

Minutes 23 March 2022

We had a smaller than usual gathering this month but it was great to see everyone again. We also met new members Nick and Wilma - great to meet you!

Rochelle from Recovery Station was unable to attend the meeting as our guest speaker but Glenn was able to get Aleisha Taylor from Engage VR to speak to us about Virtual Reality classes. Engage VR is a neuro based rehabilitation clinic and have a focus on spinal cord injury as well as Parkinsons Disease.

She spoke about their classes which focus on balance, cardio, strength, cognition and reactivity. The classes will have 4-6 people in them and will cost \$50. There has recently been an email sent out with all information about the classes and contact details.

We also welcomed Olivia Chisholm, our PD nurse who works alongside Evelyn to help with all of our questions, run clinics and a lot of other things.

All the PD members gave a 2 minute around the table update which is always great and of course, we finished up with a chinese meal.

General business item:

We are looking for a couple of people (or more) to fill in positions in our group.

I (Meridith) will be hanging up my boots from sending out reports such as this and forwarding emails etc. Jon and I will be traveling for 4 months and it will be too difficult to continue what I currently do. It is not an onerous role, just an hour (roughly) each month to maintain this communication. If there is anyone that could take this on, can you please contact me? April will be our last meeting until later in the year.

Also, Glenn will be taking a break at different times to holiday with Lyn so we need someone to run the meetings each month. Or a couple of people together? He is happy to continue, but won't be available every month. Please contact Glenn on 0428 491 109 to discuss.

Meetings dates are as follows:-

April 27

May 25

July 6

August 10

September 14

October 19

November 23

Again, lovely to see everyone and keep in touch,

Meridith

See you in April

