

## Parkinson's Northland



Parkinson's New Zealand provides: Education, Information, Community Educators and Support for all people with Parkinson's their caregivers, friends and families.

### **Support Groups for Parkinson's**

Our Parkinson's nurses coordinate monthly Support Luncheons which are held in Whangarei, Kerikeri and Waipu, with bi-monthly Support Luncheons held in Kaitaia and Dargaville.

We also organise Carers' Only support groups to allow the carers a much-earned break where they can voice their concerns in Whangarei and Kerikeri.

Visit the [events calendar](#) for these support meeting dates.

### **UPBEAT Meeting for Young-Onset Parkinson's**

UPBEAT is a special interest group for people newly diagnosed with Parkinson's under the age of 60. Parkinson's NZ National Office organises an Outward Bound Course each year in Picton. An UPBEAT Conference is usually held every second year for those diagnosed under 60, and they can attend these conferences until they reach the age of 65.

In Northland, we have formed a very social group along with the Newly Diagnosed, and they meet from time to time to play Table Tennis, Ten Pin Bowling, and other exciting things or sometimes just for lunch or coffee.

### **Fitness**

The power of exercise in helping manage Parkinson's has been well-documented by research. We try to encourage our members to join in for weekly walking groups, physio sessions, Counter-Punch boxing sessions, dancing, hydrotherapy, Movement for Parkinson's sessions and voice-exercise groups in Whangarei as well as weekly Tai Chi, Movement for Parkinson's and Counter-Punch boxing classes in Kerikeri. The more active a member is, the better, as this can relieve some of their symptoms related to Parkinson's.

If you would like further information about any of the above, please do not hesitate to contact us:

**POSTAL ADDRESS**

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**CONTACT ONLINE**

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**Key Northland Contacts**

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