PARKINSON'S
QUEENSLAND INC

AWARENESS I EDUCATION I ADVOCACY I SUPPORT I RESEARCH

# Annual Report

## 2012-2013

Parkinson's Queensland Inc

# Our Mission

***That all people living with Parkinson's in Queensland will have access to comprehensive and relevant services encouraging independence and improved quality of life.***

***We recognise the importance of collaboration and ongoing research as part of our charter and belief practice.***

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# Our Bona Fides

Parkinson's Queensland Inc. is:

- An Incorporated Association (No. IA930) under the *Associations Incorporation Act 1981* (Qld)
- Registered as a Charity (No. 998) under the *Collection Act 1966* (Qld)
- Exempt from stamp duty under the *Duties Act 2001* (Qld)
- An approved Deductible Gift Recipient (DGR) under the *Income Tax Assessment Act 1997* (sections 30-15)
- A Health Promotion Charity endorsed for Income Tax and FBT exemptions and GST concessions, as detailed in the Australian Business Register entry for Parkinson's Queensland Inc. (ABN 69 838 771 233).

# About Parkinson's Queensland Inc.

Parkinson's Queensland Incorporated is a statewide non-profit, grass roots community-based organisation and a genuine cause, established to provide information, counselling and support to people living with Parkinson's disease.

It is twenty-seven years since Parkinson's Queensland was founded in 1986, formerly Parkinson's Syndrome Society of Queensland, until changing our name in 1996.

With donors, volunteers, management committee and members' generous support and participation, we have greatly improved the quality of life for people with Parkinson's, their carer's, families and friends, with initiatives such as:

- 48 Statewide Support Groups
- Information Packs
- Carer's Packs
- Library Resources
- 1800 Free Call Info Line
- Quarterly Magazine
- Annual Unity Walk Fundraising
- Website—Parkinsons-qld.org.au
- Facebook and Twitter
- Education Seminars and Conferences
- Funding much needed Research grants
- Advocacy at all government levels

> *"There is still so much more to do, to not only support the 17,000 Queenslanders living with Parkinson's, but to raise the awareness of Parkinson's in the wider community—in-turn improving the services, experience and quality of life for Queenslanders with Parkinson's."*

**Bob Griffiths**
**Volunteer**

# Our Philosophy

***That people living with Parkinson's and their families are individuals with equal value to all other members of Australian society. They have the right to treatment and care by knowledgeable professionals, the right to appropriate support services and the right to have the best quality of life possible.***

***We recognise and respect the individuality of those affected by Parkinson's.***

# Management Committee

## Executive Committee

President—John Bird

Vice President—Graham Kerr

Treasurer—David O'Brien / Abi Kharkar

Secretary—Abi Kharkar

## Committee Members

Deb Johnson

Max Moloney

Terry Ball

Ruth Coleman

Jane Brennan

# Patron

Professor Peter Silburn

# Ambassadors

Neil & Sue Page

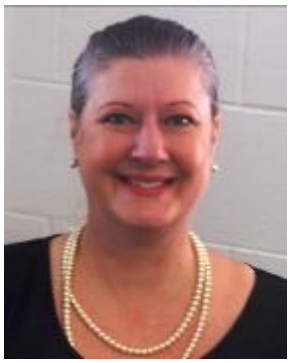
**L-R: John Bird (President), Abi Kharkar (Treasurer/Secretary), Deb Johnson (Committee Member), David O'Brien (Treasurer), Terry Ball (Committee Member), Ruth Coleman (Committee Member), Max Moloney (Committee Member), Graham Kerr (Vice President).**

# PQI's Staff

**Chief Executive Officer**
Helen Crew

**Support Services Officer**
Joan Whitham

**Client Services Coordinator**
Christine Bruinsma



**Communications Coordinator**
Kate Grace

**Administration Officer Parkinson's Australia**
Ingrid O'Dowd

> *"It is an absolute honour serving the Parkinson's community and we look forward to building a PQI we can all be proud of."*
>
> *Helen Crew — CEO*

*We acknowledge and thank the following former staff for their service to Parkinson's Queensland – Lisa Maloney, Tanya Turner-Jones and Yasmin Ismail.*

# Our Values

***Our values underpin everything we do.***

***We are sensitive to the needs of people living with Parkinson's.***

***We are accountable to our stakeholders and transparent in the way we do business.***

***We are innovative through valuing new ideas, knowledge, experience and research.***

***We are caring in the delivery of our services.***

***We value integrity through acting with honesty and according to our values.***

# Support Group Coordinators

We acknowledge and thank our valued volunteer Support Group Coordinators who provide information, resources, awareness and emotional support to members in their locality.

Beenleigh
Di Donaldson

Bribie Island
Ann Mitchell

Broadbeach
Dawn Leigh

Broadbeach
Margaret Ball

Bundaberg
Elaine Williams

Burdekin
Elvie Dickinson

Caboolture
Joy Boyle

Caboolture
Alwyn Boyle

Caloundra
Colin Hill

Caloundra
Nancy Hill

DBS / Carers
Neil Page

DBS / Carers
Sue Page

Elanora
Judy Learmonth

Geebung / Mitchelton / Strathpine / Bribie Is
David Martin

Geebung / Mitchelton / Strathpine / Bribie Is
Angela Martin

Gladstone
Pauline Newman

Granite Belt
Graham White

Gympie
Jodi Coyne

Helensvale
Alan Farrell

Helensvale
Carole Farrell

Hervey Bay
Jaimie de Salis

Hervey Bay
Arnold Horne

Indooroopilly
Sandra Hoare

Jindalee
Delma Griffiths

Jindalee
Bob Griffiths

Living Young
Alicia Wright

Lockyer Valley
Lyndell Einam

Logan
Margaret Vickers

Logan
Bob Vickers

Logan West
Dorothy Hodder

Mt Gravatt
Mavis Edwards

Nambour
Alan Scanes

Nambour
Jean Scanes

Port Douglas
James Watson

Port Douglas
Kate Williams

Redlands/Bayside
Elley Adler

South Burnett
Maree Millard

Toowoomba
Jan Barrett

Townsville
Ruth Coleman

Young Onset
Alan James

Beaudesert—Carol Price
Biloela—Sue Witton
Biloela—Bob Witton
Cairns—Stephen Sinuts
Cooloola—Megan Ross-ilder
Dalby—Lynda Watts
Ipswich—Di Bergman
Mareeba—Colin Shepherd
Mareeba—Judy McMichael
Maryborough—Gail Wixon
Nambour—Bev Johnston
Rockhampton—Marlene Schultz
Rockhampton—Thelma Neumann
Roma—Peter Thomas
Tewantin/Noosa—Val Mason
Tewantin/Noosa—Derek Mason
Warwick—Patsy Slatyer
Whitsunday-Peter Dorman
Whitsunday—John Morris
Yeppoon—Hugh Evans

*“PQI acknowledges and thanks all volunteers who assist our Support Group Coordinators. Your involvement is invaluable to our achievements for the Parkinson’s community .”*

*"PQI congratulates Professor Peter Silburn on his Member of the Order of Australia (AM) in the 2013 Australia Day Honours."*

**Professor Peter Silburn**

# Patron's Report

Once again this year Parkinson's Queensland made a big impact on support members across our vast state despite increasing numbers of Parkinson's disease continuing to rise significantly in Queensland. Through PQI's concerted activity and enthusiastic effort we have touched many more people locally and through the state and indeed at an international level.

Despite its limits and resources PQI has facilitated research work at the highest level locally, nationally and internationally and its members being on major boards and advisory groups across the globe. We have facilitated establishment in a greater number of support groups throughout our state and have listened carefully to the needs and desires of our members through these avenues so that we can take a message to our local national authorities to enable the necessary support to care for people with Parkinson's and their carers across the board.

One of our great problems in Queensland is the vastness of our state and we all need to work towards providing expertise, particularly in the specialist nurse area, to provide a knowledgeable interface between medical professionals, government bodies and people with Parkinson's, to maintain the best possible care and support for our members in their communities. To this end we need a greater ground swell of support and grass roots individuals. This is what will drive us forward and PQI is the vehicle to provide a voice across all levels.

We have established great rapport and provide reliable information to our members and it is now time for us all to move forward to increase our voices. PQI staff, and present board members are doing and will continue to do a mighty job of pushing our case at the highest level.

## *Peter's Vision*

*To improve the lives of those with Parkinson's disease by bringing together research that is currently happening in isolation.*

*There is no Centre in Australia that has a comprehensive approach to Parkinson's disease - from biomedical research through to community impact, streamlining procedures and working synergistically with key research and treatment professionals. Collaborative research makes scientific and economic sense. Research advancement occurs at a faster rate, with each person's contribution becoming significantly more effective as they share discoveries.*

We look forward once again to serving you in the future and achieving what is needed sooner, rather than later, for all the people with Parkinson's disease and carers and families.

Peter Silburn
Patron

**Alan James**
**Volunteer**

**John Bird**

# President's Report

The last financial year has been one of continued growth and activity.

We operate with a small dedicated staff, committee and volunteers who deliver outstanding results.

Support groups now number 48, up from 43 a year ago, and membership continues to grow.

Financially we benefited from several bequests in the last financial year which enables us to show a surplus.

The 2012 Walk was an expansion on the previous year and the recent 2013 Unity Walk was an outstanding success with a record of over 700 walking and excellent publicity and fundraising.

In July 2012 we hosted the Triennial Parkinson's Australia National Conference.

We have continued to award research grants and in this financial year awarded PhD grants only. The decision to reduce the grants program was made due to a reduction in research donations and resultant funds.

We have had great success in obtaining a number of grants which have enabled us to upgrade the telephone and computer systems, implement staff training programs, and introduce a computerised data base program. We have also been funded to upgrade the website.

The effect of these will enable much less manual record keeping and improve our capacity to deliver more to members with our minimal staff.

I have continued to hold the position of President of Parkinson's Australia also throughout the year. This role has been time consuming but rewarding.

I believe we will see substantial changes in Parkinson's Australia in the next year or two.

Parkinson's NSW disaffiliated from Parkinson's Australia on 1st July 2013. I am hopeful that they will return in the future but I am pleased to say that all other States and Territories are working well together as a team.

Structurally, Parkinson's Australia no longer has a CEO but has a part time Administration Officer (currently based in Brisbane at Parkinson's Queensland Office).

Parkinson's Australia has appointed a strategic planning facilitator and is conducting a detailed review of activities during the Federal Election.

There was a concentrated campaign to influence political parties, make contacts with candidates and meet with senior politicians. There was also a grass roots campaign.

The success of the campaign will be reviewed and measured in the next few months. I have no doubt that we need to be campaigning on a continual basis not just at election time.

I have the opportunity to attend the World Parkinson's Congress in Montreal in October 2013 and I am sure I will learn a great deal and make contacts there to be able to use for the benefit of Parkinson's Queensland and Parkinson's Australia.

The announcement of the NDIS was a highlight of 2013. Parkinson's Australia as a part of the Neurological Alliance was able to get the original proposal changed so that people are eligible who are diagnosed before the age of 65 rather than the age when they are sufficiently disabled to qualify for NDIS.

The implementation of NDIS may mean a major difference in the way Parkinson's Organisations operate and we need to be ready for the changes.

I want to thank all the volunteers throughout the year and particularly thank the special efforts of our Parkinson's Ambassadors Neil and Sue Page and our Patron Professor Peter Silburn.

I also thank all of the Management Committee for their commitment and advice throughout the year.

Finally, thanks to our dedicated small team of staff.

John Bird
President

**Maree Millard**
**Volunteer**

*"The 2012-2013 financial year was one of restructure, consolidation and growth. It was also an exciting time as we implemented new office systems, installed new computers and a telephone system to enable us to work smarter and more efficiently to assist the Parkinson's family."*

*Helen Crew—CEO*

**Helen Crew**

# Chief Executive Officer's Report

The Management Committee and I restructured PQI's Business Plan significantly and updated the Strategic Plan for the 2013-2017 period. This process will be reviewed annually to ensure we align with our Mission and Objectives. A full list of our Objectives is listed in the final pages of this Annual Report.

We actively approached Medicare Local offices (total of 11) throughout Queensland with six meetings held. CEOs of these Medicare Locals were very responsive to collaboration with Parkinson's Queensland and have agreed to provide information to their GP network on the GP Online Parkinson's disease training module supplied by Parkinson's Australia. This collaboration will also assist PQI to actively pursue the necessity of establishing additional support groups in their respective regions. All Medicare Locals were very cooperative and offered full support to Parkinson's Queensland to make this happen and to service the needs of Parkinson's disease sufferers. We will continue to build relationships with the Medicare Locals and the Hospital and Health Services to ensure Parkinson's disease is put at the forefront in the health system and, in particular, work with the Medicare Locals to support us in the implementation of Parkinson's nurses in their regions.

It is clearly evident that there is a great need for people living with Parkinson's, their family and friends to knock on the doors of their Medicare Locals and local politicians to reinforce the need for more support services in their region and in particular to demand Parkinson's nurses and a better deal for people living with Parkinson's. PQI will work alongside you to make a difference in your local community to make this happen.

Further collaboration has been initiated with other Queensland neurological disease organisations to unite and discuss the various challenges NFP neurological organisations face so we have a louder voice to the State Government and Federal Government on common issues.

Parkinson's Queensland is represented on the Queensland Primary Health Care Network organised by CheckUp (formerly GP Queensland). These meetings are a forum and think tank gathering to collaborate with other service providers to improve our services and to highlight to government the challenges faced and ways we can move forward positively in providing our relevant services to the community.

Guest speakers are often present from Medicare Locals and government such as Hon. Mr Chris Davis, Assistant Minister for Health.

Five (5) new Support Groups have joined the Parkinson's family this year in areas of need – one has been established in the Stanthorpe region (Granite Belt Support Group), the second support group in the Tin Can Bay area (near Gympie) called the Tin Can Bay/ Cooloola Support Group of Parkinson's Queensland. The third group was established in the Proserpine region (Whitsunday Support Group). The fourth group was established in Kingaroy servicing the South Burnett region.

The fifth support group is specifically for younger people living with Parkinson's disease (50 years and under). The name of this support group is Living Young with Parkinson's Support Group of Parkinson's Queensland. The support group is based on the north-side of Brisbane. Unfortunately, Parkinson's is affecting more younger people in our community and this support group has been established to support and assist those younger people affected by this disease.

Our sincere appreciation goes to our Patron, Professor Peter Silburn, for his outstanding support of PQI by offering his time and expertise to be guest speaker at six Parkinson's Seminars throughout Queensland this past financial year. Thank you Peter.

We also acknowledge all speakers who have given their time and expertise freely to educate the community about Parkinson's.

Thank you to our Parkinson's Queensland Ambassador's Neil and Sue Page, who provide their time and energy so graciously to avail themselves to educate the community and people living with Parkinsons.

As part of our restructuring process we have appointed a Communications Coordinator, Kate Grace, to our team. Kate is responsible for all communications throughout Queensland, including advertising, marketing, our new *CONNECTIONS* magazine, our new website (which will be launched before the end of 2013) and the Annual Reports. She is a welcome addition to our team.

I would like to thank and acknowledge the dedicated staff at PQI – Christine Bruinsma (Client Services Coordinator), Joan Whitham (Support Services Officer), Kate Grace (Communications Coordinator) and Ingrid O'Dowd (Administration Officer for PA). Their hard work and support is outstanding.

Thank you to the Parkinson's Queensland Management Committee for their guidance, leadership and direction. It is a pleasure working with you all.

As we look to the future, our focus will be to seek additional funding to provide more services to the Parkinson's community such as Hospital Packs, counselling services, Parkinson's nurses, more education services to people living with Parkinson's as well as the health professionals so they can better service the needs of our Parkinson's family.

It is an absolute honour serving the Parkinson's community and we look forward to building a PQI we can all be proud of.

Helen Crew
Chief Executive Officer

**Joy Moloney**
**Volunteer**

*This has been a very busy and productive year as Ambassadors promoting and contributing to the information, education, awareness and support objectives of Parkinson's Queensland Inc. Through the year we have met some wonderful people who shared with us their experiences with PD. Much of this has been one-on-one through phone calls and meetings. A number of groups have also invited us to address them.*

*Neil and Sue Page*

**Neil and Sue Page**

# Ambassador's Report

This year we have contributed to *continuing education* programs of several care providers. These providers have included *Southern Cross Care* and *Jubilee Community Care*. The presentation to *Southern Cross Care* was to an audience of about 28, largely registered nurses, drawn from different units of SCC.

Several presentations have been made to the Jubilee Community Care workers. Typically the audience at each presentation comprised 10-15 care workers and staff. Our presentations covered the incidence and impact of PD, the range of symptoms, the treatment options and the support available through PQI and its state-wide network of support groups.

We were pleased with the high level of interest at these presentations, particularly with our own experiences with PD framed by the structured topics covered.

We were also invited to speak at the Caboolture Support Group this year. On this occasion our roles as ambassadors overlapped with our DBS Support Group activities.

This year we have put a lot of effort into the PQI endorsed survey of experiences following Deep Brain Stimulation for PD. We gave a progress report on this study to the Caboolture support group. Quite a few in the audience had had DBS and there was a lot of interest in the spectrum of outcomes we were able to present results for.

Another overlap between our roles as Ambassadors for PQI and our DBS support group coordination has been our visits to patients in hospital awaiting the DBS procedure. Over the last few years we have met more than 150 PwP and their families in this way. For many who had no previous contact with PQI we were able to introduce them to the support available from PQI and the DBS support group in particular.

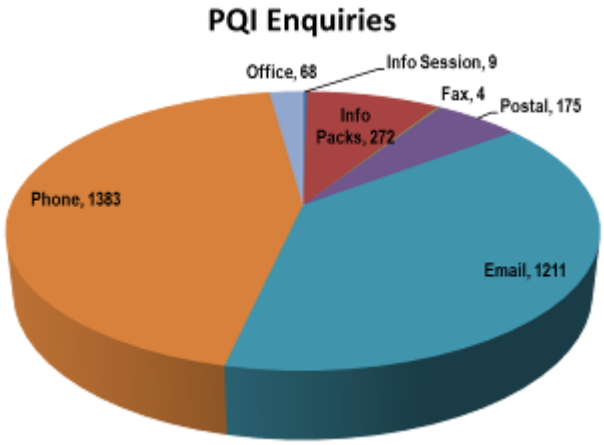
The feedback to us from these visits has been universally positive and many we met in this way have gone on to become either members or correspondents of PQI and the DBS support group.

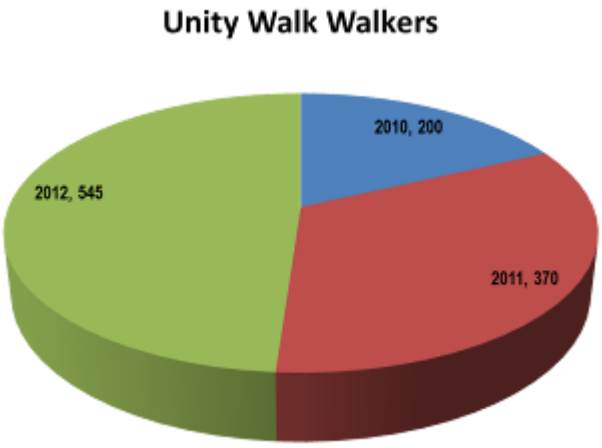
Sadly these hospital visits have had to be discontinued, at least temporarily, at the direction of the medical team. We are hoping that this situation can be reversed in the near future.

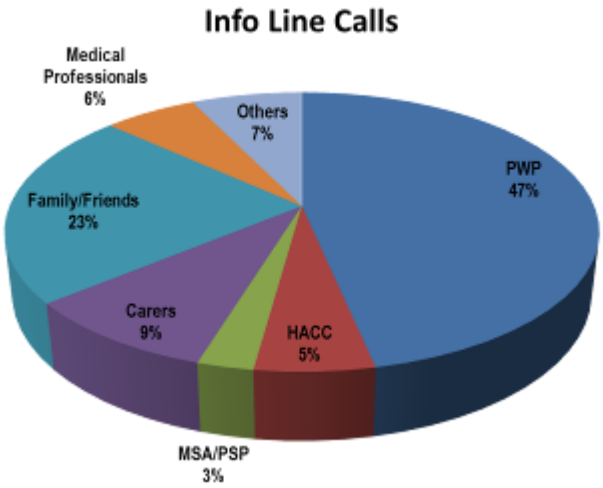
We felt very honoured to be invited to contribute to public awareness through a segment on Parkinson's disease in the Channel 9 program *A Current Affair*, our contribution recorded on 25th June and broadcast on 19th July. The interviewer, Katie Gregory, and the recording crew were terrific – very sensitive to the issues involved. The sound technician's sister lives with PD so he had a very special interest – just another example of how many people's lives are touched by this disease.

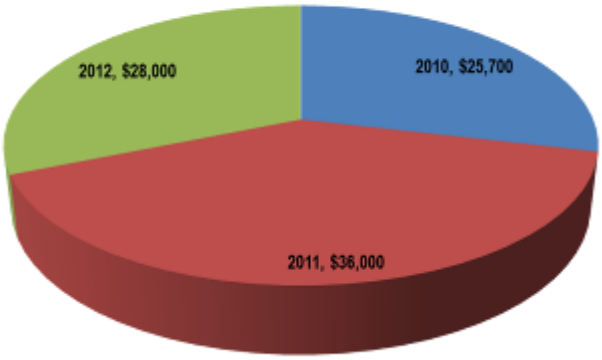
To conclude we would like to again record our thanks to PQI for giving us the opportunity of serving as ambassadors, and to our many fellow travellers on this journey with PD who have shared their stories with us.

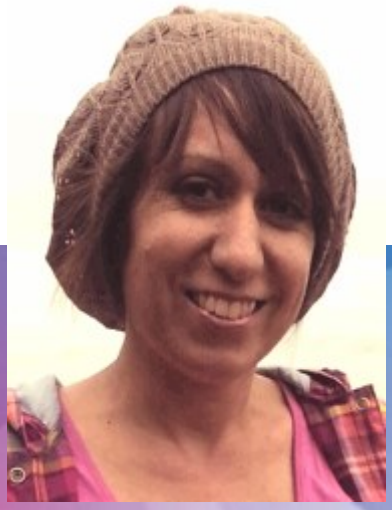
# PQI Facts & Figures



Alicia Wright
Volunteer

# Highlights 2012 - 2013

## Parkinson's Australia National Conference: July 2012

The Parkinson's Australia National Conference was hosted by PQI in 2012. The conference was held at the Brisbane Convention & Exhibition Centre on 13-14 July. We were honoured to have Her Excellency Ms Quentin Bryce AC AVO, Governor General of the Commonwealth of Australia, officially open the conference.

## Parkinson's Seminar Hervey Bay: 28 July 2012

Neurosurgeon Dr Terry Coyne addressed 211 people living with Parkinson's at a forum in Hervey Bay. The event was attended by Mr Ted Sorensen, Member for Hervey Bay. As a result of his attendance at this event, Mr Sorensen has now become a valued advocate for PQI. ABC Radio Breakfast Host, Wayne Shearman kept the audience entertained and the proceedings moving as EMCEE.

## Parkinson's Seminar Tewantin/Noosa: 10 August 2012

Professor Peter Silburn (with D Roberts) addressed over 100 people at the Parkinson's Seminar in Tewantin and Noosa.

## Parkinson's Seminar Laidley: 25 August 2012

Professor Peter Silburn provided a 90 minute Question & Answer session to the 141 people living with Parkinson's at the Laidley seminar.

## Parkinson's Awareness Week: 2-9 September 2012

## PQI Unity Walk: 9 September 2012

**Brisbane / Gympie / Southport**

A week of information tables at local shopping centres culminated with a 4 km stroll on a beautiful Sunday on 9 September 2012 to celebrate our Parkinson's family and to raise the awareness of Parkinson's within Queensland communities. In 2012, 545 people participated in Unity Walk which was an increase of 47% compared to 2011. An outstanding result! Unity Walk 2012 raised over $28,000.

## HACC Round Table Meetings

PQI attends 4 meetings per year to receive up-to-date information from State and Commonwealth HACC representatives.

7th September 2012 1st November 2012
7th February 2013 6th June 2013

## Parkinson's Seminar Townsville: October 2012

Neurologist Professor Peter Silburn and Neurosurgeon Dr Terry Coyne visited Townsville and presented at a Parkinson's Disease Seminar. Ewen Jones, Federal Member for Herbert officially opened the seminar which was attended by 200 people. The Question and Answer session was very interactive with many questions asked from the audience on the management and treatment options for people living with Parkinson's.

## Health Leaders Forum

Organised by CheckUp - Parkinson's Queensland attends these meetings to collaborate on advocating improved services for people with Parkinson's.

12th October 2012 12th April 2013

## Annual General Meeting: 4 November 2012

The 2012 Annual General Meeting of PQI was held at Easts Leagues Club, Coorparoo and attended by 32 members. Special guest speakers were Dr Nadeeka Dissanayaka from the University of Queensland. Topic: Depression & Anxiety in Parkinson's Disease and Ms Jamie Sheard from QUT. Topic: Nutrition & Parkinson's Disease.

## Order of the Amaranth Fundraiser: November 2012

Salford Waters Residents Association in conjunction with Heather Jones from the Order of the Amaranth held a fashion parade and high tea which raised $2318.

## Parkinson's Christmas Appeal: December 2012

With the wonderful support from our membership, PQI's Christmas appeal raised approx. $2,000 in 2012.

# Highlights 2012 - 2013

## Australia Day Honours: 26 January 2013

PQI's Patron acknowledged in the Australia Day Honours: 26 January 2013 In the 2013 Australia Day Honour's List Professor Peter Silburn was awarded Member (AM) in the general division of The Order of Australia - For significant service to medicine as a neurologist, particularly in the treatment of neuro-degenerative diseases.

## Parkinson's Seminar Townsville: 12 February 2013

**Dr Abdul Qayyum Rana** spoke on Non-motor Symptoms of Parkinson's which was attended by 69 people including medical professionals and people living with Parkinson's.

## Parkinson's Seminar Gold Coast: 23 February 2013

The Parkinson's disease seminar held on the Gold Coast on 23 February with speakers Ms Jamie Sheard, Dr Simon Lewis, Dr Nadeeka Dissanayaka, Ms Moira Selmes and Dr Monica Badve (not pictured) was a huge success with 140 people attending. Our sincere thanks to the Helensvale, Broadbeach, Elanora and Mt Gravatt Support Groups for catering the event and for the donation of raffle prizes.

## Community Cabinet Meeting Maryborough: 24 February 2013

The Hervey Bay Support Group arranged a meeting with the Queensland Health Minister to highlight the need for Parkinson's nurses in the region. A 15 minute meeting, as part of the State Government's Community Cabinet Meeting, was arranged. A submission for specialised Parkinson's nurses in the Wide Bay / Hervey Bay area was presented to Mr Springborg.

## Parkinson's Seminar Toowoomba: 6 March 2013

Professor Peter Silburn (Neurologist) held a Q&A Forum in Toowoomba which was eagerly attended by over 110 people. After Mayor Paul Antonio officially opened proceedings, CEO Helen Crew gave a brief overview of PQI before Chris Bruinsma introduced her role as Client Services Coordinator. Professor Silburn then answered questions from the audience for 90 minutes. Many thanks to the Toowoomba Support Group who assisted and catered on the day.

## Parkinson's Seminar Cairns: 6 April 2013

Another successful seminar was held for over 120 people in Cairns to hear from: Professor Peter Silburn—Q & A Session, Dr Terry Coyne— Deep Brain Stimulation, Associate Professor George Mellick—Research, Dr Nadeeka Dissanayaka—Depression & Anxiety, Jamie Sheard—Nutrition . Many thanks to the Cairns Support Group for all their assistance in organising this seminar.

## PQI Memberships: April—June 2013

Memberships remained fairly static in the year 2012-2013 with new members simply replacing the natural attrition rate of the existing membership.

## Kate Grace started at PQI: April 2013

Appointed as Communications Coordinator, Kate's role is pre-dominantly to implement the communications strategy outlined in the Strategic Objectives of PQI. Kate's back-ground in Radio, Magazines and Social Media Industries working across Sales, Advertising and Marketing give her experience and contacts which will serve PQI well.

## World Parkinson's Day: 11 April 2013

Thank you to the following support groups for raising the awareness of Parkinson's disease in their community to mark World Parkinson's Day. Your contribution was outstanding!

Townsville—Mini Market Fair

Granite Belt—Artworks on Davadi Gallery / Market Stall

Gladstone—Info Stand at Library

Logan—Info Stand at Shopping Centre

South Burnett—Info Stand at Kingaroy Shopping Centre

Redlands/Bayside—Info Stand at Shopping Centre

Beenleigh—Info Stand at Shopping Centre

Caboolture—Info Stand and Craft Stall

Hervey Bay—Info Stand at Shopping Centre

Dalby—Info to Clubs

Yeppoon—High Tea

## Mackay for Parkinson's & PQI : April—June 2013

Keith Andrew, Pat McGrath and Bill Malcolm from Mackay fund raised on behalf of PQI and raised a total of $4,845.25. Bill and I were surprised at the lack of information and support there was for People with Parkinson's and decided to help get the word out and raise some funds to support PQI.

*A new opportunity in Brisbane...*

**Dance for Parkinson's**

**FREE DEMO CLASS**

**Saturday, April 27** | 2:15pm -3:30pm

*A creative movement class for persons with Parkinson's Disease, their partners, caregivers and friends.*

*NO EXPERIENCE NECESSARY*

**Hosted by:**
**QUEENSLAND BALLET**
Thomas Dixon Centre
Drake St & Montague Rd
West End, Brisbane
Queensland 4101

**ABOUT THE CLASS**

Modeled after the Dance for PD® program developed by the Mark Morris Dance Group and the Brooklyn Parkinson Group, this class is built on one fundamental premise: professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. Dancers know all about stretching and strengthening muscles, and about balance and rhythm. Most importantly, dancers know how to use their thoughts, imagination, eyes, ears and touch to control their movements.

This dance class is appropriate for anyone with PD, no matter how advanced. No dance experience is required. In chairs, at a barre or standing, you will explore elements of modern dance, ballet, tap, folk and social dancing, and choreographic repertory in a stimulating, enjoyable, non-pressured, social environment in which live music energizes, enriches and empowers. Classes modeled after Dance for PD® now occur in more than 40 communities in the US, Canada, UK and Germany.

This free demo class will be taught by Erica Rose Jeffrey, an experienced Dance for Parkinson's teacher from San Francisco and Fiona Coe who has trained with the New York Program.

**For more information & to register call:**
0412 260 040 or email danceforpark@gmail.com

**www.facebook.com/DanceforParkinsonsAustralia**

## Yeppoon Morning Tea: 10 May 2013

Many thanks to the Yeppoon Lions Ladies Club who hosted a high tea and raffles in honour of Parkinson's. The morning was attended by more than 120. Proceeds of $3,364, from the morning tea and raffles were donated to PQI.

## Dance for Parkinson's Master Teaching Training: 12 May 2013

Queensland Ballet worked with David Leventhal from the Internationally reknowned Mark Morris Dance Group from New York, who ran demonstration classes for master teaching training. Dance for Parkinson's is a creative movement class for person's with Parkinson's disease, their partners, caregivers and friends. Also involved is Parkinson's Queensland, and Brisbane-based Dance for PD specialist, Erica Rose Jeffrey, who is working towards introducing Dance for Parkinson's in Queensland in late 2013.

## Parkinson's Seminar Gold Coast: 7 June 2013

It was great to see 159 people attend the Parkinson's seminar on the Gold Coast. The day's line up of speakers consisted of Associate Professor George Mellick, Neurological Nurse Karen O'Maley and Professor Peter Silburn. Many thanks again to the Broadbeach, Elanora and Helensvale Support Groups who once again provided catering and set up on the day.

## Asia Pacific Parkinson Association: June 2013

## PQI Granite Belt Support Group: June 2013

Hon. Lawrence Springborg Member for Southern Downs and Minister for Health attended a meeting of the Granite Belt Support Group of Parkinson's Queensland to hear locals' concerns regarding services to people living with Parkinson's disease in his community.

## Parkinson's International Congress: June 2013

## PQI End of Financial Year Appeal: 30 June 2013

Thank you for all our generous donors who supported the PQI End of Financial Year Appeal which raised over $13,000. These funds will assist PQI to provide more resources for people with Parkinson's in Queensland.

## Qld Primary Health Care Network (QPHCN)

CheckUp organised meetings as a forum to collaborate to improve services and to highlight to government the challenges faced and ways we can move forward positively in providing our relevant services to the community. Guest speakers included Hon. Mr Chris Davis, Assistant Minister for Health.

## Medicare Local Meetings

- Central and North West Queensland Medicare Local
- Darling Downs-South West Queensland Medicare Local
- Far North Queensland Medicare Local
- Greater Metro South Brisbane Medicare Local
- Townsville-Mackay Medicare Local
- West Moreton-Oxley Medicare Local

## Support Groups 2012 - 2013

- PQI CEO Helen Crew &/or Client Services Co-ordinator Christine Bruinsma visited 45 Support Groups.
- 432 Support Group Meetings were held across Qld
- 5,881 Support Group members attended these meetings
- PQI hosted 12 teleconferences for people with PSP
- 141 Health Professionals or government representatives attended Support Group meetings
- 5,762 Support Group Newsletters distributed

Five new Support Groups joined Parkinson's Qld :

1. Granite Belt Support Group (Stanthorpe Area)
2. Tin Can Bay / Cooloola Support Group
3. Whitsunday Support Group (Proserpine Area)
4. South Burnett Support Group (Kingaroy Area)
5. Living Young with Parkinson's (50 yrs and under)

## Queensland Neurological Alliance Meetings

- Alzheimer's Australia Queensland
- Friedreich Ataxia Research Association
- Huntington's Queensland
- MND Queensland
- MND & Me Foundation
- Multiple Sclerosis Queensland
- Muscular Dystrophy Queensland
- Parkinson's Queensland Inc.
- Youngcare

This alliance was formed to work together and collaborate with one another on specific needs of people living with neurological conditions in Queensland. The meetings will continue to be held monthly.

## Healthcare Education Sessions: 2012 — 2013

- Jeta Gardens, Bethania
- Sunnybank Private Hospital, Sunnybank
- Vivar Health Car, Moorooka
- Canossa Hospital, Oxley
- Churches of Christ Care, Benowa
- Symes Grove, Taigum
- Freemason's, Stones Corner
- Tall Tree's, Slacks Creek
- Tall Tree's, Rochedale
- Lifetec, New Farm
- St Mary's Hostel, Stretton
- Jubilee Community Care, Sinnamon Park (2 Sessions)

## Seminar Sponsorship 2012 - 2013

PQI thanks Medtronic and Hospira for their continued support of PQI's conferences and seminars—without their valuable support we would not be able to reach as far and wide. This year we recorded over 1200 attendances at PQI conferences and seminars sponsored by Medtronic and Hospira.

## Free Call 1800 Info Line

Parkinson's Queensland's Info Line provided 1200 telephone hours. Staff handled 347 Info Line enquiries:

| | |
|---|---|
| 162 | People with Parkinson's |
| 19 | HACC Service Providers |
| 21 | Health Professionals |
| 9 | MSA or PSP |
| 32 | Carers |
| 79 | Family / Friends |
| 25 | Others |

## PQI Enquiries

| | |
|---|---|
| 1383 | Phone enquiries |
| 1211 | Email enquiries |
| 4 | Fax enquiries |
| 175 | Postal enquiries |
| 68 | Office visits |
| 9 | Information Sessions |
| 272 | Information Packs distributed |

## PQI Research Grants

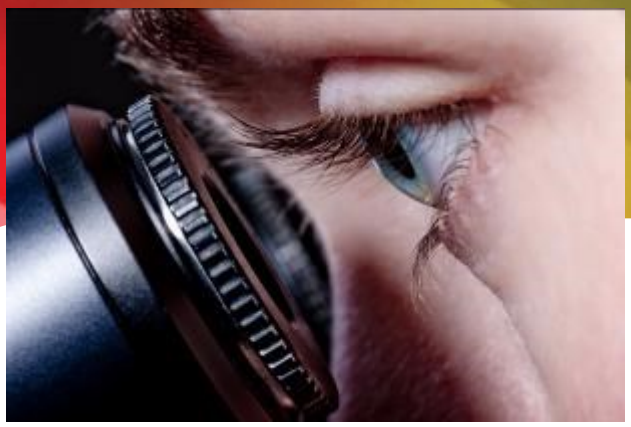
PQI called for applications from suitable academic researchers in PD. 4 successful applicants were each awarded a $5,000 grant.

## "The QUARTERLY" Newsletters

PQI distributed a total of 3,976 Queensland wide across 4 editions of the QUARTERLY newsletter.

## Parkinson's Deals: 2012-2013

**As always research is key to Parkinson's Queensland Inc. This year the Management Committee of Parkinson's Queensland approved the following research grants for 2012-2013.**



# Research Grants

**Michael Todorovic—Griffith University**
Project Title: Nrf2-mediated oxidative stress response in idiopathic Parkinson's.
Principal Supervisor Associate Professor George Mellick Associate Supervisor Dr Stephen Wood

**Project Summary**
Loss of olfaction has been reported to occur in >95% of Parkinson's disease (PD) patients and is one of the most prevalent nonmotor symptoms. Previously, we have demonstrated that cells derived from the olfactory mucosa of PD patients show disease-specific alterations, identifying the Nrf2-mediated antioxidant response pathway as the most different between patients and controls. Functional experiments have further demonstrated reductions in associated metabolic function suggesting deficiencies in Nrf2 function. Further investigations into the role of Nrf2 in Parkinson's disease will provide a novel insight into the mechanism underlying PD and may provide a potential therapeutic target.

**Megha Mohan—Griffith University**
Project Title: The role of VPS35 gene in Parkinson's. Principal Supervisor Assistant Professor George Mellick Associate Supervisor Dr Stephen Wood.

**Project Summary**
VPS35 gene mutation is a recent addition to the many gene mutations that contribute to the pathogenesis of PD. The aim of this project is to study the effects of this mutation and the association of the VPS35 protein with other PARK proteins in the neurodegeneration process.

This study also aims to discover the role of the retromer in cellular dysfunctions seen in PD which could provide clues into the cell trafficking mechanisms that lead to disease conditions. Small molecule libraries that could reveal targets which repair cell dysfunctions will also be tested.

**Luisa Roeder—Queensland University of Technology**

Project Title: Effects of resistance training on neural control of gait in Parkinson's.

Principal Supervisor Professor Graham Kerr
Associate Supervisor Assistant Professor Ian Stewart.

**Project Summary**

This research project aims to investigate the effects of resistance training on neural mechanisms that control gait in people with Parkinson's disease (PD).

Precisely, it is intended to determine whether improved gait performance in response to resistance training is accompanied by alterations in cortical activity in people with PD. In order to address this research problem, quantitative measures of strength, gait and cortical activity will be undertaken. A sample of PD patients and a sample of healthy elderly will participate in an 8-week resistance training intervention and will be assessed prior to, after 3 weeks of training and post intervention.

The findings may reveal new insights into neural control of gait in people with PD as well as into central changes that follow resistance training. Furthermore, this project contributes to build an in-depth understanding of beneficial effects of resistance training in the treatment of chronic, neurodegenerative diseases such as PD.

**Deborah Worboys—Australian Catholic University**

Project Title: Turning strain into strength: Predictors of caregiver growth in loved ones of individuals with Parkinson's.

Principal Supervisor Assistant Professor Anne Tolan
Associate Supervisor Dr Rachel Grieve

**Project Summary**

This research project has a mixed method design, and consists of three studies. The first qualitative study has been conducted. The aim of the first study was to investigate whether caregiver growth is experienced in family members who are caring for a loved one with Parkinson's Disease (PD). Preliminary findings indicated PD caregivers in this sample (N+30) experienced growth. The second study will use quantitative methods, aiming to examine predictors of caregiver growth in a PD caregiving sample (N=130). The final study will be a focus group (N=6), ultimately aiming to make recommendations, specifically for PD caregiving interventions.

*We thank our friends and supporters for their ongoing commitment and giving of their valuable time, knowledge and experience.*

# PQI Friends & Supporters

**Prof Peter Silburn**
Neurologist

**A/Prof George Mellick**
Clinical Neuroscientist

**Dr Monica Badve**
Staff Specialist, Dept Neurology

**Dr Terry Coyne**
Neurosurgeon

**Dr Nadeeka Dissanayaka**
Neuropsychiatric Research Fellow

**Dr John O'Sullivan**
Neurologist

**A/Prof Simon Lewis**
Neurologist

**Jamie Sheard**
Dietician & PhD Scholar

**Moira Selmes**
Parkinson's Nurse

**Karen O'Maley**
Nurse Movement Disorders

At Medtronic, we're changing the face of chronic disease. By working closely with healthcare professionals around the world, we create therapies to help make it possible for millions of people to resume everyday activities, return to work, and live better and longer.

Today Banner Specialists is a wide format digital imaging & signage company able to offer you the complete package from artwork & design, digital printing & finishing, through to final installation.

Centacare Community Support Services delivers a comprehensive range of practical support services for the frail-aged and persons with a disability and their carers.

For over 125 years, we have practiced excellence, innovation and value in the discovery of medicines and services, and have remained committed to operating as an ethical and sustainable company. We are constantly seeking new and better ways to treat diseases in people and animals.

Hospira is a global specialty pharmaceutical and medication delivery company driven by its vision of Advancing Wellness™. Bringing proven leadership and experience, Hospira provides solutions to help improve the productivity, safety and effectiveness of patient care.

Junior is a creative agency offering creative content and strategic solutions across traditional and digital channels. We do this for interesting people and companies.

We're a customer-owned bank. We've got all the usual things you'd expect from a big financial institution, like online banking and lots of conveniently located branches, but because our customers are the most important thing to us, we do everything we can to help them save money.

We provide non-medical quality aged care services to assist people to live independently at home throughout Australia. Our CAREGivers are an invaluable resource in helping families eliminate worry, reduce stress and re-establish personal freedom.

PMA Insurance Services offers tailored insurance packages at affordable prices.

**Delma Griffiths**
**Volunteer**

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Parkinson's Queensland acknowledges and honours the following Life Members for their continued support towards our Mission.

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Mr B Orton
Ms S O'Shaughnessy
Mrs J O'Sullivan
Mr S Overington
Mrs J Overs
Mr J Page
Mr & Mrs G Paget
Mr D Palliser
Mr C Palmer
Mr J Palmer
Mrs M Palmer
Mrs C Palmer
Mr P Papelexiou
Mrs L Papworth
Mrs J Parbit
Mrs M Park
Mr K Paroz
Mrs M Parry
Mr E Pascoe
Mrs D Pashley
Dr & Mrs D Patrikios
Mrs J Pauley
Mr W Pavey
Mr & Mrs S Peacock
Mrs J Pearce
Mr P Slim
Mr & Mrs M Penman
Mr W Pershouse
Betty Peters
Mrs J Petersen
Mrs N Peterson
Mrs Edith Phelps
Mrs S Phillips
Mr R Philp
Mr G Pike
Mr & Mrs K Pilcher
Mr R Pirrone
Mr D Potter
Mrs L Pratt
Mr & Mrs D Press
Ms C Price
Mrs J Pring
Mr & Mrs J Puchy
Mrs J Purdon
Mr M Quadrell
Mr & Mrs T Rashford
Mrs V Read
Mr C Reeves
Mrs L Reynolds
Mrs V Richards
Mr G Richardson
Mr & Mrs R Ridgway
Mr L Roberts
Mrs M Roberts
Mr Brian Robins
Mr G Robinson
Mr H Robinson

Mrs M Robinson
Mr A Robinson
Ms M Robson
Mr W Rogan
Mrs J Rogerson
Mr & Mrs I Rohl
Mr A Ross
Mr C Ross
Mr M Rossi
Mr & MrsA Jroughan
Mr J Rowlands
Ms E Ruinard
Mr & Mrs J Russell
Mrs T Ryan
Mrs Ryder
Mrs B Sales
Mr & Mrs D Sanderson
Mr C Sankey
Mr & Mrs S Saunders
Mr & Mrs A Scanes
Mrs J Schilling
Mrs K Schmidt
Mrs & Miss Schmidt
Mr S Schofield
Mr & Mrs D Schreiber
Mrs G Schultz
Mr & Mrs D Scott
Mr r Seaman
Mr A Searle
Mrs Maureen Semgreen
Mr & Mrs M Serrufier
Mr & Mrs J Sewell
Mr C Seymour-Smith
Mr J Shailer
Mr & Mrs Sharp
Mr G Sharrock
Mrs G Shaw
Mrs J Shaxson
Ms J Sheard
Mrs S Shephard
Mrs D Shepherd
Mrs D Shurte
Mrs J Sibilant
Mrs J Sideris
Mr & Mrs N Simpson
Mr & Mrs T Simpson
Mrs B Singraber
Mrs J Slingsby
Mr L Sly
Mrs A Smith
Mr M Smith
Mr N Smith
Mrs N Smith
Mr St Smith
Mrs V Smith
Mr & Mrs B Smith
Mr & Mrs N Smith
Mr & Mrs S Smith
Mr & Mrs Smith
Mr & Mrs T Smith

Mr S Smuts
Mrs J Snelling
Mrs S Sorensen
Mr & Mrs K Spencer
Mr & Mrs R Spicer
Mr A Spinks
Mr & Mrs R Spinner
Miss V Spriggs
Mr & Mrs J Springbett
Ms M Spry
Mr K Squires
Mr P St Henry
Mrs M Staib
Mr R Stephens
Mrs M Steven
Margaret Stevens
Mr & Mrs B Stevens
Mr & Mrs I Stewart
Mr R Stirling
Mr D Stone
Mrs V Storer
Mr & Mrs J Strachan
Mr G Sullivan
Mrs G Swanson
Mr & Mrs Swarbrick
Mr J Sweet
Mr & Mrs N Swift
Mr F Synes
Tabtimer Pty Ltd
Mrs K Tanner
Mrs Tapiolas
Mrs E Taylor
Mrs L Taylor
Ms M Taylor
Mr S Taylor
Mr & Mrs D Taylor
Mr L Tellam
Mrs K Temperley
Mr B Thomas
Mr N Thomas
Ms L Thompson
Mrs A Thomson
Mrs D Thornton
Mr G Thornton
Mr L Thorogood
Mrs B Tilbury
Mrs C Tillett
Mr J Todd
Mr& Mrs G Toms
Mrs Ruth Tom
Mr R Toon
Mr & Mrs R Townsend
Mr Reginald Toze
Mrs E Tracey-Bower
Mr R Trapp
Mrs S Trevena
Mr E Tsimboukis
Mr & Mrs T Turner
Mr M Turp
Mr R Twine

Mrs J Tyas
Mr N Uebergang
Mr & Mrs M Ufer
Mr Pvan Der Ven
Mr A Van Klinken
Mr R Vassallo
Ms J Vaughan
Mr A Venter
Mr & Mrs R Vickers
Mr P Vidler
Mr B Vincent
Mr & Mrs L Vincent
Mr & Mrs M Volk
Mr & Mrs Von Oven
Mr & Mrs A Voss
Mrs H Wagner
Prof C Waldby
Mrs M Walker
Mr R Walker
Mr J Walker
Mrs P Walker
Mrs C Wall
Ms B Wannell
Mr A Ware
Mrs M Watkinson
Mr B Watson
Mr J Watson
Mrs L Watts
Mrs S Watts
Mr & Mrs N Watts
Mr& Mrs R Way
Mr C Webster
Mr & Mrs L Welland
Mr J Wheatley
Mrs M Wheeler & C Sewell
Mrs A White
Ms Carmen White
Mrs E White
Mrs D Whittaker
Mr M Whitworth
Mrs L Wildman
Mr K Williams
Mr V Willams
Mr W Williams
Mr B Williams
Mr K Williamson
Mr & Mrs S Williamson
Mr W Willis
MrD Wilson
Mrs J Wilson
Mr J Wilson
Mrs L Windsor
Mr & Mrs R Windsor
Mrs D Wise
Mr & Mrs J Wise
Mr & Mrs J Wisker
Mr & Mrs R Witten
Mr M Wollert
Mrs E Wong
Mrs J Wood

Mrs J Wood
Mrs V Wood
Mr & Mrs B Woods
Miss D Barboys
Mrs A Wright
Mr Bruce Wright
Mr & Mrs Wright
Mr P Wylde
Mrs M Yardley
Marie Yates
Mr A Young

# Honour Role

## In Memory Of

We salute those who we have lost this past year.
You will always be remembered.

Alexia Badcock
David Beattie
Lynn Blunt
Monica Brooke
Elsie May Carol
Elio & Carmelina Cipressi
Clarice Clarke
Bill Coburn
Alan Colwil
Kerry Cox
Dallas Daniels
Elizabeth Dean
Rex Delforce
Evelyn Glacken
Bryan Herbert Hunt
Ronald William James
Howard Jeffs
Christine Anne Knight
John Pat Long
David Matthews
Mr McKee
George Mitchell
Lily Moody
Ronald Charles Muller
Nicolas Nave
Mrs Elsie Polido
Sidney Jorgen Rasmussen
Rodney Roberts
Ronald John Searle
Robert Sing
Frances Smith
Anne Stewart
Max Thompson
Margaret Tomkins
Norma Ellen Ward
John Clarkson Waterson
Robert Alec Weis
Norma Marjorie Whitehead
K. Macklina
M. Russ

## Volunteers

Our volunteers are our lifeblood and without them PQI would not exist. Our sincere thanks to all those who give their time and expertise selflessly towards the Mission of PQI. Your commitment is outstanding.

Elley Alder
Karli Alonas
Terry & Margaret Ball
Jan & Ron Barrett
Di Bergman
John Bird
Joy &Alwyn Boyle
Allan Bradwell
Jane Brennan
Jan Bruinsma
Tyrone Bruinsma
Albert Bruinsma
Jacob Bruinsma
Nerida Caden
Ruth Coleman
Rarno Connor
Jodi Coyne
Jaimie de Salis
Ashley Debinham
Elvie Dickinson
Dianne Donaldson
Peter Dorman
Jean Dowell
Mavis Edwards
Lyndell & Don Einam
Gary Ernst
Eunice & Hugh Evans
Alan & Carole Farrell
Rebecca Ferguson
Pam Furner
Leanne Greenup
Delma & Bob Griffiths
Inge Gusek
Susan Heal
Colin Hill
Sandra Hoare
Dorothy Hodder
Arnold Horne
Sameera Ismail
Sufyaan Ismail
Bashir Ismail
Alan James
Deb Johnson
Bev Johnston
Farhan Karimsah
Graham Kerr
Abi Kharkar
Sophie Kleinschmidt
Graham Knight
Judy Learmouth
Dawn Leigh
Georgia Madsen
Khalid Manjrah
Hafiza Manjrah
David & Angela Martin
Val & Derek Mason
Brian McKenzie
Judy McMichael
Maree Millard
Ann Mitchell
Max & Joy Moloney
Joy Moore
John Morris
Pauline Newman
Thelma Nuemann
David O'Brien
Sue & Neil Page
Clare Pekin
Dianne Phelan
Carol Price
Deb Purkiss
Megan Ross - Glider
Marlene Schultz
Colin Shepherd
Patsy Slatyer
Stephen Smuts
Jonno Telford
Peter Thomas
Dianne Trapnell
Margaret & Bob Vickers
Peter Vidler
Allan & Shirley Voss
James Watson
Lynda Watts
Elaine West
Elaine Williams
Kate Williams
Rachel Whitham
John Whitham
Steve Whitham
Bob & Sue Witten
Gail Wixon
Lyn Worrel
Alicia Wright
Elise
Deepika
Caboolture S/Group
Lilian

# Honour Role - Donations

Thank you to our donors. We are grateful for your generosity, your trust and, most importantly, your commitment to our Mission.

## General

D. & L. Agostino
R. Alexander
L. Arthy
M. Beattie
T. Bettles
G. & K. Bird
N. Bligh
S. Brauer
J. Breadhauer
H. Brinkman
D. Brown
E. Campbell
L. & F. Campbell
Mr & Mrs D. Chapman
R. Christie
C. Clay
C. lay
T. Coburn
M. Coleman
A. & J.Collins
G. Cowan
W. & M Curnow
M. D'Alessabdri
L. Daniels
R. & T. Doherty
D. Dowling
C. Doyle
F. Ellett
Elvery Family
J. Eric
B.Farrell
P. Geue
P. Graham
J. & J. Gray
L. Greeves
D. Groves
C. Hall
J. Hatch
L. Hawes
D. Henderson
N. Hewitt
F. Hill
R. Hodgson
M. & A. Hoffman
F. & R. Hutton
H. Joseph
D. Kerle
J. & J. Kincade
C. & M. Keay
J. Knoblauch
L. Knot
R. La Spina
B. & K. Levingston
T. Barry
L. Lunney
B. & E. Mann
T. McErlean
E.McFarlane
J. McIntyre
G. McVeigh
V. Meier
J. Miller
D. Millwater
G. & L Moody
K. & M. Muller
O. Neochi
G. Newman
J. & N Nicholas
J. Osborne
B. Paul
R. Polke
L. Pratt
W. Roberts
P. Roberts
Mr G Robinson
J. Robinson
A. Rother
N. & A. Russell
G.Sideris
J. Slingsby
B. & T Smith
J. Spanjol
D. Spriggs
E. Stewart
R.Stirling
L.Surman
M. Tait
I. Tapiolas
M. Thompson
P. Thorp
J.Treadwell
K. Trent
Amanda Waterson
J. & S. Warner
R. Wells
A. White
N. & J. Whitehead
R. & E. Wood
J. Wright
G. & S. Wynn

Alwyn Peffer & Co.
Caboolture Support Group
Calamvale Seniors Assoc
Estate of John Van Dyke
Estate of Elizabeth Dean
Fairholme Aquatics Swim Team
Family of Dallas Daniels
Lockyer Valley Support Group
Michpocha Pty Ltd
National Seniors
Order of Jacob's Daughters Bethel
Pharmacy Guild of Australia (Qld)
Redland Bay Support Group
Robertson's Lifting
Rotary Club Noosa Heads Daybreak
Salford Waters Residents Assoc.
SCA Hygiene Australasia
South Burnett Support Group
Tabtimer
Townsville Servicemen's Assoc.

## Unity Walk

Ms Abrahams
Mr Adsett
Mr Allott
Mr Alvarez
Mrs Andrew
Ms Au
Mrs Baddeley
Miss Ball
Mr Benjamin
Mr Bennett
Mr Bird
Mr Bonney
Mrs Boyle
Mrs Broadfoot
Mr & Mrs Brown
Family Burren
Ms Buxton
Family Callow
Family Campbell
Family Campbell
Mrs Carruthers
Family Challoner
Mrs Chandler
Family Chapelle
Dr Chong
Mr Clarke
Mrs Coates
Mr Cook
Mrs Cooper
Mrs Cornell
Dr Craven
Mr Crawford
Mr Crew
Ms Cummins
Dr Darlington
Family Dearden
Mr Dowling
Mr Doyle
Mrs Duncan
Mr Eastman
Mrs Edwards
Mr Finlayson
Ms Forrester
Mrs Francis
Mr Fraser
Mr Fritz
Ms Gambaro
Mr Gole
Mr Gorman
Mrs Graham
Mr Gray
Ms Greenup
Mr Greenup
Mrs Griggs
Family Grigson
Ms Halloran
Mrs Harding
Mrs Harrison
Mr Harvey
Family Healey
Ms Henig
Mr Henricks
Mr Herd
Ms Hoek
Mrs Hoolihan
Mr Hooper
Mrs Hoyer
Mr Humphrys
Family Hung
Family Ismail
Mrs Ismail
Mr Jarius
Mrs Jayasinghe
Mrs Joels
Mr Jones
Mrs Jones
Miss Kennedy
Mr Kerr
Ms Kitch
Mr Knapp
Mrs Larsen
Mr Ludwig
Mrs Maguire
Mr McAndrew
Mr McCollum
Mrs McDonald
Mr McLeod
Ms Michael
Family Milwater
Mrs Moloney
Family Mooney
Mt Gravatt Support Group
Family Neil
Dr Neil
Ms Nichols
Ms Nicholson
Mr Noble
Dr Noller
Mr O'Neill
Miss Orchard
Family O'Sullivan
Family Page
Mr Pass
Mr Perera
Miss Pike
Mr Reed
Mrs Renouf
Mr Reynolds
Mr Robertson
Mrs Rowland
Family Russell
Mr Sartor
Mr & Mrs Schults
Family Scott
Dr Seow
Family Shaw
Miss Short
Mr Speight
Family Stalker
Mrs Stanton
Mr Stevens
Mrs Swarbrick
Mr Taylor
Mrs Thomas
Family Thornton
Mrs Tobiano
Family Toohey
Ms Trapnell
Mrs Trapnell
Mr van Raalte
Family Wake
Mrs Walk
Mrs Walker
Mrs Watson
Family Watts
Mr Weber
Mrs Webster
Mr Webster
Mrs Whitham
Mrs Wild
Mr Willema
Mrs Windsor
Mr Wright
Mr Young

Parkinson's Queensland acknowledges and thanks the Department of Communities, Child Safety and Disability Services (Community Care program) for ongoing funding to service people under the age of 65 living with Parkinson's disease in Queensland.

Parkinson's Queensland acknowledges and thanks the Department of Health & Ageing (Commonwealth HACC Program) for ongoing funding to service people over the age of 65, living with Parkinson's disease in Queensland.

## HACC 018 Roundtable

The Roundtable, established in 2006, is a dynamic collaboration of state-wide Queensland organisations that are funded to provide information, education and training to consumers, carers or service providers in Home and Community Care. COTA Qld is funded to provide ongoing secretariat support to the Roundtable.

**The 018 Roundtable undertakes its role by:**

Bringing together a wealth of member group experience to strategically plan information, education and training provision across the large state of Queensland;

Improving the capacity of the HACC sector as a whole;

Developing and implementing collaborative information, education and training strategies;

Considering and responding to common and emerging issues through collective action.

**Members of the Roundtable include representatives of the following organisations:**

- Alzheimer's Association Queensland;
- Alzheimer's Australia;
- Blue Care Continence Advisory Service;
- Carers Queensland;
- COTA Queensland;
- Diversicare;
- HACC Resource Unit, Queensland Health;
- Lifetec;
- Ozcare Dementia Advisory and Support Service;
- Parkinson's Queensland Inc;
- Queensland Aged and Disability Advocacy;
- Queensland Meals on Wheels;
- Synapse – Formally Brain Injury Assoc of Qld;
- Technical Aid to the Disabled Queensland; and
- Vision Australia

*The Management Committee presents its report and financial statements for Parkinson's Queensland Incorporated for the financial year ended 30 June 2013. This report has been prepared in accordance with the charity's Constitution.*

**Abi Kharkar**

# Treasurer's Report

I am pleased to present the audited financial statements of Parkinson's Queensland Inc. for the period ended 30th June 2013. We have had a successful financial year and George & Ridgway have audited our financial statements, confirming the required statutory compliance.

The lingering effects of the global financial crisis continue to impact on local business conditions, which limits our ability to maximise on donations. However, our cash flows remain solid and we have again exercised responsible expenditure management throughout the year to maintain a level of cash reserve. As a result, our overall financial position continues to be very sound.

It is pleasing to once again be able to deliver a surplus of $130K for the financial year ended 30 June 2013.

## Balance Sheet

The 2012/2013 financial year has concluded with Parkinson's Queensland being in a position as having total Equity/Net Assets of $532K. This has increased from $401K the previous year. Within this there has been a $107K increase in the cash position. The Management committee will continue to monitor this situation to ensure that the overall spending stays in line with the financial capacity of the association.

The 2013/2014 budget indicates a deficit of just under $50K. The deficit is mainly on account of reduced budgeted revenue. It should be noted that whilst every effort will be made to reduce and/or eliminate deficit results, tolerance to the expenditure are seen as important investments the organisation makes to continue its operations. This deficit is not likely to pose any cash flow problems due to the existing level of reserves, however the board will continue to aggressively monitor the expenditure and control costs.

## Highlights of 2012-13

The year included a number of positives from a financial viewpoint as follows:

- The improved financial performance was mainly on account of Bequests of $221K over and above the budget of $100K;
- Increased government funding specifically granted to improve the physical and technological infrastructure of the office;
- Increased interest income from term deposits.

*Our recurrent government funding represents only 22.9% of our total income this financial year. PQI relies on donations, bequests, fundraising, membership and other forms of income in order to fund our services. In this financial year $221,000 in bequests was a welcome addition to our income. While we encourage people to remember Parkinson's Queensland in their will, we cannot rely on this as a regular stream of income.*

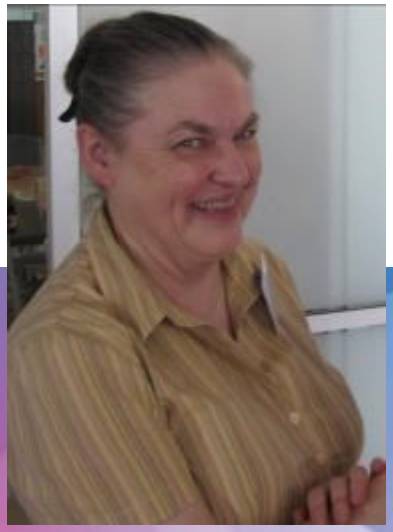
*Our aim is to increase support for the Parkinson's community, therefore, it is imperative that our recurrent funding is at least maintained. More importantly, increased recurrent funding and general fundraising income is required to meet the increasing demand throughout our vastly geographically challenged state.*

## Ongoing Priorities

- A strong focus on balanced budget;
- An improved cash position as a result of prudent financial management;
- Continue relations with current sponsors and donors.

Thanks once again to CEO Helen Crew and her team in terms of working hard to achieve this surplus, whilst also delivering against the strategic plan. I commend the 2013 accounts for your acceptance.

**Abi Kharkar — Treasurer**



**Julie Pring**
**Volunteer**

# PARKINSON'S QUEENSLAND INCORPORATED

# `INDEPENDENT AUDIT REPORT TO THE MEMBERS OF PARKINSON'S QUEENSLAND INCORPORATED

## SCOPE

We have audited the special purpose financial statements of the Parkinson's Queensland Incorporated set out in the following pages for the year ended 30th June 2013. The Management Committee is responsible for the financial statements. We have conducted an independent audit of these financial statements in order to express an opinion on them to the members.

Our audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial statements are free of material misstatements. Our procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial statements, and the evaluation of accounting policies and significant estimates. These procedures have been undertaken to form an opinion as to whether in all material respects, the financial statements are presented fairly in accordance with Accounting Standards and the requirements of the Associations Incorporation Act (QLD) 1981, so as to present a view of the Association which is consistent with our understanding of its financial position, the results of its operations and cash flows.

The audit opinion expressed in this report has been formed on the above basis.

## AUDIT OPINION

In our opinion, the special purpose financial statements present fairly in accordance with applicable Accounting Standards and the requirements of the Associations Incorporation Act (QLD) 1981, the financial position of the Parkinson's Queensland Incorporated as at 30th June 2013 and the results of its operations and cash flows for the year then ended.

Without qualification to the opinion expressed above, attention is drawn to the following matters:-

### Inherent Uncertainty Regarding Receipts

The audit examination of cash receipts has been limited to verification of amounts recorded and banked since it was not practicable for the organization to establish accounting controls over cash receipts from all sources prior to their banking.

### Donations:

The Management committee is responsible for meeting the statutory requirements regarding the collection and disbursement of donations.

JACOB GEORGE - FCA

05 September 2013

GEORGE & RIDGWAY
PUBLIC ACCOUNTANTS
UNIT 2, 45 SANDERS STREET
UPPER MT GRAVATT Q 4122
PO BOX 610, SUNNYBANK Q 4109

**Liability limited by a scheme approved under Professional Standards Legislation.**

# PARKINSON'S QUEENSLAND INCORPORATED
## ASSETS AND LIABILITIES STATEMENT
## FOR THE YEAR ENDED 30TH JUNE 2013

| 2012 | | 2013 |
|---|---|---|
| **CURRENT ASSETS** | | |
| 436717 | Cash at Bank | 544893 |
| 398 | Cash on Hand | 159 |
| 5100 | Accounts Receivable | 3321 |
| 4873 | Sundry Debtors | 614 |
| 447088 | **TOTAL CURRENT ASSETS** | 548987 |
| **NON CURRENT ASSETS** | | |
| 33025 | Property, Plant and Equipment | 75606 |
| 13258 | Motor Vehicles | 10772 |
| 1917 | Other Assets | 1151 |
| 48200 | **TOTAL NON CURRENT ASSETS** | 87529 |
| 495288 | **TOTAL ASSETS** | 636516 |
| **CURRENT LIABILITES** | | |
| 3714 | Trade Payables | 37268 |
| 20374 | Accrued Charges and Deferred Income | 12222 |
| 69807 | Other Creditors | 54650 |
| 93895 | **TOTAL CURRENT LIABILITIES** | 104140 |
| 93895 | **TOTAL LIABILITES** | 104140 |
| 401393 | **NET ASSETS** | 532376 |
| **MEMBERS'S FUNDS** | | |
| 389355 | Opening Balance – Beginning of Year | 401393 |
| 12038 | Surplus/(Deficit) for the Year | 130983 |
| 401393 | **TOTAL MEMBERS' FUNDS** | 532376 |

The accompanying notes form part of this financial report.

JACOB GEORGE - FCA

**Full audited accounts are available to members upon request.**

GEORGE & RIDGWAY
PUBLIC ACCOUNTANTS
UNIT 2, 45 SANDERS STREET
UPPER MT GRAVATT Q 4122
PO BOX 610, SUNNYBANK Q 4109

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## PARKINSON'S QUEENSLAND INCORPORATED
## INCOME AND EXPENDITURE STATEMENT
## FOR YEAR ENDED 30TH JUNE 2013

| 2012 | | 2013 |
|---|---|---|
| $ | **INCOME** | $ |
| 491162 | Revenue | 693003 |
| 491162 | Gross Profit | 693003 |
| (467233) | Administration Fees | (547146) |
| (11891) | Depreciation | (14874) |
| 12038 | Surplus before income tax | 130983 |
| - | Income Tax Expenses | - |
| 12038 | **Surplus after income tax** | 130983 |
| **389355** | **Retained surplus at the beginning of the Financial Year** | **401393** |
| **401393** | **Retained surplus at the end of the Financial Year** | **532376** |

The accompanying notes form part of this financial report.

JACOB GEORGE - FCA

GEORGE & RIDGWAY
PUBLIC ACCOUNTANTS
UNIT 2, 45 SANDERS STREET
UPPER MT GRAVATT Q 4122
PO BOX 610, SUNNYBANK Q 4109

**Full audited accounts are available to members upon request.**

## NOTE 1 – SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporation Act 1981 (Qld). The committee has determined that the association is not a reporting entity.

The financial report has been prepared on an accruals basis and is based on historic costs and does not take into account changing money values, or except where specifically stated, current valuations of non-current assets.

The following significant accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report.

### (a) Income Tax

No provision for income tax has been raised as Parkinson's Queensland Incorporated operates solely as a non-profit association established for the provision of community services and accordingly it is exempt from income tax under section 50-45 of the Income Tax Assessment Act 1997.

### (b) Property, Plant and Equipment (PPE)

Leasehold improvements and office equipment are carried at cost less, where applicable, any accumulated depreciation.

The depreciable amount of all PPE is depreciated over the useful lives of the assets to the association commencing from the time the asset is held ready for use.

Leasehold improvements are amortised over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

### (c) Impairment of Assets

At the end of each reporting period, the entity reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the asset's carrying value over tis recoverable amount is recognised in the income and expenditure statement.

### (d) Employee Benefits

Provision is made for the association's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits have been measured at the amounts expected to be paid when the liability is settled.

### (e) Cash and Cash Equivalents

Cash and cash equivalents includes cash on hand, deposits held at call with banks, and other short-term highly liquid investments with original maturities of three months or less.

### (f) Revenue and Other Income

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. For this purpose, deferred consideration is not discounted to present values when recognising revenue.

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument.

Grant and donation income is recognised when the entity obtains control over the funds, which is generally at the time of receipt.

All revenue is stated net of the amount of goods and services tax (GST).

### (g) Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the Assets and Liabilities Statement are shown inclusive of GST.

JACOB GEORGE - FCA

GEORGE & RIDGWAY
PUBLIC ACCOUNTANTS
UNIT 2, 45 SANDERS STREET
UPPER MT GRAVATT Q 4122
PO BOX 610, SUNNYBANK Q 4109

## PARKINSONS QUEENSLAND INCORPORATED

## STATEMENT BY MEMBERS OF THE COMMITTEE

The committee has determined that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outline in Note 1 to the financial statements.

In the opinion of the committee the financial report:

1. Presents a true and fair view of the financial position of Parkinson's Queensland Incorporated as at 30 June 2013 and its performance for the year ended on that date.

2. At the date of this statement, there are reasonable grounds to believe that Parkinson's Queensland Incorporated will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the committee and is signed for and on behalf of the committee by:

Treasurer: Abi Kharkar

President: John Bird

Dated at Brisbane this 18th day of September, 2013.

**In 2013-14 we'll continue our work to tackle Parkinson's on every front. With four years remaining to achieve our 2013 to 2017 Strategic Objectives, we'll be particularly focused on the following objectives and priorities.**

**Sandra & Tony Hoare**
**Volunteers**

# Strategic Plan 2013-17

## PQI Objectives

**Objective 1:** Offer information and assistance to people affected with Parkinson's disease and, where appropriate, conduct a needs assessment and referral to appropriate support service providers.

**Objective 2:** Work collaboratively with other community service providers and allied health professionals to ensure that people living with Parkinson's disease or related disorders are able to access appropriate support services.

**Objective 3:** Provide training, information and education to people with Parkinson's disease or related disorders, their carers and community service providers to facilitate better service delivery to those affected.

**Objective 4:** Increase public awareness of Parkinson's disease and related disorders so as to provide greater public understanding of the impact of these illnesses and the limitations and special needs of those affected.

**Objective 5:** Encourage research into the cause and treatment of Parkinson's disease and related disorders.

**Objective 6:** Provide financial longevity and security to raise funds and do all other acts as may be deemed necessary or incidental to the carrying out of Objectives 1-5.

**PARKINSON'S QUEENSLAND INC.**

2/25 Watland Street, SPRINGWOOD QLD 4127
PO Box 1684, SPRINGWOOD QLD 4127
Phone : (07) 3209 1588 I Fax: (07) 3209 1566
Website: www.parkinsons-qld.org.au
ABN 69 838 771 233

Australian Government
Department of Health and Ageing