

Cork Parkinson's Association is a dynamic and forward-looking organisation representing people living with Parkinson's in county Cork.



Our ultimate ambition is to drive better care, treatments and quality of life for everyone affected by Parkinson's by developing a network of local support groups and campaigning for community-based Parkinson's nurses.

Over the years we have successfully grown a number of very active local groups such as Cork city, Bandon, Fermoy, Mallow, Skibbereen, Youghal and we have plans for further expansion around the county.

Cork Connect is our weekly Monday morning Zoom call connecting people with Parkinson's. This has been an amazing success and has kept us talking and connected during lockdown. We have a range of speakers talking on different aspects of life and living well with Parkinson's. It has proved so popular that we now have PWWs joining us from other counties.

PD REBELS is a fitness class designed specifically for people with Parkinson's. This has moved online which in a way has made it more accessible to people who live a distance from the city.

Perpetual Motion is our Cork Parkinson's choir and Ireland will be hosting the World Parkinson's Coalition choir on March 10th. This is an opportunity for all of us to sing along with our colleagues from around the world.

We are actively involved with UCC, CUH, MTU in a number of research projects related to Parkinson's and Cork is recognised nationally as a great place for this work.

Parkinson's Awareness Week kickstarts on World Parkinson's Day which is Sunday 11th April 2021 and ends on Saturday 17th April. As there is no cure for Parkinson's, this is an annual opportunity to raise awareness and much needed funds to support people living with the condition, to improve quality of life and to ensure that people can live independently and better for longer.

This year, the theme will be Mental Health in Parkinson's. We know that up to 50% of people with Parkinson's will suffer from anxiety or depression at some point during their illness. These conditions are often overlooked and undiagnosed. This may worsen Parkinson's symptoms such as tremor, stiffness, sleep problems and pain and much more. When left untreated, anxiety and depression reduce quality of life. Cork Parkinson's association has recognised this especially during the Pandemic and created 'Headspace'. This is a virtual session run every second Monday of the month as part of our Cork Connect call and hosted by our brilliant Psychotherapist Monica Navarro-Hickey.

We are Rebels with a cause and because we are here, no one has to face Parkinson's alone whether family, friend or living with PD. Join us and help to transform lives and find a cure. Together we can make a real difference.



For further information go to our website www.corkparkinsons.ie or contact Ted Horgan **087 2375558** or Tony Wilkinson **083 8643676**.