

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.

Services Provided

Support meetings

Our Community Educators co-ordinate monthly Support Meetings which are held in Whangarei, Waipu and Kerikeri and a bi-monthly Support Meeting is held in Kaitaia. A bi-monthly morning tea is also held in Dargaville.

We also organise 'Carers Only' meetings and treats i.e. massage days to allow the carers a much earned break where they can share their problems, concerns etc.

Visit www.tiaho.org.nz/about/events_calendar for these dates.

Under 60's

For people diagnosed with Parkinson's under the age of 60 there is a special group formed called 'Upbeat'. This group has Annual Conferences throughout New Zealand where members listen to some very qualified Guest Speakers and can socialise and discuss and share problems they may be facing in their everyday lives. Northland Upbeat members meet for Coffee Meetings from time to time.

Parkinson's N.Z. also organises an Outward Bound Course in April every year for these members. For most this course is completely out of their comfort zone but all come back with a renewed enthusiasm for life.

Support Groups in Northland

Subsidized Podiatry visits throughout Northland

Whangarei- Monday - weekly Walking Group

Tuesday - weekly Voice Exercise Group & weekly Physio Group

Wednesday - weekly 2-3pm Ballroom Dance, Instep Studio, 42 Reyburn House Lane

Thursday - weekly Hydrotherapy Group

weekly Movement for PD classes 10.30 - 11.30am Kamo Club

Kerikeri - Movement for PD Wed 10.45am-11.15am, Aligned Movement Studio, 11 Cobham Rd.

Weekly Tai Chi class

Kaitaia - *Weekly Physio on hold at the moment-Physio expecting.*

Dargaville - Walking Group bi-monthly Thursdays contact Alison Robertson 09 439 7798

Contact Details

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