

Hi All

All the PD members gave a 1 minute around the table update.

We had a number of apologies Teeny, Sandra Irons, Merideth & Jon. We also met David from the Newcastle Support Group who has taken over Sandra Elms role.

Sandra Elms and Glenn Parsons gave feedback on the 3 day Parkinsons Conference which was run by PD Warrior last week. Some of the topics covered are: Disease modifications, Cutting edge trends in DBS, Brain wellness, and Does PD Warrior improve quality of life. Links to this conference available until May 9. See below

**LINK:** <https://www.tribe365.online/insight/>

**Login details:** glenn\_parsons60@outlook.com

**Password:** QbnwoWJX

or

**LINK:** <https://www.tribe365.online/insight/>

**Login details:** sandraelms1@gmail.com

**Password:** Darowen3IT

**Remember to sign out**

Michael Barrett from Newcastle Exercise Physiology(NEP) spoke further about PD Warrior and the importance of exercise, % effort required and that NEP runs a number of weekly classes that are designed to cater for different levels. For more info contact Michael on 0451 282 708

For NDIS assistance you need to be registered by 65yrs old.

2 of our members spoke about their experiences with DBS, Paul who is about to have the procedure done shortly and Andrew who has had it done for a number of years. They both have made themselves available should anyone want further discuss their experience with DBS. Mobile No's below. Paul also recommended a website on DBS by insight.

<http://sydneydb.com/whats-new-in-dbs-for-parkinsons-disease-by-neurologist-dr-paul-silberstein/>

Paul Mobile 0407 625 975

Andrew Mobile 0414 914 383

General business item:

The Movers and Shakers is looking at running a fund raiser at Lizotte's later in the year and if anyone can recommend a corporate body that may be willing to sponsor us.

Meeting dates:

May 25 (note this meeting is only 4 week from previous due to venue unavailable in June)

July 6

August 10

September 14

October 19

The Martinis Minutes Wednesday 27 April 2022

November 23

Glenn