis
Parkinson's Disease Research
Clinic, Brain & Mind Research
Institute, University of Sydney

Parkinson's Disease (PD) patients can vary markedly in the symptoms with which they are affected. The reasons for this have not been fully established because currently no study has been performed looking at the pathological changes that occur in the brains of patients who underwent detailed clinical assessments during life. The proposed project aims to forge a vital collaboration between the

PD Research Clinic at the Brain & Mind Research Institute and the Sydney Brain Bank (SBB). Over the course of 12 months, the PD Research Clinic will assess every patient in NSW who has volunteered to be involved in the SBB donor program.

Currently, the SBB receives 20 PD brains per annum and it is therefore anticipated that important clinicopathological correlations will be made over the coming few years, leading to significant advances in our understanding and treatment of PD. Both Prof Halliday (Director, SBB) and Assoc Prof Lewis recognise the enormous potential significance of having brain donors who have been well characterised during life.



Dr Rachel Cobb with Robert Huckle



Graham Dawkins, John Silk OAM and Peter McWilliams



Sam Bolitho



Chris Davis and Dr Nicholas Blair



Paula Argy testing her boxing skills

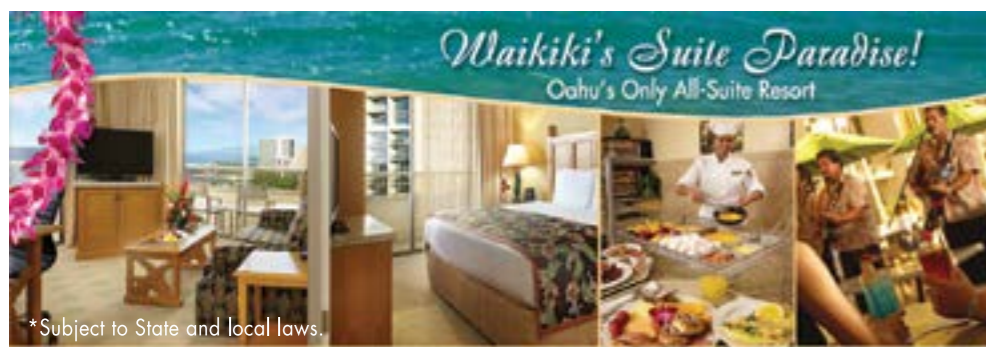
Fighting FIT

The National Parkinson's Young Onset Convention at Ingleside in March was attended by over 65 people from throughout NSW, Queensland, Canberra and Tennessee, USA.

It was an opportunity for people from around Australia to meet and learn about the latest treatments, symptom management and research in Parkinson's and information about the legal and financial issues relevant to people diagnosed before 60. Many are still working, and this was also a time to relax and enjoy the company of people who share the same challenges of living with Parkinson's.

The participants challenged themselves with boxing and drumming, and relaxed with yoga, arts and crafts and still life drawings. We very much appreciate the support of private benefactors and our key corporate sponsor FDC Construction and Fitout.

It was wonderful to see Nigel Smith, representing FDC, attend the convention.



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On the groupvine

Many support groups are into health and fitness and include exercise in their monthly meetings.

Chinatown support group has benefitted from the drive of Rosanna Ng, physiotherapist in private practice, who leads a class of exercises incorporating tai chi, strength and mobility.

Nambucca Valley members attend a tai chi class weekly coordinated by Penny Craig. This class can be seated or standing and is open to other community members who would benefit.

Southern Highlands support group has a novel approach to walking. They have purchased walking poles for members from a community donation and have started walking on Saturday mornings for one and a half hours with a stopover at the Bradman Museum for a cuppa.

The group received a professional demonstration in using walking poles before starting this walking group. Yamba support group have also tried walking with poles. In March this year, Castle Hill support group had a lesson in a dance form, developed in US, especially for people with Parkinson's. Allied health staff in the Anglican Retirement Village, where meetings are held, rated this program very highly and will pursue regular classes for their members. The majority of support group members live in the wider community of Castle Hill.

Congratulations & thank you.

Special mention of members retiring from service in support groups: Clare White from Eurobodalla, Ian and Bridgitte Squires from Illawarra North. Congratulations to Jennifer Mannell from Bathurst for ten years service as leader and to Eurobodalla Support Group for celebrating 20 years. They will celebrate their 20th Birthday in September.

Parkinson's NSW invites everyone to join the party on Sunday 26 August, 2012 at Sydney Olympic Park as we celebrate the success of an event you have helped grow into one of the most successful of its kind in Australia.

Last year we invited the community, who run for fun, to join us. This year, we're inviting serious runners, who train regularly to also join us. We are, in fact, inviting anyone who likes a day of fun in the sun. So bring the whole family, friends and neighbours and help make this day a truly memorable one.

Australia's Got Talent winner, Jack Vidgen, is our official Ambassador. He will perform on the day and join the walkers.

The Parkinson's Unity Walk and Run epitomises all that is good in our communities; people coming together in a common cause to raise money to ultimately defeat a most insidious disease — impacting 80,000 Australians and the second most common neurological disease in the world.

There is something for everyone; an 8km run for the regular footpath and turf pounders, a 4km run with a more leisurely

pace allowing a chat with a friend and there is, of course, the walk for those who like their exercise in groups or teams and who want the time to just enjoy the day. All have the same spirit of purpose; supporting people with Parkinson's by helping raise funds to find better treatments and ultimately a cure for Parkinson's disease.

Helping us reach this milestone has been a group of sponsors who have supported the event since the beginning. We especially thank our Presenting Sponsor of five years, Australia's only community bank, Bendigo Bank. Support of this kind cannot be understated because without it we could not plan with the same level of confidence. The same can be said for those other sponsors who have been with us since the

beginning: Hawaiian Airlines, 2GB Stadium, Sydney Olympic Park Authority, Novotel Sydney Olympic Park. Every year new sponsors have joined and remained and to all we say a sincere thank you.

This year we have fantastic prizes and great entertainment for everyone on the day. We are really looking forward to celebrating our 5th Anniversary Unity Walk and Run with you.

Register online
www.unitywalk.com.au
www.unityrun.com.au



Jack Vidgen
Unity Walk Ambassador

runners in the 8km and 4km events, in all age categories, courtesy of Rebel Sport.

This year, we are thrilled to welcome one of the world's leading resorts, Hayman, on board, providing a magnificent holiday for two for the highest individual fundraiser. For the team that raises the most, there is a fully catered open corporate box at next year's NRL Charity Shield match, donated by ANZ Stadium.

We hope the runners and the walkers will get into the spirit and raise funds for research and support for people with Parkinson's

This prize pool will continue to grow as we approach the big day so make sure you stay tuned to the two official websites.

www.unitywalk.com.au
www.unityrun.com.au

Thanks to our generous sponsors, some amazing prizes for our top fundraisers are waiting to be won.

Courtesy of Hawaiian Airlines, Hawaii Tourism and Embassy Suites Waikiki Beach Walk, this year is no exception with a Hawaiian holiday for the winning male and female 8km runners overall. There will also be prizes for the winning male and female

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Travelling well

Last year, Joe Gol and his wife travelled from home to the deep centre of Australia and, what many believe is the cultural centre of the world, Paris.

My walking stick was the most important item I took with me. It enabled me to avoid the stress producing crush of passengers by boarding first. In Seoul, South Korea, it identified me as a passenger requiring assistance, resulted in an upgrade to Business Class for my wife and I. At Uluru I was delivered to the plane in a golf buggy and in Paris it was accepted as proof of my disability and let me bypass a

more than two hour queue, have our tickets bought for us and then put into the lift to the top of the Eiffel Tower. Although the stick was a visual sign, I should have had some documentation to say that I have disability. We found the best way to get to the airport with our luggage was to use a shuttle service. They picked up early and were waiting for us on our return. The cost was reasonable in comparison to taxis and long-term parking.

After initially declining, I used the volunteer services at airports to wheel me in a wheelchair to and from the plane. This is a great service with guides who knows where they are going and who speak the local language. An advantage when you have to transfer between terminals. In Madrid, the Spanish railways also provided a porter at the station.

He took us past the terminal to the taxi rank, loaded our suitcases into the taxi and waved a cheerful goodbye and all at no cost. I took my Australian mobility parking permit to Spain and they honoured it. It is worthwhile checking if your destination country will recognise your permit.

On long haul flights I decided to take extra meds so not to have off periods in the plane. I opted to take extra meds every four hours and was comfortable. It is a good idea to get hold of a business card or letterhead for the place you stay. Simple, but when you find that you are lost or cannot explain to a taxi driver where your hotel is, you will always be able to get back.

It is useful to take an empty water bottle through the security check and fill it on the other side. This is especially useful on short haul flights where complimentary water is not provided.

My symptoms are more pronounced when I am low on energy so I took energy bars with me to give me a lift if I start to decline.

Happy travelling.

Jo Gol.

The Long Road

For the average person the term The Long Road is the seemingly never-ending road to a destination: the long straight section of highway with the haze at the end.

My Dad was diagnosed with Parkinson's back in 2003. As the years pass, you see the progression of the disease and the effect it has on the sufferer and those around. I dedicate this ride to my Dad.

Jason visited our support groups in Coffs Harbour and Port Macquarie.

Vera Heil from the Coffs Harbour support group rallied nine members to cheer him on and Helen Houston gave Jason a warm bed and hot meal for the night before he was back on the road heading to Brisbane.

Visit www.thelongroadtour.com and follow Jason's adventure or donate to this worthy cause.

Images & story courtesy of Jasper Nester and the longroadtour.com

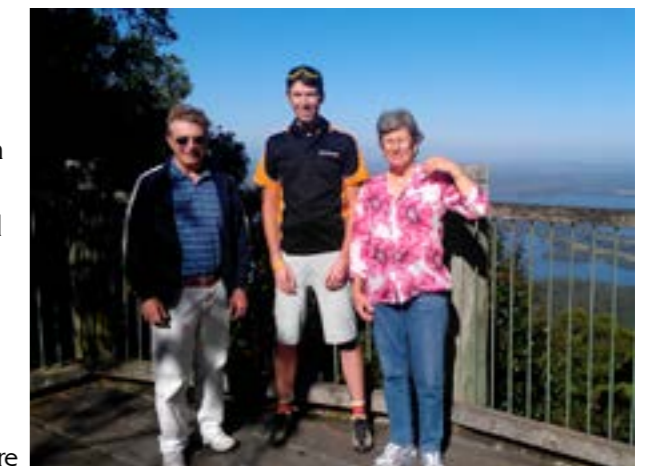
To some it's the journey we call life with its everyday struggles and decision making. Simple things like what's for lunch or dinner or when is the next train home.

For a large number of Parkinson's and Cancer sufferers, it is the battle to simply get through to the end of the day. It is these people that know the true meaning of The Long Road and it is to these people that this ride is dedicated.

For us, the long road is from Ballarat Victoria Australia, to Eindhoven Netherlands via the United States, Europe and the United Kingdom. 13,000+ km, 13 countries and three continents. All completed by bicycle and all done to raise funds and awareness of these two debilitating diseases.



Jason and the Coff's Harbour support group



Jason with Stuart and Alison Snowden from the Port Macquarie support group



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Fundraising FUN



Dancing in the park at the Grey Gum

The Grey Gum Cafe

On Sunday May 6, the Grey Gum Cafe and staff at Putty held a fundraiser for Parkinson's NSW. Open for just over a year, it was our first fundraising event. We chose Parkinson's because it affects a number of people within our community, the motorbike riding community who are the largest market for the cafe and a number of our grey nomad friends.

Live band, Rough Stock played great music with plenty of dancing. David Thompson and Helena Hall provided a spectacular art exhibition of Australian Botanical paintings and have promised 25 percent of sales to Parkinson's NSW.



Mother's Day at Belgenney Farm

Mother's Day at Belgenney Farm

A crispy but sunny Sunday saw the unpacking and display of antique and vintage linens, lace and paraphernalia in the community hall at Belgenney Farm, once the home of Elizabeth and John Macarthur.

Sharyn Crockett, leader of Snowy/Monaro Support Group, with her extended family of three sisters, their husbands and her two daughters brought her collection to raise funds for Parkinson's research. Hundreds of local families came to picnic, enjoy the sunshine and the history of Belgenney farm. Congratulations to Sharyn and her family for raising almost \$4,000 for research.



Len with his wife, Malina (R) and daughters Ann Marie and Stephanie

Len Pretti Real Estate celebration

A sausage sizzle to celebrate 33 years in business as Len Pretti Real Estate, raised \$2,000 for Parkinson's NSW. Len was diagnosed at 48, with early onset Parkinson's. He continued to work until two years ago, with a passion for managing his client's investment properties.

Now retired, his wife and two daughters continue the business.

If you are interested in fundraising for Parkinson's NSW please call our Fundraising Manager, Karina Traill.

p: 02 8875 8915
email: karina@parkinsonsnsw.org.au

From our experts

Fundraising

"Perseverance is the key to success," says Andrew Whitton, our top Unity Walk fundraiser.

In 2007, at the age of 55 I was diagnosed with Parkinson's disease. I knew very little about the disease, like most people I saw it as an old person's disease. But I was too young to let it take over my life. I had plans to play a lot more sport and travel. To enjoy life. I was determined to do something, not necessarily to help myself directly, but to help others.

In early August 2008, while banking at Bendigo Bank, I picked up a brochure promoting the Unity Walk. Here was an opportunity to do something for the PD community, raise some money for research and support! My wife, Karen and I sat

at the computer and began with emails to our extended family, local friends, business contacts and then more friends. The donations started to roll in and we kept up to date with our progress through the Unity Walk website.

Next a banner at the bottom of all my outgoing emails, just ask the Parkinson's office for one, promoting the walk and asking for donations. We encouraged people to join us and each year have a team of 20 to 30 walkers. We spread the word far and wide, sent out reminder emails just before the walk and a post walk email. The following year, an 80th birthday celebration added extra donations, instead of presents. Each year, we add to the numbers and each year the amount raised grows.

Emails are the easiest and cheapest method of contact, but letters and phone calls are also good.

Myra's Charmers' advice is to keep it personal and just keep asking.

My first tip is to be "ruthless" and not shy in asking for donations. Most people are only too happy to give you something towards your cause. The smallest amount I was given was twenty cents by the child of a friend of mine.

Always take identification with you and the flyers to record the donation and most importantly, a receipt book.

Calling into big stores like Woolworths, Bunnings and The Good Guys is very rewarding; sometimes these places give goods or vouchers.

Bunnings and Coles will assist you with a sausage sizzle. They provide the booth, BBQ and cooking tools. Just go and ask them. Be inventive, hold a garage sale.

Above all be bold, don't be afraid to ask. Remember the old saying "If you don't ask you won't get"

Before you decide to organise a fundraiser, contact our fundraising manager for a letter of authority and even more tips and advice.

Fundraising Manager, Karina Traill.
p: 02 8875 8915
email: karina@parkinsonsnsw.org.au

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Out and about

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People with a disability are able to purchase an MLAK master key which will open all toilets, playgrounds and other facilities which are fitted with this specially designed lock.

Eligibility is restricted to people who have a disability or have written authority from: a doctor, a disability organisation, community health centre or the owner or management of a building with an accessible toilet on site.

Spinal Cord Injuries Australia maintains a directory of MLAK-enabled facilities across Australia. MLAK keys are only available for

purchase from Business Members of the Association.

Useful websites

www.masterlocksmiths.com.au

www.toiletmap.gov.au



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More than just a meal

Parkinson's NSW are joining with Meals on Wheels to share our understanding of the needs of people with Parkinson's.

Over the next couple of months we will be helping educate volunteers—sharing our insights into the special needs of people living with Parkinson's.

Meals on Wheels provides a low cost service to people who are unable to prepare meals for themselves or need the assistance of pre prepared nutritious meals.

Every year, over 14.8 million meals are delivered by more than 78,700 volunteers to about 53,000 recipients Australia wide in cities, regional and rural areas. Of these, about 4.5 million meals are delivered by 35,000 volunteers in NSW.

Their volunteers are cheerful visitors to people living with Parkinson's in their own home and provide an important link with the outside world.

For more information call our InfoLine 1800 644 189

Surgical Interventions for Parkinson's disease

Insights from 200 Deep Brain Stimulation surgeries

Presentations from Mr. Ray Cook and Dr. Paul Silberstein with a panel of Deep Brain Stimulation Patients

Date: 27 July 2012

Place: C.ex Coffs, 1 Vernon Street, Coffs Harbour

Registration: 9:30am for 10am start
1:15pm for 1:30pm start (Health Professionals)

RSVP: By 20 July to Parkinson's NSW InfoLine 1800 644 189 or infoline@parkinsonsnsw.org.au

Light refreshments will be available

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Move this page horizontally and the people will run towards the Unity Walk and Run

In our office



Jayne Walker-Smith

02 8875 8908

email: jayne@parkinsonsnsw.org.au

Jayne is the Personal Assistant to Miriam Dixon, Parkinson's NSW CEO.

"The Parkinson's office is full of approachable people who just want to help people with Parkinson's. My role is to help Miriam achieve the most for our members."

Before Parkinson's, Jane worked in administration and is in the office Tuesday, Wednesday and Thursday.



Karina Traill

02 8875 8915

email: karina@parkinsonsnsw.org.au

Karina is the Fundraising Manager for Parkinson's NSW with ten years experience in Sales, Marketing, Business Management, Human Resources, Events and Fundraising. Her main role is to increase awareness and funds for Parkinson's NSW as well as organising and promoting fundraising events.

"I look forward to working with the members and support groups to come up with new fundraising initiatives and promoting existing fundraising."

Karina is just a phone call or email away if you need assistance and works Monday, Wednesday and Thursday.



Isabelle Clark

0403 324 486

email: isabelle@parkinsonsnsw.org.au

Isabelle is the Bequest Officer for Parkinson's NSW and manages the James Parkinson Society—people who have left a gift in their will to Parkinson's.

"I spent many years looking after my Aunty who was single and had Parkinson's, so I understand the many challenges needed to be faced daily and enjoy connecting with our members by phone, home visits and visits to support groups."

Isabelle's background is in Small Business Management, Sales, Hospitality, Events and Natural Health.

Please feel free to contact me if I can assist you in any way.

WHAT'S ON

<p>13-14</p> <p>JULY</p> <p>Parkinson's Australia National Conference Brisbane</p>	<p>9</p> <p>AUGUST</p> <p>PNSW Coffee Morning</p>
<p>26</p> <p>AUGUST</p> <p>Unity Walk & Fun Run</p>	<p>5</p> <p>SEPTEMBER</p> <p>Parkinson's NSW Awareness Seminar (places limited)</p>
<p>25</p> <p>OCTOBER</p> <p>James Parkinson Society Lunch</p>	<p>31</p> <p>OCTOBER</p> <p>Allied Forces Seminar (Health Professionals Only)</p>
<p>13</p> <p>NOVEMBER</p> <p>Parkinson's NSW Annual General Meeting</p>	<p>15</p> <p>NOVEMBER</p> <p>PNSW Golf Classic</p>

To RSVP for events please call the InfoLine.

Parkinson's NSW Inc ABN 93 023 603 545

The information provided is for guidance only and is not a substitute for professional medical advice. Parkinson's NSW Inc. takes reasonable care (in the context of freely available information) to keep the information it provides accurate and up-to-date; however, Parkinson's NSW does not guarantee the correctness and completeness of the information. You should confirm that the information is applicable to your circumstances by checking it with your doctor or a qualified health care professional.

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The team at Parkinson's NSW welcome your input.

Please call us on the InfoLine 1800 644 189
email us, or send us a letter.