
FROM BARBS & RORY

Everything we do has one purpose — to help people living with Parkinson's live stronger, move better and remain connected to their community.

As we look back over the past few months, we're reminded just how much can be achieved when a community comes together with a shared purpose.

Every day, we have the privilege of meeting people living with Parkinson's and their partners, families and carers. Your determination, resilience and willingness to support one another continue to inspire us, and they remain the driving force behind everything we do.



BARBS & RORY
CULLINAN

This edition reflects an exciting period of growth for The Parkinson's Centre. Behind the scenes, we're expanding our partnerships with universities, researchers, community organisations and government, investing in new technology, strengthening our governance and preparing for some significant milestones in the months ahead — including The Parkinson's Conference, our inaugural Gala Dinner & Awards Night, and the official launch of the Parkinson's Support Fund™.

While these achievements matter, they are never the goal in themselves. Every new partnership, every research project, every piece of equipment and every new initiative has one purpose — to support people living with Parkinson's and those who care for them.

We also want to thank our incredible team, our volunteers, our supporters, our professional partners and, most importantly, our clients. The trust you place in us each day is something we never take for granted.

We hope you enjoy this edition and look forward to seeing many of you over the coming months at our events and around the Centre.

Thank you for being part of our journey.

Barbs & Rory Cullinan

Founders, The Parkinson's Centre

SAVE THE DATES

One of our *biggest* years yet

This is shaping up to be one of our biggest years yet. We have three special occasions on the horizon, and we'd love for you to be part of each one. Mark your calendar now — full details, including how to register, will follow soon.

15 AUGUST 2026

The Park Trivia Challenge

A fun, friendly afternoon of trivia in great company — gather your team and join us for a day of laughter and a little light competition. Call our admin team and book your spot(s) on (07) 5408 4387.

**THE PARK**
The Parkinson's Centre™

SAVE
THE
DATE

2026

The Park Trivia Afternoon

AN AFTERNOON OF FUN, FRIENDSHIP
& FRIENDLY COMPETITION.

Join over 150 members, partners and carers for
one of The Park's most enjoyable afternoons
of the year.



SATURDAY
15 AUGUST 2026

1:00PM -
4:00PM

MAROOCHY RSL
EVENTS CENTRE

TICKETS
\$35
+ GST
PER PERSON

YOUR TICKET INCLUDES

TRIVIA
COMPETITION

TEAM
PRIZES

LUCKY DOOR
PRIZES

TEA &
COFFEE

NIBBLES

BOOKINGS OPENING SOON
Seats are limited to
approximately 150 guests.

www.theparkinsonscentre.com.au

 (07) 5408 4387

SUPPORTING PEOPLE WITH PARKINSON'S. TOGETHER, WE CAN MOVE FORWARD.

SAVE THE DATES

The PARKinson's *Conference & Gala*

8 OCTOBER 2026 · CONFERENCE

The Parkinson's Conference 2026

The Parkinson's Conference 2026 will bring our community together to share the latest in Parkinson's care. This year, we have another stellar list of speakers. Our aim is that every conference brings you something new to learn, so save the date.

10 OCTOBER 2026 · GALA DINNER & AWARDS NIGHT

A highlight of our year

The Gala Dinner is a highlight of our year. This October, we'll celebrate our community and officially launch the Parkinson's Support Fund™. More information to follow soon.



Queenslands Premier Parkinson's Conference

SAVE THE DATE

 **8 OCTOBER 2026**
Conference

 **10 OCTOBER 2026**
Gala Dinner & Awards Night

 MAROOCHY RSL, MAROOCHYDORE, QUEENSLAND

Tickets, Speakers & Program Details Coming Soon

 CONNECT  LEARN  INSPIRE

Learning from the *World's Best*



In May, Barbs travelled to the World Parkinson Congress in Phoenix, Arizona, joining thousands of clinicians, researchers, health professionals and people living with Parkinson's from around the world.

The Congress is one of the largest international gatherings dedicated entirely to Parkinson's, bringing together the latest research, emerging therapies and innovative approaches to care.

For Barbs, it was an invaluable opportunity to learn from many of the world's leading Parkinson's experts, exchange ideas with international colleagues and explore new developments with the potential to improve outcomes for our community.

It was inspiring to be surrounded by so many people passionate about improving life with Parkinson's. Learning, collaborating and networking — it was incredible. But my greatest takeaway was the validation that The Park is not only aligned with the latest evidence but is already pioneering approaches that many clinics have yet to embrace.

Over the coming months, many of the ideas, techniques and evidence-based approaches shared at the Congress will be reviewed by our clinical team and, where appropriate, woven into our services.

Barbs also returned inspired by the passion and commitment of the global Parkinson's community. Despite the challenges of the condition, there is tremendous optimism, with real advances being made in research, technology, rehabilitation and models of care. Many of the ideas explored in Phoenix align closely with work already underway here — including our collaboration with the University of the Sunshine Coast and the development of our dedicated Gait & Balance Room.

Barbs' Key *Takeaways*

■ **Exercise remains one of the most powerful treatments available.**

The evidence continues to reinforce that regular, appropriately prescribed exercise is one of the most effective ways to manage symptoms, slow functional decline, and help people with Parkinson's maintain independence and quality of life.

■ **Stay connected to your outcomes.**

There is no one-size-fits-all approach to Parkinson's. Monitor your symptoms, track your progress, update your programmes, and stay consistent.

■ **Technology is transforming Parkinson's care.**

Wearable devices, digital movement analysis, artificial intelligence, and objective monitoring tools are giving clinicians better insights into symptoms, helping to personalise treatment and accurately measure progress over time. Stay updated on where you are.

■ **Don't wait. Early intervention is the best way to live well with Parkinson's.**

Optimise your mobility with the right medication. Get started on an exercise programme as early as possible and seek specialist services sooner rather than later. Discuss advanced therapies, such as infusion pumps and Deep Brain Stimulation (DBS), with your neurologist before they become urgently needed.

■ **The gut microbiome is important.**

What you put in your mouth has a significant impact on your health. Don't guess — discuss your nutrition with an Accredited Practising Dietitian or other qualified health professional to ensure your diet supports your overall health and Parkinson's management.

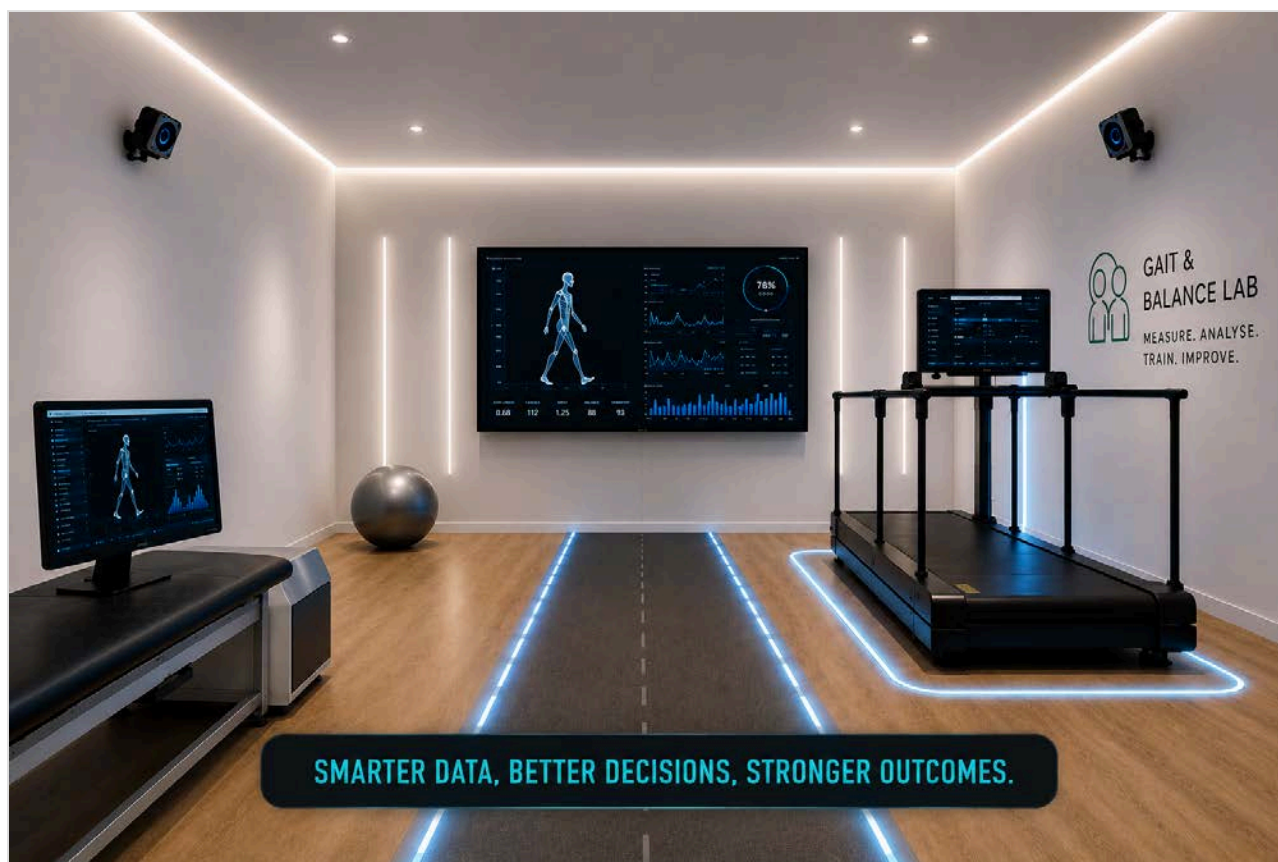
■ **Collaboration accelerates progress.**

The biggest advances occur when researchers, clinicians, industry, and people living with Parkinson's work together. Sharing knowledge and tackling real-world challenges collectively is driving innovation faster than ever before. Sign up for research and be part of the solution.

■ **The future is full of hope.**

From new therapies and biomarkers to advances in rehabilitation and digital health, the momentum in Parkinson's research is extraordinary. While there is still much work ahead, the level of global innovation, collaboration, and optimism has never been stronger.

Building Capability for the *Future*



One of our long-term commitments is to help shape the future of Parkinson's care — not only through the services we provide today, but by educating tomorrow's health professionals and investing in research that will benefit generations to come.

That commitment begins with our growing partnership with the University of the Sunshine Coast (UniSC). Over the coming years, The Parkinson's Centre will welcome student placements in Exercise Physiology, Allied Health Assistance and other allied health disciplines, giving future clinicians the chance to learn in a specialised Parkinson's environment.

At the same time, we continue to work closely with Professor Ross Clarke and the UniSC team on our dedicated Gait & Balance Room. This exciting project combines advanced gait and posture analysis with evidence-based therapy designed specifically for people living with Parkinson's. Orders have now been placed with international manufacturers for specialised assessment equipment, while UniSC researchers help develop bespoke analytical software to better understand movement, measure outcomes and tailor treatment to each person.

Looking further ahead, we anticipate welcoming Honours, Master's and PhD students to undertake research projects at the Centre, adding new knowledge to everything we do.

A Centre where clinical care, education, training and research work hand in hand.

The next stage of this journey is now taking shape. We're excited to share that The Parkinson's Centre has recently secured the tenancy immediately beside our existing Centre. This additional space will be progressively developed into a dedicated education and training facility, to be known as The Parkinson's Centre Academy.

A future built on *education*

The Academy will support practical education and training for carers, family members, support workers, allied health professionals, nursing staff, university students and other healthcare professionals involved in supporting people living with Parkinson's. It will also complement our partnership with UniSC by providing a dedicated environment for student placements, professional development, clinical education and, in time, collaborative research.

As Parkinson's care becomes increasingly complex, we believe education is one of the most practical ways to improve outcomes. By helping those who provide care better understand Parkinson's, we can build confidence, strengthen clinical practice and enhance the quality of life of people living with Parkinson's.

Together with our dedicated Gait & Balance Room, our collaboration with Professor Ross Clarke and UniSC, and the development of The Parkinson's Centre Academy, we are building a Centre where clinical care, education, training and research work hand in hand — benefiting both today's Parkinson's community and the generations who follow.

— SUPPORTING OUR COMMUNITY

Continuing to Support Those Who Care



Caring for someone living with Parkinson's can be deeply rewarding, but it can also be physically, emotionally and mentally demanding. That's why we're proud to continue our Partner Connect™ program, which gives carers practical education, professional support and the chance to connect with others who truly understand the journey.

Looking after our *carers*

Delivered in partnership with Wellways through the Australian Government's Carer Gateway program, Partner Connect™ combines education workshops, exercise sessions and access to experienced health professionals. It helps carers build confidence while encouraging them to look after their own health and wellbeing too.

We're incredibly grateful to Wellways for their continued support and for recognising the vital role carers play. Together, we're helping ensure carers have the knowledge, resources and encouragement they need to keep caring for others — without forgetting to care for themselves.

Did You Know?

Over the past 12 months, we've supported local carers through our Carer Gateway services, including:

865

Carer Gateway services delivered

621

Peer Support sessions

115

Carer Coaching sessions

58

New Carer Registrations

45

Carer Support Plans

Every one of these numbers represents a local carer who received practical support, guidance, reassurance, or simply someone who understood what they were going through. Caring for someone living with Parkinson's can be challenging, and we count it a privilege to stand beside those who give so much of themselves every day.

Advocating for People Living with Parkinson's



Earlier this year, we were honoured to accept an invitation from Parkinson's Queensland and Joe Kelly MP to visit Queensland Parliament House. The visit was an opportunity to discuss the challenges facing people living with Parkinson's, and the growing need for greater awareness, better access to services and continued investment in research and support.

Stronger *together*

We're especially grateful to Parkinson's Queensland for the invitation and for the important advocacy they continue to lead as Queensland's peak body. Strong advocacy plays a vital role in making sure the voices of people living with Parkinson's, their families and carers are heard by decision-makers.

As The Parkinson's Centre grows, we're committed to working alongside organisations like Parkinson's Queensland to strengthen support for our community. By combining local clinical expertise with state-wide advocacy, we believe we can achieve even more together. Our thanks to Joe Kelly MP for his hospitality and his genuine interest in the challenges and opportunities facing our community. We look forward to continuing these important conversations.

AROUND THE CENTRE

Parkinson's Support Fund™

Last year, we announced the creation of the Parkinson's Support Fund™, with a simple vision: that no one should miss out on essential Parkinson's services because of financial hardship.

Since then, a great deal of work has gone on behind the scenes to build the Fund on a strong, sustainable footing. As part of this, we've temporarily paused new funding applications while we complete registration with the Australian Charities and Not-for-profits Commission (ACNC). We're pleased to report that registration is progressing well and, subject to final approval, we expect the Fund to become a registered charity by the end of September. This milestone will give the Fund an independent governance framework and allow it to pursue grants, philanthropic support and tax-deductible donations.

Our sincere thanks to our Community Advisory Board, whose volunteers have generously given their time, knowledge and experience throughout this journey. We look forward to officially launching the Fund at our Gala Dinner & Awards Night this October.

Recognised close to *home*



SUNSHINE COAST AUSTRALIA DAY COMMUNITY AWARDS 2026 · HEALTHY AND ACTIVE

We were recently humbled to receive a Sunshine Coast Australia Day Community Award in the Healthy and Active category — a recognition we accept with deep gratitude.

This honour was never ours alone. Everything The Parkinson's Centre does is built on the people around us. It belongs to our clients, who show up with determination day after day; to the partners, families and carers who support them so steadfastly; and to our volunteers, whose generosity makes so much of our work possible. It also reflects the dedication of our team and the trust of the professional partners and supporters who share our vision.

To be acknowledged here, by our own Sunshine Coast community, means a great deal. This is where our clients live, move and connect, and it is where we are most determined to make a difference.

We remain committed to helping people living with Parkinson's on the Sunshine Coast live stronger, move better and stay connected — and to walking alongside the families and carers who share that journey.

To everyone who has been part of our story so far: thank you. This one belongs to you.



Welcome to the *team*

Welcome, Lauren

Please join us in welcoming Lauren to The Parkinson's Centre as our newest Accredited Exercise Physiologist. With 9 years of experience in Neurological rehabilitation, Lauren has a real passion for helping people improve their health, confidence and quality of life through movement and exercise, and she's looking forward to working closely with our clients to help them reach their goals. If you see Lauren around the Centre, please make her feel welcome.

Welcome Back, Kate

We're also thrilled to welcome Kate back from maternity leave. Many of you will remember her warm and caring approach, and we're delighted to have her back with the team. Kate will start at one day per week, gradually increasing her availability over the coming months.



— IMPORTANT UPDATES

Keeping things up to date

As part of our ongoing commitment to high-quality care, we're reviewing and updating a number of our administrative processes, including client information and consent forms, to ensure they remain clear, current and aligned with evolving legal and professional requirements. While much of this work happens behind the scenes, it helps us continue providing safe, professional and person-centred care.

Fee Adjustment

Like many healthcare providers, we undertake an annual review of our fees. From 1 July 2026, most group class fees increased by approximately 5%.

We are currently awaiting final confirmation of the 2026–27 NDIS Pricing Arrangements and Price Limits, and we are continuing to review our one-to-one services as further information becomes available about the new Support at Home program. At this stage, no further changes have been finalised.

If any future changes affect your services or funding arrangements, we will contact you well in advance and explain everything clearly. As always, if you have any questions, our friendly team is happy to help.

Stay active, stay connected and, most importantly, keep moving.

Thank you for taking the time to read our Winter Newsletter. We hope you've enjoyed catching up on what's been happening around The Parkinson's Centre and seeing some of the exciting projects taking shape over the months ahead.

We look forward to welcoming many of you to our upcoming Trivia Afternoon, Parkinson's Conference and Gala Dinner & Parkinson's Awards Night, and as always, we'll see you around the Centre.

Until our next edition, stay active, stay connected and, most importantly, keep moving.

**Warmest regards,
Barbs, Rory and the Team at The Parkinson's Centre**

Thank you for being part of The Parkinson's Centre community.