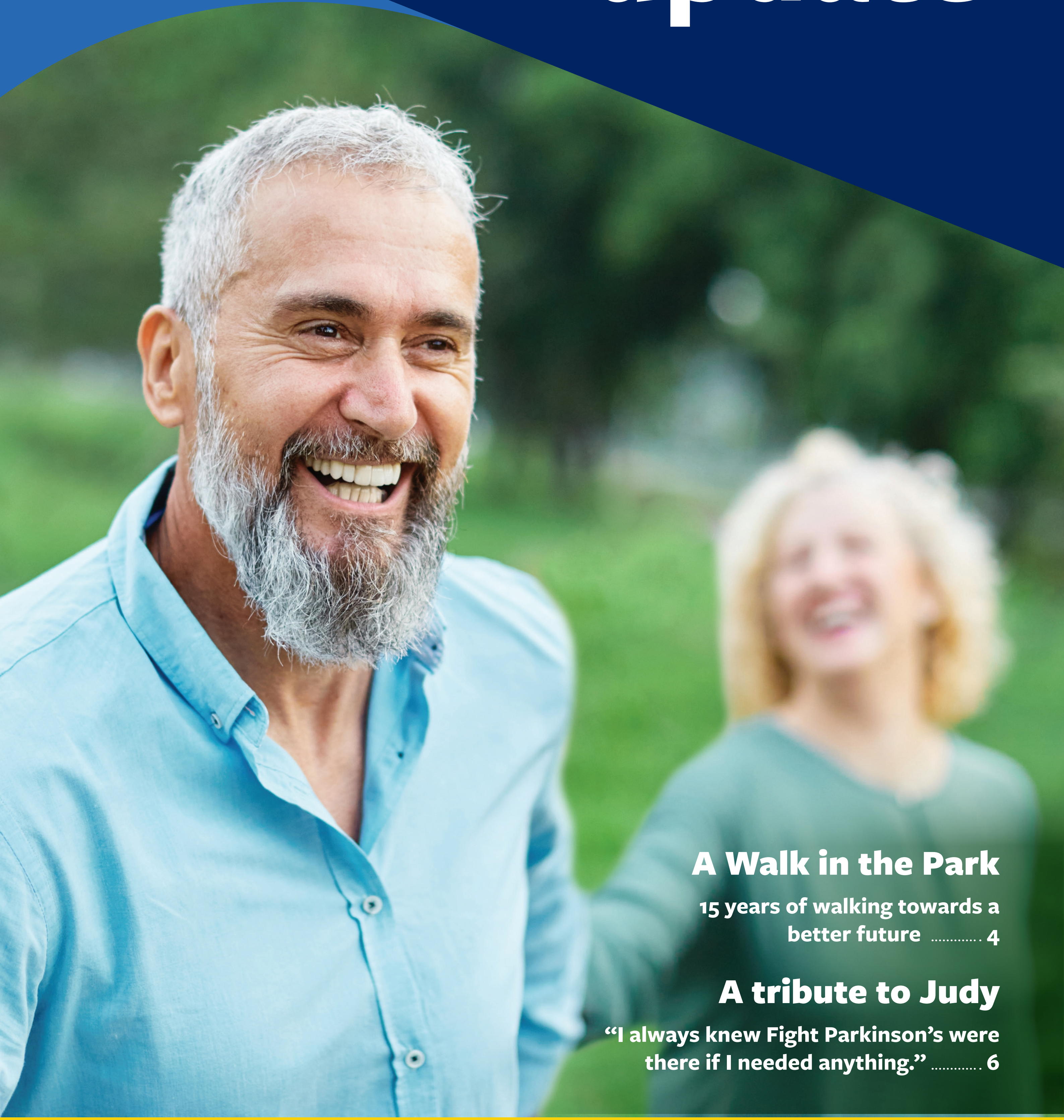
Fight Parkinson's™
Together we can

Impact update



A Walk in the Park

A tribute to Judy

Your impact: Update from the CEO

As we move into April, Parkinson's Awareness Month, I want to pause and say one thing clearly: thank you.

Your generosity, commitment and belief in a better future for people living with Parkinson's, PSP, MSA and CBS makes our work possible. Everything we do at Fight Parkinson's is powered by our community, and you are an essential part of it.

Over the past year, your support has delivered real and meaningful impact for people living with Parkinson's and their families.

Together, we responded to more than **4,200 calls to our health information line.** These conversations are often a turning point for people navigating the uncertainty of Parkinson's. With the guidance of our specialist health team, people receive tailored advice about their symptoms, treatment options and care pathways—helping them better understand their condition, make informed decisions and feel more confident managing daily life.

Your support also helped deliver **education to more than 7,500 people**, including individuals living with Parkinson's, care partners and health professionals. These programs build practical knowledge and skills that empower people to take an active role in their care, improve communication with clinicians and strengthen self-management.

Importantly, your generosity sustains **Australia's only multidisciplinary Parkinson's care team**, ensuring people can access coordinated expertise across nursing, allied health and clinical support. For many individuals and families, this integrated care makes a profound difference—helping them navigate complex symptoms, maintain independence and improve quality of life.

For people living with **PSP, MSA and CBS**, where government-funded services remain limited, this support is especially critical. Your generosity helps reduce isolation, provide trusted guidance and create opportunities for connection through our national peer support network.

The need for this work continues to grow. Parkinson's is the fastest growing neurological condition in the world, affecting more than **220,000 Australians**, with **around 38 new diagnoses every day.** Too many people still face delayed diagnosis, fragmented services and limited access to specialist care—particularly outside metropolitan areas.

In response, Fight Parkinson's is leading important national progress. We are translating the internationally recognised **ParkinsonNet model of care** to Australia to improve access to coordinated multidisciplinary care. At the same time, we are adapting **Every Victory Counts®** for the Australian community, ensuring people have access to practical, evidence-based information to help them live well with Parkinson's.

Your support underpins our ability to lead this work and to continue advocating for better care, stronger services and greater awareness.

Your generosity is not simply financial—it is compassionate, personal and deeply meaningful. It strengthens individuals, families and the broader Parkinson's community every day.

Thank you for standing with us and helping ensure no one faces Parkinson's alone.

I hope you enjoy this impact update from the team, knowing that your contribution has helped make every step forward possible.

Emma Collin

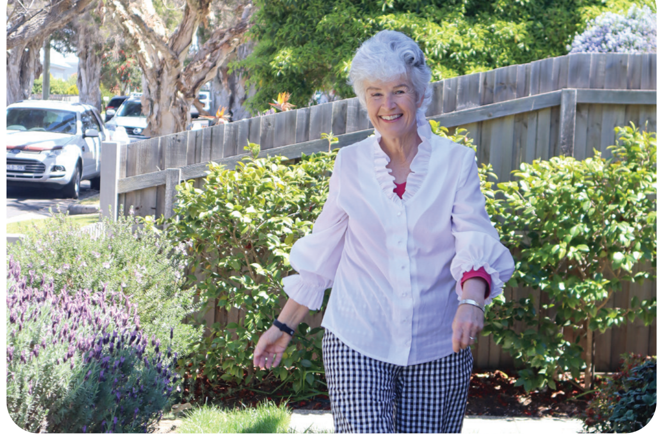
Emma Collin
Chief Executive Officer

Do you have a story about living with Parkinson's that you'd like to share?

Contact us today to discuss how your story could spread hope and inspire other members of the Fight Parkinson's community.

Email: fundraising@fightparkinsons.org.au

You're helping people with Parkinson's access the information and support they need



Wendy had a long career in physiotherapy. Over the decades, she supported many patients living with Parkinson's. She did all the training available at the time on the condition.

But none of that made her own Parkinson's diagnosis any easier.

Wendy says the biggest challenge was getting a clear picture of what her Parkinson's journey would look like, and what her treatment options were.

With your support, the Fight Parkinson's Health Team helped Wendy fill in critical information gaps about her diagnosis and treatment, which eased many of her worries.

"I learned that Parkinson's doesn't have to be as bad as I first feared," she said.

As Wendy's Parkinson's symptoms have progressed, the Fight Parkinson's Health Team has been a vital source of information on alternative treatments better suited to her changing needs.

"If it wasn't for Fight Parkinson's, I wouldn't have known about those therapies," Wendy says. **"And I wouldn't be benefitting from them today."**

Thank you to all of you who read Wendy's story in our Christmas Appeal and offered your support to help more people like her.

Thanks to your generosity, $61,152 has been raised to ensure people living with Parkinson's can access expert, multidisciplinary care when they need it most.

Your support helps...

7,569
community and health professional
education registrations

13
regional
'A Walk in the Park' events

6
research projects

4,219
tailored
health service calls

19
APRIL

You're invited! A Walk in the Park 2026

This year, the Parkinson's community comes together for the 15th time to walk towards a better future. You're invited to be part of the legacy.

A Walk in the Park Melbourne returns for 2026, taking place on Sunday 19 April.

The event brings together thousands of people including families, friends, carers, and healthcare professionals, all united by a shared purpose—to raise awareness and funds for Fight Parkinson's.

Over the years we have gained a committed and passionate community that comes back year after year, it has fostered a deep sense of connection, showing that no one faces Parkinson's alone.

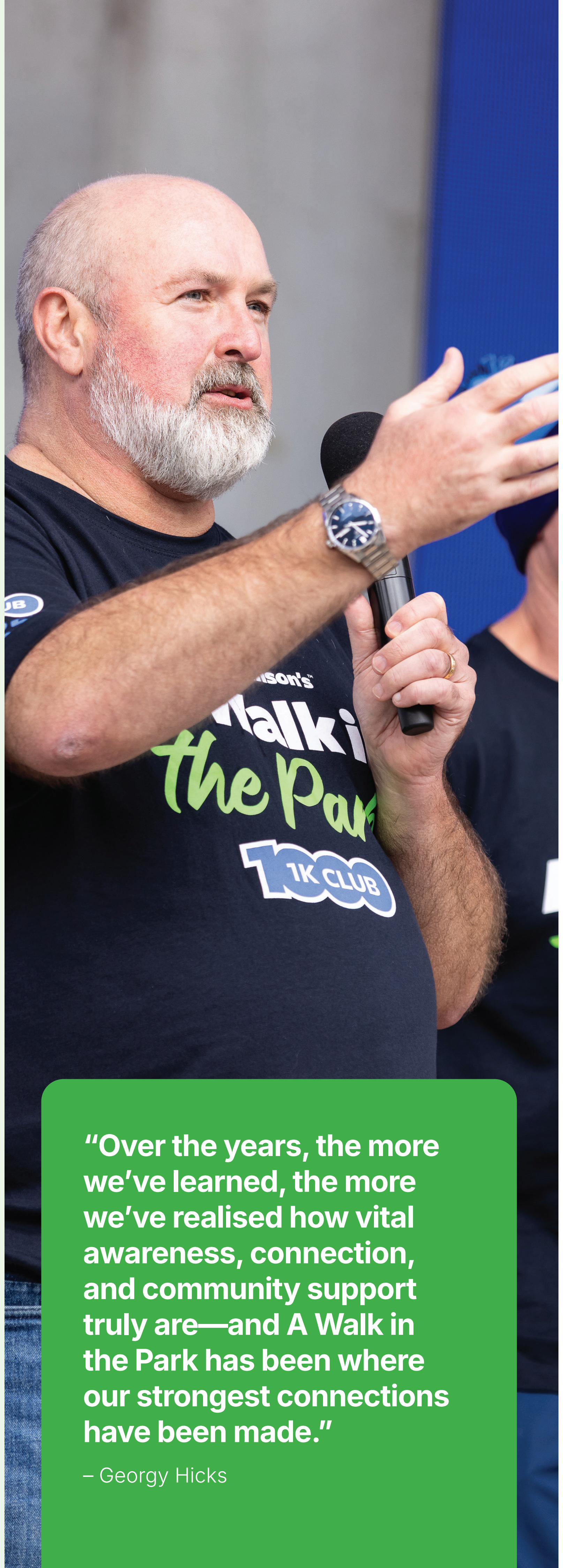
This milestone year is a celebration of how far the community has come together, and a commitment to the future we're creating.

Guided by lived experience, A Walk in the Park continues to amplify voices, and raise vital funds to support better services, education, and quality of life for people living with Parkinson's.

In our 15th year, we will honour the past, recognise the progress made, and build momentum for a future where every person with Parkinson's can access the support, connection, and opportunities they deserve. And we'd love you to join us!

Registrations are open, so register today.

Scan the QR code to register

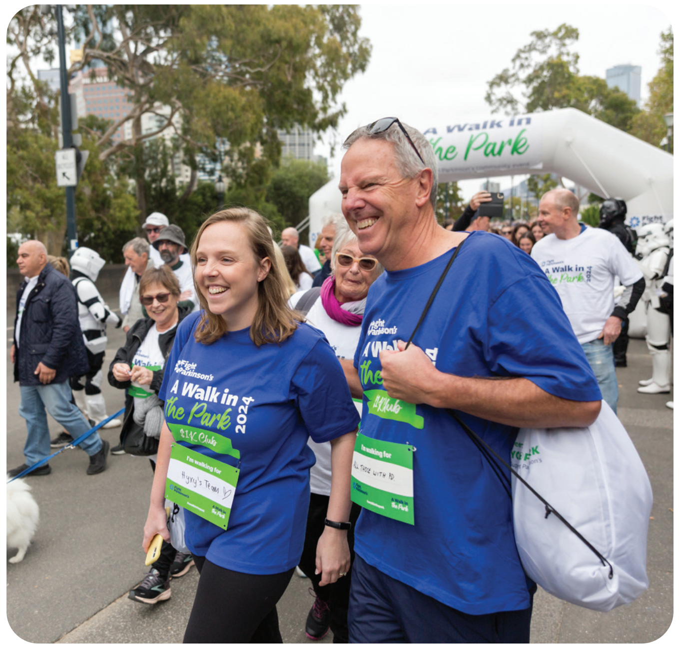


> **"Over the years, the more we've learned, the more we've realised how vital awareness, connection, and community support truly are—and A Walk in the Park has been where our strongest connections have been made."**
>
> – Georgy Hicks

Join Hyxy's Team

Our A Walk in the Park journey began with our family of five—Hyxy, Libby, Georgy, Lachie, and Annie, in 2022. We heard about the walk through the peer support groups that Hyxy was involved in.

We were a small team, but a powerful one (we hoped). From the very beginning, we found ourselves connecting with strangers, sharing our story, and realising how deeply this cause resonates with so many people. It was a very emotional first A Walk in the Park for us all.



By 2023 Hyxy's Team had more than 20 members, Georgy became an A Walk in the Park Ambassador, and we quadrupled our fundraising donations. A spark ignited—we knew we needed to grow bigger, do more, and continue educating our family, friends, and the wider community about Parkinson's.

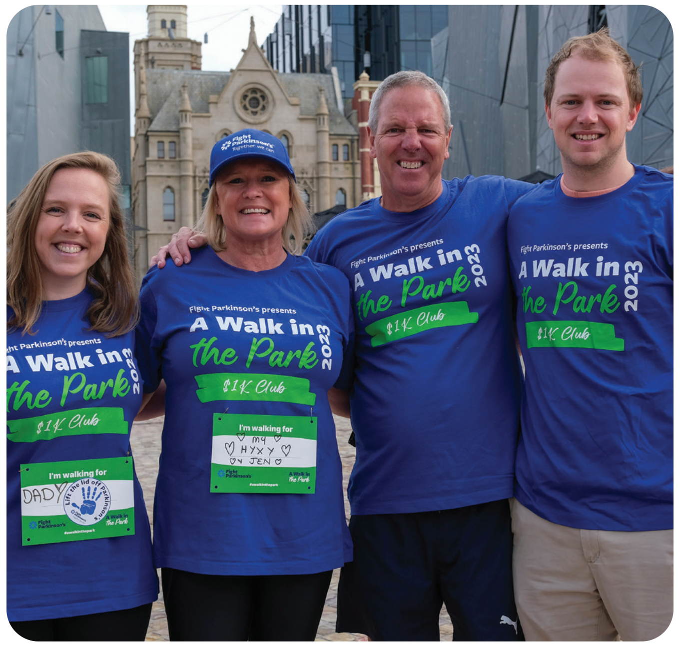
The following year, Hyxy's Team had grown to have over 30 members. Annie did her first interview with Hyxy about living with Parkinson's, and through the various social media platforms and direct conversations, the word was spreading.

2025 brought together a number of Hyxy's Teams across Japan, Fed Square, Noosa, Euroa, Port Douglas, Ocean Grove, and Elwood. Annie joined Georgy as an A Walk in the Park Ambassador, and put together a video called "A Day in the Life of Living with Parkinson's". This video documented Hyxy's medication routines, speech therapy, step exercise classes, and Pilates. Annie also interviewed Hyxy and discussed his personal Parkinson's progression, aiming to help raise awareness and understanding about the condition.

Fight Parkinson's has been life-changing for us all as we travel the Parkinson's journey. Thanks to your donations, Fight Parkinson's is able to provide webinars, peer support groups, educational seminars, guest speakers, and research presentations—all for free.

Creating Hyxy's Team to fundraise for Fight Parkinson's has been an incredible experience. We have felt the power of community through donations, shared stories, words of encouragement, and simple messages of support. Every interaction has reinforced why this walk matters.

Parkinson's is a condition that touches so many lives, not only those diagnosed, but also their partners, families, and friends. It affects movement, communication, independence, and confidence, and it is so often misunderstood. Over the years, the more we've learned, the more we've realised how vital awareness, connection, and community support truly are—and A Walk in the Park has been where our strongest connections have been made.



A tribute to Judy: Judy and Ian's legacy to the Parkinson's community

When Judy was diagnosed with Parkinson's in 2000, it shocked her and her entire family. Judy was an award-winning caterer and had worked hard all her life with passion and joy. Following her life-changing diagnosis, she spent the next 25 years navigating her journey with Parkinson's—all with the support of her husband, Ian.

As Judy's Parkinson's progressed later in life, she began struggling with daily tasks. Ian became her full-time carer, and Fight Parkinson's became his support.

Whether it was questions about Judy undergoing Deep Brain Stimulation, or other health-related issues, Ian always reached out to Fight Parkinson's for trusted advice and answers.

"I always knew Fight Parkinson's were there if I needed anything," Ian said.

Judy and Ian also attended a monthly peer support group in their local suburb, where they connected with other families in their community, who were also living with Parkinson's.

"I think it's important for people who have the condition to be able to just feed off each other and talk to people who are in different stages of their diagnosis, to get some support of where they think they might be", said Ian.

"The Parkinson's community is part of us. It's part of our family and we hope to always be part of it too."

Judy was a Fight Parkinson's Life Member and in 2020 was awarded the Sir Zelman Cowen Award for her contribution to the Parkinson's community. Sadly, Judy passed away in 2025, but her memory and impact continue.

Ian believes it was the Parkinson's community that gave him, Judy, and their family the support and strength they needed to navigate Parkinson's. He is passionate about ensuring other families have the vital support they need to live well with Parkinson's too.

When Ian speaks about their decision to include Fight Parkinson's in their Will, you can see that he is comforted by the idea of keeping his wife's memory alive in this special way.

Along with the gift they have in their Will, Ian and his family will honour Judy by continuing to participate in A Walk in the Park to support the Parkinson's community, as they have for the past 15 years.

> **"I was very conscious that when we re-made our Will, I would put something aside [for Fight Parkinson's], whatever that may be, and I felt better since I wrote it down. This is something as a community we need to do. And if you are able to, please try and do it. Small amounts add up,"** Ian said.

You're helping to bring world-class ParkinsonNet to Australia

Your support of Fight Parkinson's has helped contribute to a $3.7 million investment to bring ParkinsonNet—an internationally proven model of multidisciplinary Parkinson's care—to Australian communities.

For too long, navigating Parkinson's care has felt like walking through a maze alone. You might see a physiotherapist here and a specialist there, but they rarely speak to one another.

ParkinsonNet changes that. It is a proven model of care, already successful in Europe and the USA, that empowers health professionals and people with Parkinsons. The model provides specialised training opportunities for allied health professionals, facilitates multidisciplinary collaboration through clinical networks, improves access to expert multidisciplinary care, and improves equity of care and quality of life for people with Parkinson's.

The research team are now launching a pilot program, involving top universities and health services, adapting the model to make it relevant for Australia, before trialling it in Tasmania and Western Victoria.

This progress is because of you.

Thank you for standing with the Parkinson's community and helping reshape what care looks like.

The two Me's

Rene Vivian has lived with Parkinson's for over a decade. In July 2020, she penned this personal piece detailing her experience living with the condition and the 'other' Rene she misses. She has shared her words to help others know they are not alone in facing the challenges that follow a Parkinson's diagnosis.

Every morning my 'other' me springs out bright and early, ready to face the coming day with vigour and vim.

Meanwhile, the 'real' me has struggled out of bed.

In the evening, the 'other' me may go dancing with her loved one or watch TV.

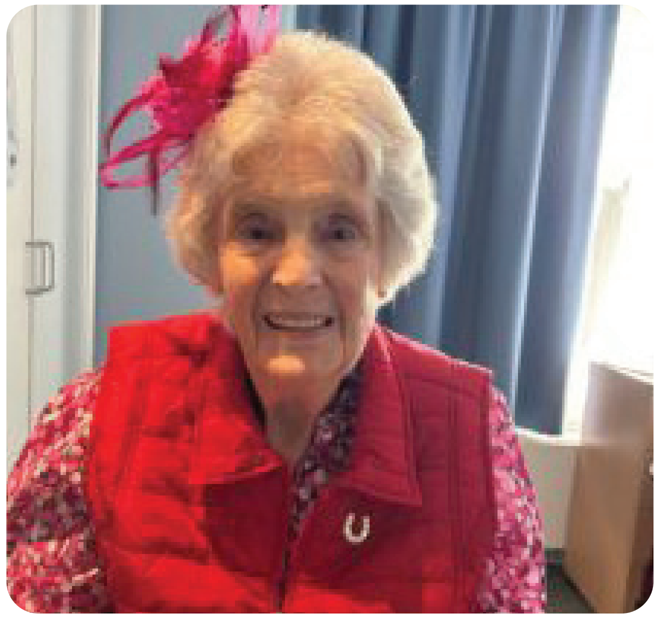
But in reality, the only part of the 'real' me to dance is my dancing hand; better known as Parkinson's tremor.

I squeeze my love's hand, tell him I love him and wish him "Goodnight, God bless, and thank you Darling for all the little things you did today, as always, to make things easier for me."

I cannot wait to see what tomorrow may bring; above all, the loving care and concern of my love and my beautiful children, I know I'm truly blessed.

Even on the cloudiest, overcast of days, a chink of light breaks through briefly; so enjoy the moment.

Reach out for support from Fight Parkinson's or your local Fight Parkinson's Peer Support Group, find a local GP who is prepared to listen and lastly, a neurologist whom you are able to place all of your faith in.



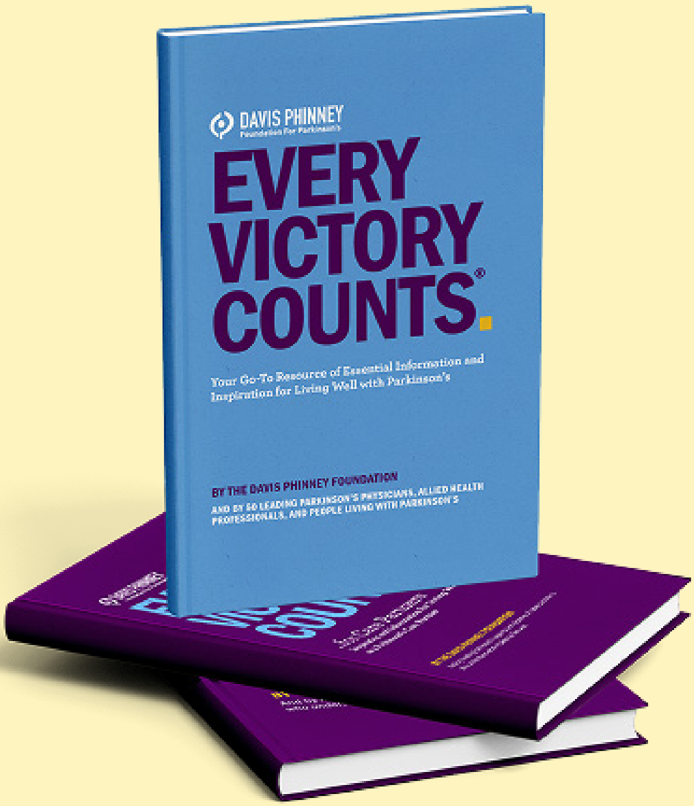
Your support is delivering a vital Parkinson's resource

Thanks to your generosity, people living with Parkinson's across Australia will soon have access to an essential Parkinson's manual covering topics such as multidisciplinary care, the importance of exercise, nutrition, emotional health, and medication.

So often people express their fears about living life after a Parkinson's diagnosis. They wonder what to expect, what comes next, and how they can change their lifestyles to slow progression.

Partnering with the Davis Phinney Foundation through a significant international collaboration, we are adapting their Every Victory Counts publication to better support and empower people living with Parkinson's.

Because of your support, this manual will be free for the Parkinson's community. Thank you!



Thank you for your support, kindness, and compassion, and for making every single story in here possible.

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