

Parkinson's NSW
Ultimo Support Group
Notes from meeting on 2 October 2008

Present: Mike and Sue Willard, Jack Kahabka, Brian and Pam England, Tony Moon, Deborah Corbett, Laurin McKinnon, Trish Morgan (Parkinson's NSW) and Chris Davis

- The meeting was informal, with no specific presentation.
- Jack Kahabka was welcomed as a new member. Jack is 83 and a real livewire.
- Trish outlined a range of new literature and initiatives from Parkinson's NSW and she handed out copies of the book for GPs.
- Members discussed side effects of medications (including beta blockers for BP) and a straw poll among 7 PWPs present showed that three definitely had issues with nightmares and violent actions while sleeping, and one had delusions (not sure if they rated as nightmares. Worth noting that not all the PWPs are taking meds for PD – several are on beta blockers. Chris Davis agreed to see if Simon Lewis could attend in November and discuss this with members.
- In general, members were very interested in aspects of medication, and also the value of exercise for PWP.
- Several USG members will be doing pre-test processes with Simon Lewis so he can debug his protocols and questions.
- Chris told members about progress with the Parkinson's Australia 2008 Conference – hopefully 200 delegates. From USG only Laurin and Chris will be attending.
- Trish showed the range of Xmas cards on offer from Parkinson's NSW.
- Trish reported that a small support group is closing, but new ones are coming on board, so the grand total is now 57 across NSW.
- Chris explained the sad lack of coordination between PD groups nationally and the need to establish a single, strong entity.
- Pam and Brian will take care of catering for November (Chris will bring cups)
- Members discussed the forward program and agreed to this:
 - 6 Nov – Report on the Parkinson's Conference and, if possible, a conversation with Simon Lewis about drug side-effects [postscript – Simon can't make it on Thursdays]
 - 4 Dec – Xmas lunch at a local Malaysian restaurant, at noon (Kopitiam Malaysian Cafe, 594 Harris St, Ultimo)
 - 5 February – Janine Rod, PNSW Counsellor (psychologist)
 - 5 March - Exercise and PD
 - 2 April - TBC