

Martinis Meeting Jun 19 2024

Again, we had a great group of people at our meeting.

Firstly we had a great talk from David Kibble about his PD journey. He was diagnosed in 2010 and has dealt with the community misconceptions of seeing someone with PD. He also talked about his DBS journey in 2019 and ongoing infections requiring such a lot of treatment and then, finally, having his DBS removed in 2022.

David said that he is now well supported by his family, friends, carers and physios etc. Thank you David for telling your story. Each time we talk about our PD journeys, we make it a little easier for someone else.

Our guest speakers tonight were Michael Barrett and Scott Witchard from Newcastle Exercise Physiology (NEP). Michael was a trailblazer by introducing PD Warrior to Newcastle 10 years ago and has a wealth of experience.

Newcastle Exercise Physiology is now based at 8 Hall St Newcastle West in a very accessible venue. They have a sauna, ice baths, normatec boots and has parking at the door. They focus on:

- Targeted programmes
- Neuroactive exercise
- Complex Multitask Exercises
- Amplitude based movement.

We watched a video of some of our Martinis members doing their PD Warrior programme from 7 years ago! Great to see how they are going now. We also all had to stand up and try some exercises ourselves. Eye opening and not as easy as it looks!

NEP has received funding for VALD technology which is a technical way of assessing a client's baseline and ongoing management of mobility. This provides clinically objective data and is a great assessment tool for NDIS and MAC as well as for ongoing assessment of clients.

Thank you once again for coming to our meeting and supporting our members!

General business:

Glenn Parsons mentioned that one person has put their name up to become a board member for Movers and Shakers. We encourage anyone who has an interest and feel they can contribute to please contact Glenn or Ben Payne. Movers and Shakers is a fabulous organisation that has raised over \$100,000 to support PD in our region. They want to continue this the best they can.