

PI Cork Branch Newsletter

A walk in the Park for Parkinson's



START

- Meet at Sacred Heart Hall from 10.15am
- Register, collect T shirt and hand in sponsorship
- Pre walk warm up at 10.45am
- Depart at **11.00am** towards the Lee Fields



FINISH

- Arrive back to Sacred Heart Hall
- Tea & Coffee will be served
- Relax and enjoy some conversation

We plan to wrap up the event and leave the Parish centre at approx 2.00pm

Route for walk in the Park

Please see detailed directions in the following page kindly prepared by Jerome Maume, Cork Committee



Sponsorship cards are available to collect at events over the next two weeks or can be posted out to you.

It is recommended that anyone taking part in the walk registers on **www.parkinsons.ie** and use the '**idonate**' online fundraising platform where possible to minimise cash handling on the day.

Many thanks to all participants.

We hope you all have a lovely day and the sun shines on us

Route for walk in the Park

Once you have signed in at the Sacred Heart Parish Hall we hope you will enjoy some warm up exercises by the local Siel Bleu trainer which will follow some choir singing.

Please head out of the gate and turn left towards the River Lee. Careful of the narrow pavement! Please take guidance from our fabulous HOME INSTEAD and other volunteer stewards!

Just before the bridge go through the gate on the left, walk along the path, preferably taking the longer route to see the view of the weir and where the river splits into North and South channel. Please spare a thought for fishermen and others who lost their lives.

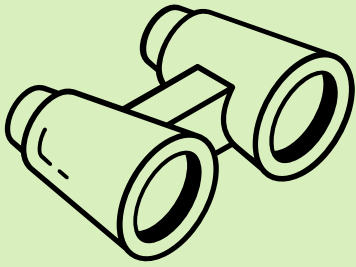
Then head across the pedestrian bridge over the nascent south channel and follow the path to the right along the back of the Kingsley Hotel.

The Kingsley have kindly offered participants a 10% discount if you wish to stop at any time to buy tea or coffee and a scone and use the loo if you need to.

Otherwise continue walking straight past the outdoor spa pool and along the river bank towards the slip way car park. Here you can enjoy the river views, look out for otters, stop for a rest and chat at any bench if you wish.

Our stewarded '**Walk in the Park for Parkinson's**' then continues straight along to the covered wooden bench at the end of the Lee Fields park. At that point please turn and walk back to the Sacred Heart Parish hall along the same way you came.

At the hall we hope you will enjoy a chat and some refreshments - again kindly facilitated by HOME INSTEAD and Cork branch volunteers and possibly some music and singing!



This is some of the beautiful sights you can look forward to seeing on your 'Walk in the Park for Parkinson's





Informing the NDLS about a medical condition

National Driver Licence Service

If like me, you did a double take when you read the headline then you may need to continue reading! This is one of the benefits of going to one of the monthly coffee meet ups - you pick up little nuggets of information.

If, following consultation with your GP, your medical condition is one that must be notified to the NDLS, you will need to have a medical report form completed and make an application for a change of personal (medical) details. This can be done online or through any NDLS center.

If you later intend to return to driving, you should discuss this with your doctor and then make an application to the NDLS for a change in personal (medical) details. This application must be accompanied by an up to date medical report form completed by their doctor confirming their fitness to drive.

If you have more questions on this please email medicalfitness@rsa.ie or call 096 25000.



Local coffee and support meetings From East Cork to West Cork!



We recently received an email from a member in Youghal enquiring about a local support group. Before Covid he used to attend a support group in Youghal but it never resumed again after Covid.

We also received a call from a member in West Cork also enquiring about a local support group and the possibility of re-starting one in Skibbereen. Thank you both for making contact with us and hopefully members there will support their initiative.

We are calling on you all to respond if you are interested in attending a support group in Youghal or Skibbereen and if you would be in a position to help us start it up? Please email jackieoreilly@parkinsons.ie or jerome@parkinsons.ie

The Cork branch committee are also hoping to similarly encourage and help other members located further from the city and to link up with others in their locality for mutual support. However we need your help please!

Members in West Cork areas such as Skibereen or Macroom or in North Cork such as Kanturk, Mallow or Fermoy might also please consider helping to organise coffee mornings and other activities in their area by contacting the committee? We can't share personal data without consent but we can send targeted emails to groups of members in your locality to encourage mutual contact.

In the meantime below are days and times that current groups meet and you would be very welcome to attend one of them to see if it is something you would be interested in getting going in your area?

Kingsley Hotel on the **last Monday** of each month

(commenced Monday 26th August) - Next meeting is **Monday 30th September** at **10.30 a.m-11.15 am**, followed by a short walk for anyone interested. Care Partners, family members, friends and small dogs welcome!

Silversprings Clayton Hotel on the **last Wednesday** of each month

commencing Wednesday 28th August **7.30 pm to 9.00 pm.**

Younger Members with Early onset PD and families are particularly welcome.

Existing monthly coffee mornings also continue on;

1st Wednesday in **Glounthaune** Community Centre at **12.30**

2nd Monday in Oriel House Hotel at **11.15am**

3rd Thursday in the Friary Centre **Kinsale** at **11.30am**



Cork Branch - WhatsApp Group

We hope to set up a WhatsApp group for Cork membership.

Whatsapp is the ideal platform for an association like our own for announcements of events, reminders about online classes provided by Parkinsons Ireland and others associations.

Other information, articles, studies, news and links to materials, which the committee believe members may find beneficial, will also be posted.

This is intended to be a place for information purposes only and is not to be used for group chat or to post comments

In the event that a member of the WhatsApp group has any suggestions or constructive complaints this should be done off line to a committee member. Members are free to decline to join or to exit at any time.

If you would like to be added to this group you will need to send us your full name and mobile number either by email to jackieoreilly@parkinsons.ie or by text to 0872047169

If you know someone with Parkinson's in your area who may have lapsed their membership of Parkinson's Ireland or who may not be aware of the work we are doing please do encourage them to register at www.parkinsons.ie so we can get their contact details and encourage them to get involved.

"We can gain so much in fighting Parkinson's by mutual support and shared targeted activities"

Say Cheese!



September 2024



Photos from Cork day
trip in June to Kinsale