

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 40 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 [supportgroups@parkinsons-qld.org.au](mailto:supportgroups@parkinsons-qld.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

## Biloela

Bob & Sue Witten  
rswitten@dodo.com.au

4992 4331

Meets 2nd Tuesday 10am (Feb-Dec) at Biloela Anzac Memorial Club, 94 Callide Street BILOELA 4715

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## Boonah

Emily Petherick  
emloupet@gmail.com

0418 878 070

Meets at ,

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## Bribie Island

David & Angela Martin  
dynamic.bus@bigpond.com

0418 750 120

Meets 2nd Thursday 1pm (Feb-Nov) at Bribie Island RSL & Citizens Memorial Club Inc, 99 Toorbul Street BRIBIE ISLAND 4507

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## Bundaberg

Cherie Henderson  
bradykinpsg@gmail.com

4152 0312

Meets 3rd Monday 10am (Jan-Nov) at YMCA Community Centre, 7 Quinn Street BUNDABERG 4670

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Megan Amies  
megan.amies@gmail.com

4152 8811

Meets 3rd Monday 10am (Jan-Nov) at YMCA Community Centre, 7 Quinn Street BUNDABERG 4670

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## Burdekin

Elvie Dickinson  
elvie-dickinson@netspace.net.au

4783 1896  
0410 321 685

Meets 4th Friday 10am (Feb-Nov) at Burdekin Neighbourhood Centre, 40 Chippendale Street AYR 4807

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## Caboolture

Tom Dawson  
ParkinsonsCaboolture@outlook.com

0420 924 933

Meets 3rd Wednesday 12 Noon (Feb-Nov) at The Training Room, The Grant 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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## Chinchilla

Shirley Shelton Meets 1st Tuesday 1pm (Jan-Dec) at Chinchilla RSL Memorial Club, 61 Heene  
y Street CHINCHILLA 4413  
0458 790 417

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Harry Smeeton 07 4665 8197 Meets 1st Tuesday 1pm (Jan-Dec) at Chinchilla RSL Memorial Club, 61 Heene  
y Street CHINCHILLA 4413  
harry53@activ8.net.au 0427 658 197

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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 Meets Last Friday 10:00am (Feb-Nov) at Robinson Hall, Uniting Church  
rj.learmonth@bigpond.com 0403 720 546 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 at various times and locations. Please contact the coordinator for more details.,

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

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## Ipswich

Paulette Montaigne  
pmontaigne@gmail.com  
0498 200 055  
Meets 2nd Tuesday 10am (Jan-Dec) at Suncare Lakes Community Hall, 2 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  
jennymmonaghan@gmail.com  
0411893445  
Meets 1st Tuesday 10am (Jan-Dec) at Logan Hyperdome Library, Mandew Street LOGANHOLME 4129

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## Lowood

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

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## Mackay

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

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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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# Parkinson's Queensland Support Group Coordinators

## Nambour & District

Bev Johnston 5476 1646 Meets Last Friday 9:30am (Feb-Nov) at Nambour Church of Christ Facility, 22  
beverleyjohnston@outlook.com National Park Rd NAMBOUR 4560

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## Redlands/Bayside

Ray & Judy Edser 3207 4633 Meets 3rd Thursday 10am (Feb-Nov) at Alternate Venues - contact Coordinator  
rayandjudyedser@gmail.com 0412 544 086 for more details,

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## Rockhampton

Marlene Schultz 4933 4148 Meets 1st Tuesday 9.30am (Feb-Oct) at School of Arts, 230 Bolsover Street  
djmmitsus@bigpond.com ROCKHAMPTON 4700

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## Roma

Nerida Caden 4624 2719 Meets 2nd Monday 10:30am (Feb-Nov) at Roma Community Arts Centre, 38-  
nerida\_caden@health.qld.gov.au 44 Hawthorne Street ROMA 4455

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## South Burnett (M)

Carmen Strathdee 5486 1268 Meets Last Monday 10am (Feb-Dec) at Castra Aged Care Facility, 2 Cooper  
calmesttoo@gmail.com Street MURGON 4610

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## Strathpine/Lawnton

David & Angela Martin 0418 750 120 Meets 2nd Tuesday 10am (Feb-Dec) at Pine Rivers Community Health Centre,  
dynamic.bus@bigpond.com 568 Gympie Road STRATHPINE 4500

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## Tewantin/Noosa

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

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# Parkinson's Queensland Support Group Coordinators

## 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

## Toowoomba

Jan & Ron Barrett  
janiceron@bigpond.com

4635 4844

Meets 1st Thursday 11:30am (Feb-Nov) at Community Meeting Rooms, Level 3, Toowoomba Regional Library, Victoria Street TOOWOOMBA CITY 4350

## 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

## 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

## Yeppoon

Ron & Shaeleen Gill  
quahlee@bigpond.com

4939 7918

Meets 3rd Thursday 10am Bi-monthly from Feb at Community Health, Yeppoon Hospital 8 Hoskyn Drive YEPPOON 4703

## Young @ Park

Madonna Brady  
madonna.brady@bigpond.com

3857 3645  
0439 542 628

Meets Various times and locations at See PQI website,