

Living with Parkinson's disease or caring for someone with Parkinson's is full of challenges, but you don't have to feel alone. Parkinson's Queensland currently operates 48 support groups throughout metropolitan and rural Queensland. A support group is an informal gathering of people who share similar experiences, situations or problems. Parkinson's Queensland support groups offer members a chance to meet and talk with others while offering each other emotional and practical support. Besides helping you realise you are not alone, a support group gives you a chance to share your feelings and hear the experiences of others. Meetings are informal and friendly, and new members are always welcome. Parkinson's disease support groups are ideal for people living with Parkinson's disease, their carers, friends and family members. Support groups encourage the growth of knowledge. By knowing more about Parkinson's disease through the experience of others, and through professional resources, you will discover new ways of dealing with your own symptoms and challenges. Support groups can help you renew your sense of hope in dealing with changes to your lifestyle, and offer you the chance to make new friends. Support Group meetings typically involve:

- Group discussions and sharing experiences, information, practical tips and advice on living with Parkinson's disease
- Visits from the Parkinson's Queensland staff members
- Social activities

- Guest speakers who are invited to meetings to discuss topical and relevant subjects. These may include occupational therapists, social workers and doctors
- Parkinson's Queensland support groups also have a range of support and information resources for use by members.

Parkinson's Queensland support groups use a self-help model and are not therapy groups. Our support groups are coordinated by volunteers who may also be a health professional from your local area, a person living with Parkinson's disease or a carer. Support groups appeal to a range of people for a variety of reasons. Some members like to be very active and involved in the planning of meetings and activities, other members prefer to simply enjoy the company. Support groups vary in their dynamics, from the number of members, to the age and interests of the individuals. When you join a Support Group meeting, you may meet people who have had Parkinson's a lot longer than you. You'll definitely meet people who have had different experiences to yours. Don't be afraid. No two people with Parkinson's are ever the same and it's important to remember that everyone's journey is unique. To find out where your nearest Parkinson's QLD support group is, contact us on 1800 644 189 or email [healthpromotion@parkinsonsqld.org.au](mailto:healthpromotion@parkinsonsqld.org.au). NB: While members may discuss their experiences of Parkinson's during meetings, it is important to remember that everyone has different symptoms and will respond differently to treatments. Professional advice should be sought before altering any treatment.

# Parkinson's Queensland Support Group Coordinators

## Beenleigh

Dianne Donaldson 3200 4870 Meets 1st Monday 12pm (Feb-Dec) at The Royal Hotel, 85 George Street  
didonaldson47@yahoo.com.au 0417 774 255 BEENLEIGH 4207

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## Biloela

Bob & Sue Witten 4992 4331 Meets 2nd Tuesday 10am (Feb-Dec) at Biloela Anzac Memorial Club, 94 Callide  
rswitten@dodo.com.au Street BILOELA 4715

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## Bribie Island

David & Angela Martin 0418 750 120 Meets 2nd Thursday 1pm (Feb-Nov) at Bribie Island RSL & Citizens Memorial  
dynamic.bus@bigpond.com Club Inc, 99 Toorbul Street BRIBIE ISLAND 4507

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## Bundaberg

Megan Amies 4152 8811 Meets 3rd Monday 10am (Jan-Nov) at YMCA Community Centre, 7 Quinn  
megan.amies@gmail.com Street BUNDABERG 4670

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Cherie Henderson 4152 0312 Meets 3rd Monday 10am (Jan-Nov) at YMCA Community Centre, 7 Quinn  
bradykinpsg@gmail.com Street BUNDABERG 4670

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## Burdekin

Elvie Dickinson 4783 1896 Meets 4th Friday 10am (Feb-Nov) at Burdekin Neighbourhood Centre, 40  
elvie-dickinson@netspace.net.au 0410 321 685 Chippendale Street AYR 4807

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## Caboolture

Joy Boyle 5498 7333 Meets 3rd Wednesday 12 Noon (Feb-Nov) at The Training Room, The Grant  
jlboyle@bigpond.com 0417 157 338 Road Sporting & Community Complex, 28-44 Grant Road MORAYFIELD 4506

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# Parkinson's Queensland Support Group Coordinators

## Cairns

Elisabeth Daniels 40550508 Meets 2nd Monday 1.30pm (Jan-Dec) at Masonic Retirement Village, 82-120  
danielsnek@bigpond.com McManus Street CAIRNS 4870

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## Caloundra

Allan & Shirley Voss 5437 0892 Meets 2nd Wednesday 10am (Feb-Nov) at IRT Parklands, 242 Parklands  
allanvoss5@bigpond.com Boulevard CURRIMUNDI 4551

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Dell Simpson 0402 806 503 Meets 2nd Wednesday 10am (Feb-Nov) at IRT Parklands, 242 Parklands  
njdc@bigpond.com Boulevard CURRIMUNDI 4551

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## Chinchilla

Harry Smeeton 07 4665 8197 Meets Inaugural meeting starting Monday 1pm (April 3rd) at Chinchilla RSL  
harry53@activ8.net.au 0458 790 417 Memorial Club, 61 Heeny Street CHINCHILLA 4413

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## Dalby

Lynda Watts 0466 805 839 Meets 1st Wednesday 1pm (Feb-Nov) at Myall Community Centre, Cnr  
nlwatts7@hotmail.com Nicholson & Warrego Highway DALBY 4405

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## DBS

Neil & Sue Page 3278 5152 Meets 3rd Thursday 11am (Feb-Dec) at Toowong Library, Toowong Village  
npage2@telstra.com 0417 403 894 Shopping Centre 9 Sherwood Road TOOWONG 4066

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## Elanora

Judy Learmonth 5534 9059 Meets Last Friday 10:00am (Feb-Nov) at Robinson Hall, Uniting Church  
rj.learmonth@bigpond.com Complex, Applecross Way (or off Pines Lane) ELANORA 4221

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# Parkinson's Queensland Support Group Coordinators

## Geebung/Zillmere

David & Angela Martin  
dynamic.bus@bigpond.com

0418 750 120

Meets 1st Thursday 10am (Feb-Dec) at Geebung/Zillmere RSL, 323 Newman Road GEEBUNG 4034

## Gladstone

Pauline Newman  
newman09@bigpond.com

4972 5428  
0407 636 574

Meets 1st Monday 10am (Feb-Dec) at Gladstone Library, 39 Goondoon Street GLADSTONE 4680

## Granite Belt

Graham Knight  
coordinator.gbsg.pqi@gmail.com

4681 0942  
0438 119 852

Meets 3rd Tuesday 10am (Jan-Nov) at Community/Oral Health Meeting Room, Stanthorpe Health Services 6 McGregor Tce STANTHORPE 4380

## Gympie

Jodi Coyne  
gympiepdgroup@gmail.com

5483 6832  
0448 559 207

Meets 2nd Monday 10.30am (Feb-Dec) at Victory Hotel/Motel, 54 Bath Tce (Old Tin Can Bay Road) GYMPIE 4570

## Helensvale

Alan & Carole Farrell  
afarrell.qld@gmail.com

5563 9316  
0402 467 222

Meets Last Wednesday 9:30am (Jan-Nov) at Club Helensvale, Discovery Drive HELENSVALE 4212

## Hervey Bay

Jaimie De Salis  
jaimie.desalis@gmail.com

4124 4104

Meets 4th Tuesday 10am (Jan-Nov) at Tavistock Court Hall, Torbay Retirement Village TORQUAY 4655

## Hervey Bay Carer's

Jaimie De Salis  
jaimie.desalis@gmail.com

4124 4104

Meets 1st Thursday 10am (Jan-Nov) at Tavistock Court Hall, Torbay Retirement Village TORQUAY 4655

# Parkinson's Queensland Support Group Coordinators

## Indooroopilly

Elaine West 3310 4354 Meets 4th Tuesday 10:30am (Feb-Nov) at Indooroopilly Library, Indooroopilly  
eyp.west@gmail.com 0410 337 228 Shoppingtown, 318 Moggill Road INDOORROOPILLY 4068

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## Ipswich

Paulette Montaigne Meets 2nd Tuesday 10am (Jan-Dec) at Suncare Lakes Community Hall, 2  
ipswichpdgroup@gmail.com 0498 200 055 Workshops Street BRASSALL 4305

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## Lockyer Valley

Lindsay Davis 07 4697 6355 Meets Meets 3rd Thursday (Feb-Nov) at Various locations - contact  
Coordinator for more details,

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## Logan

Jenny and Wayne Monaghan Meets 1st Tuesday 10am (Jan-Dec) at Logan Hyperdome Library, Mandew  
jennymmonaghan@gmail.com 0411893445 Street LOGANHOLME 4129

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## Logan West

Bernie Chong 9am-5pm Meets 2nd Friday 10am (Feb-Dec) at Logan West Library, Grand Plaza Drive  
solutionsfocused88@gmail.com 0422 612 310 BROWNS PLAINS 4118

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## Lowood

Rod Powell Meets Last Fridays 10 am at Lowood Community Centre, 1 Peace Street  
ohssafetyadvisor@gmail.com 0438 723 031 LOWOOD 4311

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## Mackay

Elizabeth Coppleman 4942 2755 Meets 3rd Thursday 9:30am (Jan-Dec) at North Mackay Bowls Club, 74-76  
0438 652 755 Malcomson Street NORTH MACKAY 4740

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# Parkinson's Queensland Support Group Coordinators

## Maleny

Alan Jones  
cjones1@iinet.net.au

07 5494 3545

Meets at Venue to be confirmed, MALENY 4552

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## Mitchelton

David & Angela Martin  
dynamic.bus@bigpond.com

0418 750 120

Meets 1st Tuesday 10am (Feb-Dec) at Mitchelton Library, 37 Heliopolis Pde  
MITCHELTON 4053

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## Nambour & District

Bev Johnston  
beverleyjohnston@outlook.com

5476 1646

Meets Last Friday 9:30am (Feb-Nov) at Nambour Church of Christ Facility, 22  
National Park Rd NAMBOUR 4560

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## Redlands/Bayside

Ray & Judy Edser  
rayandjudyedser@gmail.com

3207 4633  
0412 544 086

Meets 3rd Thursday 10am (Feb-Nov) at Alternate Venues - contact Coordinator  
for more details,

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## Rockhampton

Marlene Schultz  
djmmitsus@bigpond.com

4933 4148

Meets 1st Tuesday 9.30am (Feb-Oct) at School of Arts, 230 Bolsover Street  
ROCKHAMPTON 4700

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## Roma

Nerida Caden  
nerida\_caden@health.qld.gov.au

4624 2719

Meets 2nd Monday 10:30am (Feb-Nov) at Roma Community Arts Centre, 38-  
44 Hawthorne Street ROMA 4455

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## South Burnett (M)

Carmen Strathdee  
calmesttoo@gmail.com

5486 1268

Meets Last Monday 10am (Feb-Dec) at Castra Aged Care Facility, 2 Cooper  
Street MURGON 4610

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# Parkinson's Queensland Support Group Coordinators

## Strathpine/Lawnton

Trish & Jim Walker jpwalker7@bigpond.com	3886 3811 0417 710 522	Meets 2nd Tuesday 10am (Feb-Dec) at Pine Rivers Community Health Centre, 568 Gympie Road STRATHPINE 4500
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## Tewantin/Noosa

Nikki Creber nikki.creber57@gmail.com	0434 149 688	Meets 2nd Friday 9:30am (Feb-Dec) at Laguna Retirement Village Community Centre, Lake Weyba Drive NOOSAVILLE 4566
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## Tolga

Matt Newport mattandrosa@bigpond.com	4095 5271	Meets 10am 1st Wednesday (Jan-Dec) at The Community Church (Old Picture Theatre), 65 Main Street TOLGA 4882
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## Toowoomba

Jan & Ron Barrett janiceron@bigpond.com	4635 4844	Meets 1st Thursday 11:30am (Feb-Nov) at St Thomas More's Hall, 71a Ramsay Street TOOWOOMBA 4350
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## Townsville

Ruth Coleman coleman.ian.ruth@bigpond.com	4778 3760 0418 783 760	Meets 2nd Wednesday 10am (Feb-Nov) at Mostly Life Tec Queensland (Contact Coordinator for more details), Domain Central 103 Duckworth Street
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## Tweed Heads

Helen Boddington helenandfred.b@bigpond.com	02 6676 2549	Meets 2nd Monday 10am (Jan-Dec) at Tweed City Shopping Centre, Community Room, 54 Minjungbal Drive TWEED HEADS NSW 2486
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## Yeppoon

Ron & Shaeleen Gill quahlee@bigpond.com	49397918	Meets 3rd Thursday 10am Bi-monthly from Feb at Community Health, Yeppoon Hospital 8 Hoskyn Drive YEPPOON 4703
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# Parkinson's Queensland Support Group Coordinators

## Young @ Park

Madonna Brady  
madonna.brady@bigpond.com

3857 3645  
0439 542 628

Meets Various times and locations at See PQI website,

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