



Through our Northland Community Educatory Service we provide information, education and support to people with Parkinson's (and related disorders) and their caregivers.

Services Provided

✓ Support meetings

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

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 online

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.

✓ 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, Counter-Punch Parkinson's sessions, Hydrotherapy, Ping Pong for Parkinson's, Movement for Parkinson's sessions and voice-exercise groups in Whangarei as well as weekly Counter-Punch Parkinson's classes, Swim Exercise & Proactive Parkinson's class in Kerikeri/Paihia. The more active a member is, the better, as this can relieve some of their symptoms related to Parkinson's.

✓ Fortnightly Speak Up Communication group

✓ Weekly Voice Exercise Group

Co-ordinators

Vicki Sadgrove

I am one of the Nurses for Parkinson's and cover Te Hana to Kawakawa.

My role is to provide support and information to Parkinson's clients and their carers, whanau, family through home visits, telephone contact, meetings and in-services.

My background is as an Enrolled Nurse since 1980 having worked in a variety of health related fields.

Please feel free to contact me for any support, information I can provide for you as a client or carer.

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