



# **PARKANDO**

**provides social support  
and member requested  
activities for people  
impacted by  
Parkinson's.**

**FIRST YEAR IN REVIEW**

**2019 / 2020**

## Aims

ParKanDo aims to provide opportunities for people with Parkinson's, their families and Carers to access various support and engagement platforms. Members can access education, emotional and social supports, share information, reduce isolation, improve mood and general well-being.

## Values

ParKanDo values the contribution people living with Parkinson's, their loved ones and Carers make to the community. Members agree to ascribe to the following values:

- The rights of people living with Parkinson's.
- Social inclusion, justice, and equity.
- Mutual respect.

# ParKanDo's Journey

## April 2019

4 people met for coffee & a chat. The idea of ParKanDo was born.

## Sept 2019

ParKanDo formed with 6 members. 4 Group Leaders from the West also formed a Network.

## Jan 2020

Received activity funding from Sport Aus. Move Campaign through AMC Services.

## Feb 2020

ParKanDo Launch. 35 members joined & surveyed.

## March 2020

Due to COVID-19 Coronavirus face to face activity on hold.

## April 2020

Online Dance for Parkinson's and Guest Speaker Program commenced.

## June 2020

Hobsons Bay Council, Toyota Resources & Equipment & Hobsons Bay Community Fund Grants received.

## July 2020

Resources secured, ready for concurrent online & face to face activities (when able), to meet member needs.

## August 2020

56 members surveyed. Strength & Balance and Art classes identified for development

**2019**  
**2020**

**Thank you for supporting ParKanDo. When safe, we look forward to meeting you in person.**



# YOUR COMMITTEE....



Being part of ParKanDo has been an absolute joy. The first year far exceeded expectations, despite COVID-19. Luckily, funding facilitated free online activities. I am excited for the next 12 months & cannot wait to meet our members in person.

Working with Carmel, Peter and Pam during the start-up phase of ParKanDo has been wonderful. The response to our current activities is overwhelmingly positive and as a carer myself, I look forward to the commencement of the ParKanDo Carers Group in coming months.

Di Pollock



Paul Kelly's & Kev Carmody's "From Little Things Big Things Grow" truly sums up ParKanDo for us. What started as a simple chat over coffee, has blossomed into a vibrant, growing Parkinson's support group. Before COVID19 we had a clear path. Now, "we are in uncharted territory". Remaining constant is the knowledge that as we grow together, support each other, and reach out to others, our story will be of "something much more." Come join us!

Pam West



Peter & Carmel Wall



## LANCE'S STORY

I feel in retrospect, that my Parkinson's began a few years ago and eventually earlier this year (2020) I decided to write a summary of symptoms. They included:

- A slight tremor while raising cup to mouth;
- My right foot catching and right arm not swinging as I walked;
- Trouble swallowing and a raspy voice; and high
- Clarity of thought during conversation.

After compiling this summary and with symptoms starting to impact my day to day life, I decided to seek medical advice and was diagnosed with Parkinson's just as the COVID-19 pandemic hit. Due to severe side effects of medication I contacted Parkinson's Victoria and one of the nurses on their Health Team assisted with medication issues and each time I called they have been able to help. Parkinson's Victoria is a fantastic resource! I was unable to join their recent online Newly Diagnosed Seminar but hope to participate in the next one.

I contacted peer support groups in my area, ParkinSong Williamstown and ParKanDo. I joined both. I receive regular karaoke emails from ParkinSong and look forward to participating in face-to-face activities once they recommence. Through ParKanDo, I joined Dance for Well-being and Parkinson's. To my surprise I really enjoyed it. Katrina, the teacher, is very inclusive and knowledgeable about the condition. She explains which muscles we are using for the various movements and it certainly assists with stiffness.

COVID-19 has only made the beginning of my Parkinson's journey more difficult. However, engaging with Parkinson's Victoria and ParKanDo's Dance program has made a difference. I am looking forward to connecting in person once the pandemic is over, knowing already that staying connected really helps.

# Where to from here?



ParKanDo officially launched in February 2020. We will celebrate our first birthday in February 2021 with an online community seminar delivered with assistance from Parkinson's Victoria.

ParKanDo online activities have facilitated participation by members unable to join face to face. There are also members who cannot participate unless in person. ParKanDo has secured technology to provide concurrent online and face to face activity, when safe to do so of course.

Member surveys in August 2020 identified preferred activities for development. Strength & Balance classes were implemented in September 2020. Survey results rated ParKanDo's overall performance at an average of 4.6 out of a possible 5. Thank you to all those who took the time to respond.

## We value your input.....

ParKanDo recognises that people were at different stages of life, with individual needs and interests, before diagnosis and it is no different post. Some are in their 30's, others in their 80's. Some may be beginning their Parkinson's journey, while others are further advanced. And we must not forget our wonderful Carers and loved ones.



Member input is both highly valued and strongly encouraged. Consultation is a key element of activity development. Overtime we aim to create a range of options as diverse as our members.

### For further Information

**Email:** [parkando.west@gmail.com](mailto:parkando.west@gmail.com) or

**Phone Pam on 0417 690 335**

**A GREAT BIG  
THANK YOU  
TO.....**



**Parkinson's Victoria**

**Carers Victoria Education Team**

**Hobsons Bay City Council**

**Toyota Motor Corporation**

**Hobsons Bay Community Fund**

**Sport Australia's MOVE campaign / AMC Services Lion's  
Club Altona**

**Walker Close & Brooklyn Hall Assoc. Inc.**

**Hobson's Bay Interagency Network**

**Brotherhood of St Laurence (NDIS LAC Team)**

**Group Leaders from:**

**ParkinSong Williamstown**

**Werribee & Melton Parkinson's Support Groups**

**Young & Early Onset Parkinson's Alliance**



Parkinson's Victoria is the place to call.....

1800 644 189

**You or a loved one impacted by Parkinson's?**

**We highly recommend you contact Parkinson's Victoria. Their multi-disciplinary health team are specialists in their field. No matter the question, they are there to help. They provide information, education and advice that can make a real difference to your Parkinson's journey. To access the health team and supports in your local area simply call.....**

**Parkinson's Victoria: 1800 644 189.**

**As a gesture of solidarity during COVID-19, Parkinson's Victoria has waived all membership fees until March 2021. Simply give them a call to join.**