



Welcome to our

VIRTUAL SUPPORT

GROUP MEETING

For Africans impacted by Parkinson's disease



Virtual Support Group Agenda

- Welcome
- 2024 Recap and 2025 plan
- Highlight from Partners
- Open forum



The invitation poster features a white background with a subtle snowflake pattern and festive greenery with red berries and gold ornaments at the top and bottom. In the top left corner is the Parkinson's Africa logo, a circular emblem with a map of Africa and the text 'PARKINSON'S AFRICA'. In the top right corner is the TraPCAf logo, which includes a globe and the text 'TraPCAf Transforming Parkinson's Care in Africa' and 'NIHR National Institute for Health and Care Research'. The central text reads: 'You are invited to our **Jingle & Joy** **Virtual Support Group Meeting** 12th December 2024 1:30 PM GMT'. Below this is a red button with the text 'bit.ly/PAVSGM' and a QR code in the bottom right corner with the 'bitly' logo.

You are invited to our

Jingle & Joy

Virtual Support Group Meeting

12th December 2024

1:30 PM GMT

bit.ly/PAVSGM



Transforming Parkinson's Care in Africa (TraPCAf)

Transforming Parkinson's Care in Africa (TraPCAf) is a multi-site grant funded by the UK-based National Institute for Health and Care Research (NIHR). The overall aim of the grant is to transform the landscape of Parkinson's care and treatment in Africa through research in Egypt, Ethiopia, Ghana, Kenya, Nigeria, South Africa, and Tanzania.

The project's key research questions involve (1) understanding the burden of Parkinson's across Africa; investigating ways to (2) improve diagnosis rates, (3) provide affordable and sustainable treatment through a clinical trial of *Mucuna Pruriens*, and (4) improve the quality of disease management; (5) establishing genetic and environmental links to Parkinson's (e.g., related to diet, heavy metals and pesticides); and (6) understanding the lived experience of people with Parkinson's and their caregivers.

The research team will be working closely with Parkinson's Africa and partners, who will be supporting the community engagement and involvement work throughout the 4-year grant. This work involving Parkinson's Africa has already helped shape the research questions and will continue to ensure that the work is guided by people with lived experience on the ground and that the research has real impact. One important aim of the grant is to establish support groups in each of the study sites, and the team will be drawing on the expertise of PMD Alliance and the Universal Support Group Guide being developed through the PD Avengers Wellness Committee.



Virtual Support Groups 2024



Jan 11, 2024

About Parkinson's
[Watch Presentation](#)
 Passcode:
 @9#C%@ps
[Download Presentation Slide](#)

Feb 8, 2024

Medication management
[Watch Presentation](#)
 Passcode:
 K7*tH6qL
[Download Presentation Slide](#)

Mar 14, 2024

PD Motor Symptoms
[Watch Presentation](#)
 Passcode:
 2ea#1!P0
[Download Presentation Slide](#)

Apr 11, 2024

Non-motor symptoms
[Watch Presentation](#)
 Passcode:
 Du9\$^wsw
[Download Presentation Slide](#)

Apr 25, 2024

Exercise and movement
[Watch Presentation](#)
 Passcode: \$?
 5z1=GM
[Download Presentation Slide](#)

May 9, 2024

Emotional well-being
[Watch Presentation](#)
 Passcode:
 ATm&8Nra
[Download Presentation Slide](#)

June 13, 2024

Caregiver's Support
[Watch Presentation](#)
 Passcode:
 ZAXJE3?1
[Download Presentation Slide](#)

July 11, 2024

Communication & Speech
[Watch Presentation](#)
 Passcode:
 bJ3@BF.5
[Download Presentation Slide](#)

August 8, 2024

Nutrition & Diet
[Watch Presentation](#)
 Passcode: 4KG!*YIM
[Download Presentation Slide](#)

October 24, 2024

Advocacy in Action
[Watch Presentation](#)
 Passcode: l*07d*MD
[Download Presentation Slide](#)

Virtual Support Groups Attendance 2024



Virtual Support Group Data

Activity Month
 Year: 2024

Country
 Year: All

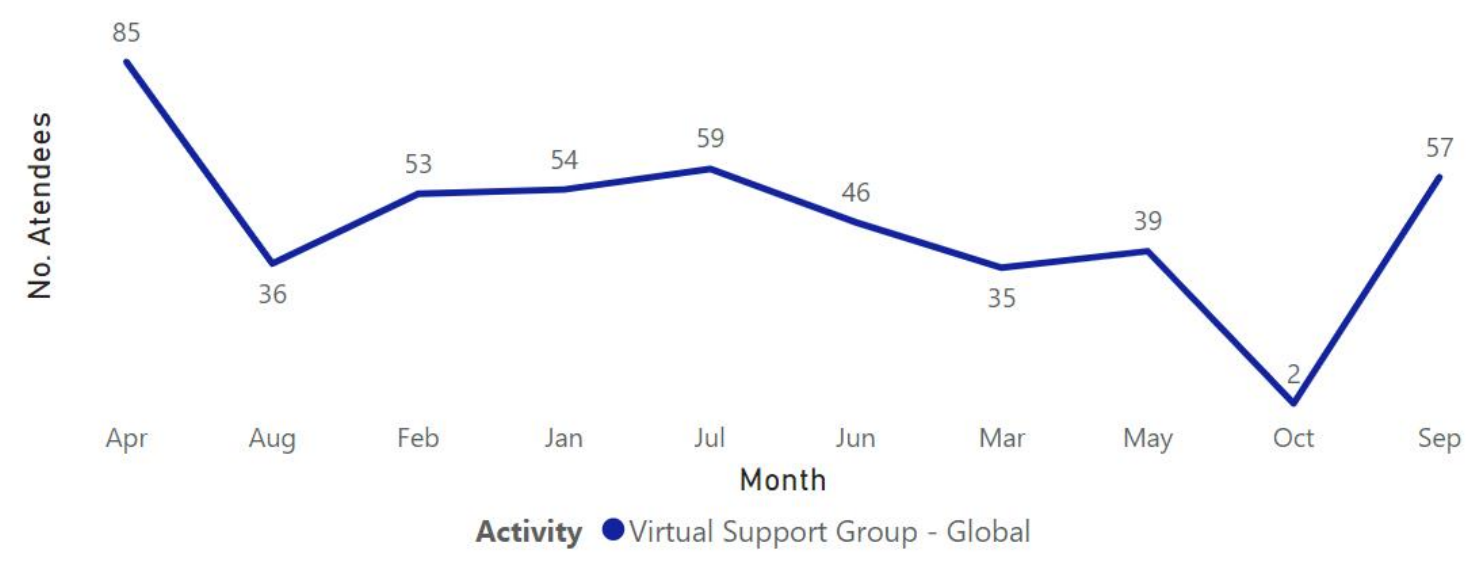
Activity date
 Activity D...: All

Filter
 Name: All

No. Activities
 11

No. Countries
 15

Month	Australia	Canada	DR Congo	Egypt	Ethiopia	Gambia	Ghana	Kenya	Nigeria	South Africa	Tanzania	Uganda	UK	USA	Zimbabwe	Total
Apr	48	1	1	3	1	2	4	18	19		1		4			102
Aug	8					1	5	8	10	2			2	2		38
Feb	29			1	1		3	9	5				2	4		54
Jan	23			1	1		2	13	7	3			1	4		55
Jul	23			1			4	11	11	3	1		4	1		59
Jun	7		1	2	2	1	5	14	3	3	4		3	2		47
Mar	10			2		1	2	13	9		1	1	1			40
May	11				2	1	1	10	10		1	1	2			39
Oct	1							1								2
Sep	14			1			14	6	12	1			6	2	1	57
Total	174	1	1	1	11	7	6	40	103	86	12	8	5	30	7	493



2024 SCHEDULE

- About Parkinson's & Diagnosis - 11th Jan 2024 – **Team Ghana**
- Medication management - 8th Feb 2024 – **Team Nigeria, Abuja**
- Motor Symptoms of PD - 14th March 2024 – **Team Kenya, Nairobi**
- Non-motor Symptoms of PD - 11th April 2024 – **Team Kenya, Mombasa**
- Exercise and movement - 25th April 2024 – **Team Egypt**
- Emotional well-being - 9th May 2024 – **Team Nigeria and Team Kenya**
- Caregiver support - 13th June 2024 – **Team Ghana**
- Communication and speech - 11th July 2024 – **Team South Africa**
- Nutrition and diet - 8th Aug 2024 – **Team Ghana**
- Free session/Recap - 12th Sept 2024
- Advocacy in action - 24th Oct 2024 – **Team Ghana**



Virtual Support Group Sessions 2025

To ensure interactive and engaging sessions, the Virtual Support Sessions will focus on addressing questions and facilitating discussions related to the specific topic of concern.

- We will revisit the same topics as 2024 but adopt a more collaborative approach.
- Presentations will be shared ahead of the VSG, and participants will be invited to submit up to **three questions** for discussion on each topic.
- During the VSG, the focus will be on addressing the submitted questions and facilitating any additional discussions.

Register for the VSG: bit.ly/PAVSGM

Ghana



Kenya (Kilifi)



Kenya (Mombasa)



Kenya (Nairobi)



Nigeria (Lagos)



We signed a memorandum of Understanding (MOU) with the esteemed Nigerian Institute of Medical Research (NIMR). (January).



We premiered our first documentary featuring 3 members of ADPF sharing their experience with Parkinson's Disease. (JUNE).



We premiered our first documentary featuring 3 members of ADPF sharing their experience with Parkinson's Disease. (June).



A group photograph of all attendees at the 2nd edition of the #Move4PD awareness walk. (May).



Warriors engaging in a Walking Football block session ahead of the Walking Football Tournament (October).



Guests at the 2nd edition of the Parkinson's Disease Symposium themed "Educating, Engaging and Empathizing: Building a Supportive Ecosystem for Parkinson's Awareness and Care". (April).



UNLOCKING PARKINSON'S CARE



Navigating the Challenges and Opportunities within the Parkinson's Healthcare System in Nigeria
Professor Njideka Okubadejo presenting her teaching at the Webinar held in celebration of World Parkinson's Disease day. (April).



John Akinola, Senior Programs Manager, teaching the Warriors and Caregivers during our monthly Support group session. (February).



ADPF members at the 2nd edition of the Walking Football for Parkinson's Disease Tournament held in partnership with Parkinson's Africa. (November).

Tanzania



Egypt



Ethiopia



South Africa



Register with VSG and Contacts

Register for the VSG: bit.ly/PAVSGM

Key Contacts:

Rachel or Team Africa: teamafrica@parkinsonsafrica.org

Dr Tash Fothergill-Misbah: tash.fothergill-misbah@newcastle.ac.uk

Tania Park : tania@parkinsonsafrica.org

Your space to share ideas and ask questions





Thank you



Merry
Christmas
AND
HAPPY NEW YEAR

