

Hello friends

We had a lovely meeting on Wednesday night with 34 members in attendance. We had Peter and Sandra join us for the first time which was great, welcome!

Evelyn was our guest speaker for the night and gave us some great information as usual and there was discussion from our members.

Here were some great takeaways from Evelyn and discussion from our group:

The Sunflower is the symbol of a Hidden Disability. If you wear a sunflower lanyard, you are recognised in airports and other places as having a disability that is not obvious to everyone. This is really handy when boarding a plane or navigating an airport for example. I have popped the link below to read more.

<https://hdsunflower.com/au/>

Sleeping and the lack of it was discussed, here are some things that have worked for others, Breathe control, melatonin and Seremind - see link below

<https://seremind.com.au/>

One of our members is currently doing a four week/ four days a week intensive Parkinson's Disease program at Warners Bay Private Hospital. This course is funded through his Private Health Insurance. I have the flyer attached.

There was much discussion re the NDIS and the level of inconsistencies. We are going to try and get a guest speaker from the NDIS, If you are not happy with your plan renewal, ask for an appeal (\$100), contact Parkinson's NSW or your local member to get some support in what to do next.

Paul was our spotlight member for the month and talked about his PD journey to date which we appreciated.

We will be reintroducing the spotlight on a member, Next month John will be sharing. Moving forward, we will be inviting carers to talk as well.

Our next meeting is on the 13th March.

Have a lovely weekend, Kind Regards Janelle Partington