



# TULIP TALK

## Happy Christmas



The Drama Queens perform for Parkinson's South Canterbury Social Group

Parkinson's South Canterbury's Social Group held our last get together for the year on Tuesday 5 December at the beautiful South Canterbury Drama Leagues headquarters at the Playhouse on Church Street, Timaru. We enjoyed a wonderful afternoon of music and banter provided by The Drama Queens, a fabulous afternoon tea and a tour of the Playhouse. What a fantastic end to the year.

Special thanks to Bernadette O'Reilly for the scones and cinnamon oysters. Bernadette O'Reilly and Beth Strathern have helped with afternoon tea throughout the year, and we were pleased to give them each a small gift to show our appreciation. Thank you also to Sharon Jester, Margaret Bates and Kay Beatson for your help. We are so grateful to have Committee member Sharleyne Diamond's help with our popular Social Group.

For more updates about the Parkinson's South Canterbury Social Group, see page 2 of this newsletter.

*If you missed The Drama Queens or you want to see them again, they will be performing at the Caroline Bay Carnival on the evening of Boxing Day and again at lunchtime on 27 December.*

## South Canterbury Social Group



South Canterbury Social Group's September meeting with the Fire Service

Parkinson's South Canterbury Social Group has proved to be very popular with our members. Here Committee member Sharleyne Diamond shares some of the Social Group's recent events.

*In September we had a visit from some firemen from our local station. They had some interesting information to share about fire safety in the home including where best to place the alarms for optimum effective use. The only downside was that our driveway was too narrow to bring the truck up but they are keen to come again and show us a truck.*

*In October Debbie Gardner talked about the work she does with St Johns and things to look out for to be safe at home. Debbie offered tips on how to manage falls.*

*In November Michelle Keggenhoff gave a summary of the YMCA programmes in the Timaru region. The YMCA have had great success with their youth programmes, and we enjoyed learning about what the YMCA can offer people in our community. -Sharleyne Diamond*

Please join us for our next Social Group meeting on the first Tuesday of the month in February 2018. We meet at The Bridge Club, 63 Wilson Street, Timaru at 1:30pm.

## Awareness Week 2017

Our South Canterbury volunteers turned out to lend a hand and hold a bucket during Parkinson's Awareness Week (1-7 November). We raised a whopping grand total of over \$780.

We are so grateful to have the continued generous support of Z Caroline Bay. Four Z staff members joined us for our street appeal to help us raise much needed funds. Our thanks to everyone involved for helping to make the day a huge success.

## Goodbye Helen



Community Educator Helen Riddell

Community Educator Helen Riddell has left Parkinson's South Canterbury to take on retirement and new endeavours. Helen served the people of South Canterbury professionally and with heart over the last five years. She will be missed by the Parkinson's community.

You may not know that Helen is a fantastic artist and she will now be able to dedicate more time to this craft. We wish her all the very best. Thank you Helen for your years of service.

## Farewell Fred

After serving on the Parkinson's South Canterbury Committee since 2012, Fred Brown has stepped down. We will miss Fred's sense of humour at meetings. Thank you Fred for your contributions.

## Creative Corner

Parkinson's South Canterbury member Beverley Fraser has contributed another noteworthy poem to the Creative Corner of the Parkinson's New Zealand website. Her poem is entitled "To Helen—Upon Her Retirement".

We encourage you to visit the Creative Corner under Publications at [www.parkinsons.org.nz](http://www.parkinsons.org.nz) to read Beverley's poem, as well as the contributions from other members.

If you have a work that you would like to contribute to the Creative Corner, email [communications@parkinsons.org.nz](mailto:communications@parkinsons.org.nz)

## Committee News

Hello everyone

Hope you are enjoying the festive season.

### **Awareness Week**

We held a collection on Stafford Street, and a big thank you to all those who collected for us. A big thank you to Kay, who has been acting as our coordinator for free, but we pay her expenses. We also had permission from some cafes to leave collection boxes with them. At the time of writing we still have some boxes out. We put up displays at the library and the hospital notice board, which Community Educator Helen Riddell had kindly arranged before she left.

### **Vacancy**

We are in the process of recruiting a Community Educator to replace Helen. Parkinson's New Zealand Clinical Lead Sharon Mackie has interviewed applicants. As we go to print with the newsletter we are in the process of making a decision, and our new Community Educator will begin work in early 2018. Sharon will return to South Canterbury for our new Educator's orientation.

### **Exercise Groups**

Our exercise groups on Fridays continue to grow from strength to strength. We have been pleased to have a physiotherapist and a speech language therapist join us for our groups. Our Friday morning class will resume on 19 January at 10:15am. A special thank you to partners and Kay Beatson for your help.

### **Social Group**

Committee member Sharleyne Diamond helps us run the Social Group. The Social Group meets on the first Tuesday of each month, at 1.30pm in the Bridge Club rooms. A huge thank you to Bernadette O'Reilly, Beth Strathern and Sharon Jester for helping with afternoon tea and raffles.

### **Carers' Group**

The Christchurch Carers' Group is no longer meeting. We hope to create a new Carers' Group in South Canterbury in 2018.

I wish you all a happy and healthy festive season.

Kind regards

### **Margaret Bates**

Parkinson's South Canterbury Committee President

## Parkinson's Pathway Project

We are excited to announce the pathway forward for our organisation that will enable us to achieve our vision of improving the everyday lives of people with Parkinson's.

The Council of The Parkinsonism Society of New Zealand has resolved to dissolve Parkinson's New Zealand and each of the divisions and reform as the Parkinson's New Zealand Charitable Trust.

Going forward, Parkinson's will be one legal entity, established as a Charitable Trust, with a governance body made up of appropriately qualified and experienced people providing leadership and guidance to the whole organisation. The leadership will be connected to the voices of people living with Parkinson's in local communities around New Zealand through Parkinson's Action Groups.

Since our AGM in 2016, we have been on a journey to determine the best structure to ensure our relevance and sustainability into the future. The Recommended Pathway Forward was a result of many months' consultation with Parkinson's members across the country.

The Council of The Parkinsonism Society of New Zealand was appointed at our AGM in 2017. Council members represent the different perspectives of members in their area and consider the good of the whole Society.

Parkinson's has always had a big vision – to improve the everyday lives of people living with Parkinson's. We've come farther than we could have imagined. The impact we have collectively made on the Parkinson's community is recognised across New Zealand. We'd like to thank everyone for your involvement in this process.

This change to our legal structure will not reduce our services. It is anticipated that our new structure will mean we can deliver the services that best support people for the activities they value most.

We will be keeping everyone updated and informed about next steps and how we will all work together in the future.

## Total Mobility

If you need help with Total Mobility please contact Community Support Coordinator Robyn Baldwin at Timaru Senior Citizens on 03 687 7581.



## **Parkinson's South Canterbury**

A division of The Parkinsonism Society  
of New Zealand Inc.

Community House  
27 Strathallan Street  
Timaru 7940

*Please send general  
communication and  
payments to:*

Parkinson's South Canterbury  
PO Box 983  
Timaru 7940

### **South Canterbury Volunteer Committee**

Margaret Bates  
Kay Beatson  
Patricia Bentley  
Sharleyne Diamond  
Janet Grieve  
Mabel Ineson  
Colin Marshall  
Donald Morris

### **Group Meetings**

**Performance Gym Exercise Group.** This group meets weekly on Thursdays at 11am. 1 Heaton Street.

**St Stephens Exercise Group.** This group meets on Fridays (not during school holidays). 10:15am with morning tea. 349 Wai-iti Road, Timaru.

**South Canterbury Social Group.** Our meetings are held on the first Tuesday of the month at 1:30pm. There is a cost of \$2 per person. \$1 raffle tickets. Speaker or entertainment with afternoon tea supplied. Everyone is welcome! We meet at The Bridge Club, 63 Wilson Street, Timaru.