

We had a lovely night on Wednesday with over 40 members attending (over six being new to the group - Welcome!)

Tim Mogg from Neuro Alliance was our guest speaker talking on Technology and reducing falls through cueing. Tim explained the auditory, tactile, visual and cognitive cues.

Cognitive Cues include imagining stepping, using your heel first, thinking big, moving consciously, side stepping to take off to name a few.

Tim also spoke of emerging technologies like the Cue1 which I found very interesting. I contacted a friend who has PD in the UK. She has a Cue1 and she said that it has been very helpful for her with freezing episodes. She did say that she was on a waiting list for over a year. Hopefully one day soon it will come to Australia!

It was wonderfully encouraging to hear from our member Seamus Fagan on his PD journey so far and Evelyn spoke on how the JHH is recruiting volunteers for PD Clinical trials. Please see below message from Evelyn....

We are recruiting volunteers for Parkinson's research at JHH – a couple of trials have started and we are trying to collate a data base for future trials.

If anyone is interested please email Olivia Chisholm Olivia.Chisholm@health.nsw.gov.au; or Evelyn Collins evelyn.collins@health.nsw.gov.au

Please include Name, DOB, year PD diagnosed, treating neurologist, medical history i.e. cardiac problems, allergies, medication list.