Issue 1 Autumn 2026

InMotion

A magazine for the Parkinson's community

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Fight Parkinson's™
Together we can

In this issue:

CEO update

As we begin a new year, I'm once again inspired by the strength, generosity, and determination of the Parkinson's community. Together, we continue to raise awareness, share our experiences, and support one another in meaningful ways. The year ahead brings new opportunities to connect, collaborate, and move our shared mission forward, and I look forward to engaging with many of you in the months to come.

This year, we are pleased to share updates on three significant projects shaped through collaboration and focused on improving quality-of-life outcomes for people living with Parkinson's, now and into the future.

In May, collaboration and knowledge sharing will take centre stage at the 7th World Parkinson Congress (WPC) in Phoenix, Arizona. This global gathering brings together people living with Parkinson's, care partners, clinicians, and researchers. It creates space for lived experience and professional expertise to sit side by side.

Events like this remind us that meaningful progress happens when we learn from one another. It is through shared understanding and partnership that real change is made.

Fight Parkinson's Director, Health Services, Victor McConvey, board Director Sheenagh Bottrell, and I look forward to meeting those of you attending the Congress. We also look forward to sharing key insights with our community back home.

Building on this spirit of collaboration, we continue to progress work on translating the ParkinsonNet model of care to the Australian environment. After announcing Fight Parkinson's role in the development of this model last year, I am pleased to share that the research team, led by University of Tasmania's Professor Michele Callisaya, will launch the project across Tasmania and parts of Victoria in 2026.

This project represents an important step towards making this evidence-based, multidisciplinary approach accessible to people living with Parkinson's across Australia.

Another project grounded in collaboration is the redevelopment of Every Victory Counts: Your Go-To Resource of Essential Information and Inspiration for Living Well with Parkinson's. Working alongside local experts and the Davis Phinney Foundation, Fight Parkinson's is adapting this pioneering resource for the Australian context.

First published in the United States in 2010, Every Victory Counts has long championed proactive, holistic Parkinson's care. Updating this resource will ensure it reflects local services, language, and lived experience. This will help Australians with Parkinson's and their families today and into the future.

This resource will be made available free to the Parkinson's community, and I look forward to sharing further updates as the project progresses.

Parkinson's Awareness Month is just weeks away, and with a big year ahead, now is the time for us to rally together. This April, we not only raise awareness of Parkinson's, but also celebrate the 15th year of Australia's largest Parkinson's community fundraising event, A Walk in the Park.

This milestone is a chance to reflect on how far we have come and to reaffirm our commitment to the progress still to be made. I hope to see you, your families, and supporters at Federation Square on Sunday 19 April. I have already started forming my team and encourage you to do the same.

Fight Parkinson's CEO Emma Collin

I am also pleased to confirm the return of the annual Fight Parkinson's Research Symposium on Tuesday 14 April at the Florey. Further details about the program can be found on page 12.

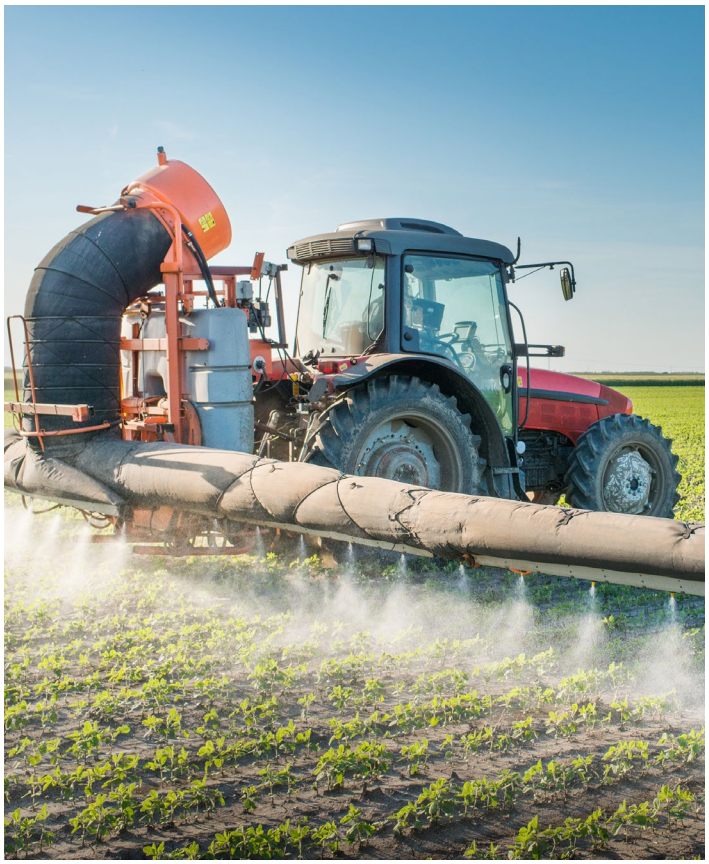
Looking ahead, there is still plenty more to come in 2026. I encourage you to keep visiting the Fight Parkinson's website for the latest updates, events, and resources.

In this edition of InMotion, you will also find stories and insights shared by members of our community. To everyone who has contributed their time, experiences, and expertise, thank you. Your voices continue to inform, inspire, and strengthen our collective efforts.

Together, we are shaping a better future for the Parkinson's community.

Emma Collin
CEO
Fight Parkinson's

News and updates



Updates to paraquat review

The APVMA has announced a delay in its review of the horticultural chemical.

In September 2024 the Australian Pesticides and Veterinary Medicines Authority's (APVMA) announced it would review the chemical paraquat following bans of the herbicide across the globe.

When APVMA first announced the review, a regulatory decision was forecast to be delivered in late 2025. However additional research out of the United States has delayed the review.

In a statement APVMA said: The Final Regulatory Decisions on paraquat and diquat will be handed down in mid-2026. Publication of the Final Decisions on paraquat and diquat had been expected prior to the end of [2025]. This has been deferred following the release by the U.S. Environmental Protection Agency (U.S. EPA) of an updated review of a recent study.

Released on 13 November 2025, the updated review presents U.S. EPA's conclusion that there is greater uncertainty regarding the potential for paraquat to volatilise than previously considered. The APVMA is reviewing its assessments of the volatility of paraquat and ensuring we have appropriately taken into account any concerns raised in the updated review from the U.S. EPA. This additional time will allow consideration of the updated review and, if necessary, refinements to the APVMA's risk assessments.

Fight Parkinson's will continue to monitor APVMA for any updates on the review over the coming months and will share them with our community as they become available.

If you wish to read more about Fight Parkinson's stance on paraquat, you can read our statement on our website.

Fight Parkinson's launches new e-newsletter

The latest advice and information, delivered straight to your inbox.

Fight Parkinson's has launched a new monthly e-newsletter, designed to keep the Parkinson's community informed, connected, and supported.

Since launching in January, the bespoke e-newsletter has been delivering the latest updates on Parkinson's research, information on upcoming events, inspiring personal stories, and other essential content to support people living with Parkinson's.

What to expect

Each edition of our e-newsletter is packed with insightful and meaningful content, including:

- **Latest Parkinson's research:** Stay informed about breakthroughs, new treatments, and scientific advancements that could make a difference in managing Parkinson's.
- **Upcoming events:** From our annual fundraising walk to educational webinars and community seminars, you'll receive all the details on what's happening and how to get involved.
- **Personal stories:** Hear firsthand from individuals and families navigating life with Parkinson's, offering connection, encouragement, and shared experiences.
- **Resources and support:** Access helpful articles, expert advice, and practical tools to support you on your Parkinson's journey.

Subscribe and stay informed

If you're not currently on our email list and would like to receive the e-newsletter, we invite you to subscribe today. Simply visit fightparkinsons.org.au/subscribe and enter your details.

If you already receive emails from Fight Parkinson's, you'll automatically receive the new e-newsletter. There's no need to subscribe again.

Stay informed

New Fight Parkinson's e-newsletter

Subscribe today

fightparkinsons.org.au/subscribe

News and updates

Championing advocacy for the Parkinson's community

Why ongoing advocacy matters.

People living with Parkinson's and Atypical Parkinson's conditions often navigate complex and overlapping systems, including health, disability, and aged care services. As needs change over time, access to timely, effective advocacy can make a critical difference.

That's why Fight Parkinson's recently lodged a submission to the Australian Government's consultation on the proposed Individual Disability Advocacy Program (IDAP). The submission draws on lived experience, clinical expertise, and frontline service delivery to highlight how advocacy must work for people with progressive neurological conditions.

A key message of the submission is that advocacy should not be limited to crisis points. Instead, it needs to be ongoing, flexible, and rresponsive—supporting people to understand their rights, navigate systems, and self-advocate where possible, while ensuring access to independent advocacy when required.

The proposed three-stream IDAP model—combining service delivery, a national advocacy helpline, and sector-strengthening—has strong potential. However, Fight Parkinson's emphasised that success will depend on clear referral pathways, coordination between services, and adequate training for advocates to respond to complex conditions like Parkinson's.

The submission also calls for greater recognition of trusted, condition-specific organisations, improved coordination between disability and aged care advocacy, longer-term funding to ensure service stability, and better data collection to identify unmet needs.

Advocacy is not an optional extra. For people living with Parkinson's, it is a vital support that promotes dignity, informed decision-making, and equitable access to services. Fight Parkinson's will continue to advocate for systems that truly reflect the realities of living with a progressive condition.

You can read the full submission on our website: www.fightparkinsons.org.au/news-resources

Fight Parkinson's Awards

Ensuring no one feels alone

Shona Cross was diagnosed with Parkinson's in 2015. From the outset, she began using her voice to share her lived experience and ensure others knew they were not alone on their Parkinson's journey. Since then, Shona has become a passionate and trusted ambassador for the Parkinson's community, and a powerful advocate for people living in regional areas.

During the 2025 Fight Parkinson's Annual General Meeting, Shona was honoured with Fight Parkinson's premier accolade - the Sir Zelman Cowen Award. This award recognises individuals who have provided exceptional service to the Parkinson's community and continues the legacy of Sir Zelman Cowen, who, alongside his wife Lady Anna Cowen, supported the Parkinson's community for more than two decades.

Following her diagnosis, Shona became deeply involved in awareness-raising initiatives and has since been a familiar and respected figure in Fight Parkinson's campaigns over the past decade. Her commitment to sharing her story through media has helped increase public understanding of Parkinson's, while her openness and authenticity have provided hope, reassurance, and encouragement to many within the community.

Like many people living with Parkinson's, Shona's path to diagnosis was not straightforward. Living in a regional area with limited access to specialists, and struggling to find an explanation for her symptoms, it took several years before she received a formal diagnosis. This experience has shaped her determination to ensure others know that support is available and accessible.

"Fight Parkinson's have been so good to me, and I do these things because I want to give a voice to other people, to let them know I have been there and that I can help them out if they've got a problem," Shona said.

"I can try my best to help them, and if I don't know the answer, then I can get the info packets and phone number, and refer them to Fight Parkinson's.

"I think it is important to have a community, and particularly for the peer support groups, to have people that understand what it's like to live with Parkinson's."

The relationships Shona has built within her local Parkinson's community are among her most treasured. It is the strength of these connections that drives her to go above and beyond to maintain meaningful, personal relationships with members of the Wimmera Parkinson's community.

"I like to catch up with our members and follow up with them to see how they are," she said.

"The personal contact with our members is just as important at the meetings, as well as after the meetings. That little bit of personal contact, that makes them feel better - that you're thinking about them as well."

In 2024, Shona furthered her ambassadorship by becoming the Fight Parkinson's Tax Appeal Hero, helping to highlight the impact of the organisation's work and inspiring donors to give. With her support, the appeal raised $169,024, exceeding its target of $149,350.

Shona's tireless advocacy, leadership, and generosity make her an exceptional recipient of this award. She embodies the spirit of resilience, connection, and hope at the heart of Fight Parkinson's, and continues to make a profound and lasting difference for people living with Parkinson's.

Shona Cross receiving the Sir Zelman Cowen Award

Fight Parkinson's Awards

Lou Zajac receiving her Harold Waldron Carer's Award alongside her daughters Carmen (left) and Danita (right)

A love that's lasted a lifetime

Louise Zajac has been honoured with the 2025 Harold Waldron Carer's Award for her outstanding contribution to the Geelong Parkinson's community and her longstanding support of her husband, Paul. For more than 20 years, Louise has helped empower people living with Parkinson's to better understand their condition and connect with others on the same journey.

Louise and Paul's connection to Parkinson's began in 2008, but their story goes back well beyond that. The pair met at a bar in Geelong during the mid-80s and went on to build a life defined by adventure, travel, and partnership. Following Paul's work, they lived in Sweden, Germany, England, America, and Japan—first as a couple, and later with their two daughters, Carmen and Danita—creating a lifetime of shared experiences and memories.

Their partnership was rich with curiosity, resilience, and joy, and Parkinson's never diminished that bond. That strength extended to their family, with Carmen and Danita surrounding Paul with unwavering love and support throughout his life and journey with Parkinson's. He was deeply loved by his daughters, who accepted him unconditionally and continue to miss him more than words could ever express.

Following Paul's diagnosis, Louise supported him in attending as many seminars, education opportunities, and support groups as possible. For them, knowledge was power and by understanding Parkinson's together they could continue to prioritise enjoying the life they had built together.

As long-standing members of the Geelong Young at Park Support Group, Louise and Paul were active participants who helped strengthen the group through their presence, encouragement, and contributions. Louise ensured that Paul was able to regularly attend Fight Parkinson's activities, including annual general meetings, community seminars, research events, and A Walk in the Park.

Their consistent involvement reflected not only their commitment to staying informed, but also their belief in the importance of being part of and contributing to the Parkinson's community.

Throughout their journey, Louise exemplified the vital role of a supportive partner. Her encouragement and commitment enabled Paul to actively engage with the Parkinson's community over many years. This consistency and quiet leadership helped ensure that Paul—and others around him—felt connected, informed, and supported.

Initially , Louise never saw herself as Paul's carer. As his Parkinson's progressed, however, she came to understand that providing care did not diminish their relationship but rather deepened their commitment to one another.

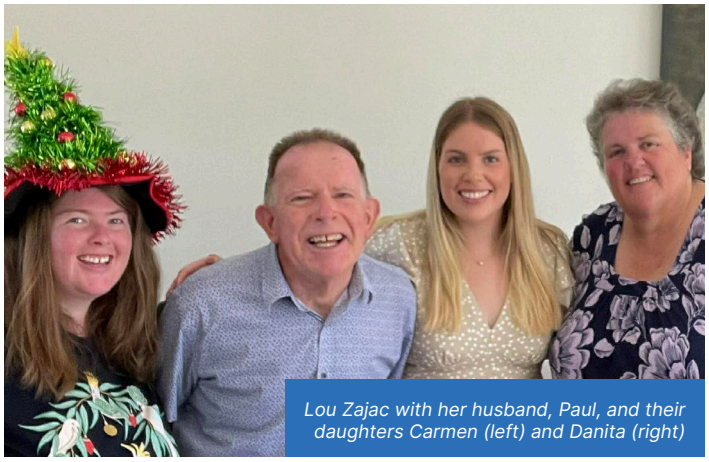
"Being a carer was very hard to accept, but in the end I realised I was his wife and nothing was ever going to take that away from me, I will always be his wife," Louise said.

The Harold Waldron Carer's Award is named after Harold Waldron, who led the Geelong Peer Support Group for 38 years while caring for his wife, Margaret. The award recognises family members and friends who have made a significant difference through their voluntary leadership and dedication to the Parkinson's community.

Louise's dedication to the Geelong Parkinson's community, alongside supporting Paul, makes her a deserving recipient of this award. Her continued involvement with the Parkinson's community since Paul's death in 2024 is a reflection of her leadership and willingness to help others live well after diagnosis.

Since receiving the award, she has reflected on her life with Paul and the ways Parkinson's shaped their journey together.

"I didn't think I deserved the award, but I have accepted it and I'm very grateful for it. I am now proud of myself," Louise said.



Lou Zajac with her husband, Paul, and their daughters Carmen (left) and Danita (right)

A Walk in *the Park*

A Fight Parkinson's community event

Join us for A Walk in the Park 2026

This year, the Parkinson's community comes together for the 15th time to walk towards a better future. We invite you to join us and 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. Over the years, it has fostered a deep sense of connection, showing that no one faces Parkinson's alone.

A Walk in the Park is more than just a walk, it's a movement. A movement raising awareness, building community, and driving vital fundraising to ensure people with Parkinson's can live well.

This milestone year is not only a celebration of how far the community has come, it's a commitment to the future we're creating together. 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 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.

Registrations are open now!

Whether walking solo or with a team, we stand together to make a difference. Gather your friends, family, or colleagues, and join us to walk, fundraise, and fight Parkinson's side by side.

Why walk?

- **Celebrate 15 years of community:** Honour the strength, resilience, and support shared across thousands of participants for 15 years.
- **Show support:** Stand alongside people living with Parkinson's, their families and carers, demonstrating care and solidarity.
- **Strengthen connections:** Connect with others who understand the Parkinson's journey, share experiences, and create lasting friendships.
- **Raise awareness:** Every step helps shine a light on Parkinson's, increasing understanding and visibility within the wider community.
- **Create real impact:** Your participation and fundraising contribute directly to support new approaches, evidence-based services, and initiatives that improve the quality of life for people living with Parkinson's.
- **Inspire action:** By walking and fundraising, you encourage others to join the movement and build a stronger, more connected community.
- **Be part of the legacy:** Join thousands who have contributed over the past 15 years to create meaningful impact, and help shape the next chapter of support, innovation, and community growth.
- **Be active:** Walking keeps us moving - movement is our fight and freedom is our goal. Let's keep moving towards freedom from Parkinson's.

Step up your fundraising game

A Walk in the Park is a great opportunity to raise funds to ensure Fight Parkinson's can continue to provide free support for the entire Parkinson's community.

Every person who registers is already helping, but fundraising takes your impact to the next level. Each registrant automatically has a personal fundraising page, and with five easy steps, you can watch your total grow:

- **Step 1:** Add a profile picture.
- **Step 2:** Include a personal story - What inspired you to do this challenge? Why have you chosen to support Fight Parkinson's? What are you asking your supporters to do?
- **Step 3:** Set yourself a fundraising target.
- **Step 4:** Share your page - Email your fundraising page link to your friends, family, and colleagues, and spread the word on social media.
- **Step 5:** Thank your supporters - Along the way and at the end of your fundraising journey, remember to thank everyone who donated.

If you're walking with a big group, creating a team is an easy way to combine your fundraising efforts and aim towards a single target—together your impact is greater.

Want to go further? Create an event or challenge to help reach your goals. For ideas, see what other fundraisers have done at www.fundraise.fightparkinsons.org.au

Fundraising big

Raise $500 and receive a special A Walk in the Park prize.

Go further and hit $1,000, and you'll become a member of the $1K Club.

As a $1K Club member, you'll get a unique shirt to stand out on the day, start at the front of the pack, and enjoy extra hospitality—our way of thanking you for your incredible effort.

FAQs

Everything you need to know about A Walk in the Park.

How do I register?

Registering for A Walk in the Park is quick and easy! Visit www.awalkinthepark.org.au and click the Register button, then follow the prompts to secure your spot. Need help? Give our team a call on 03 8809 0400.

How much are tickets?

Senior/Concession	$35
Child (under 18)	$35
Adult	$55
Family (2 adults, 2 kids)	$145
Dog	$15

To get the best price, please register before the event as higher rates apply for on-the-day registration.

What happens on the day?

A Walk in the Park is more than a walk, it's a celebration! There will be entertainment before and after the walk, so come early to enjoy the full experience at Federation Square.

Is merchandise available?

Absolutely! Every participant who signs up will receive a 2026 A Walk in the Park t-shirt to proudly wear on event day.

Our exclusive Fight Parkinson's beanies are back for 2026, along with handy dog bag holders—perfect for our four-legged supporters.

You can order A Walk in the Park merchandise anytime via our online shop: www.awalkinthepark.org.au/shop Merchandise will also be available to purchase on the day of the event, so you can grab your favourites in person.

Will there be food and drinks available on the day?

Water stations will be set up at Federation Square and along the walking routes. Coffee, cold drinks, and snacks will be available at nearby shops, but we recommend packing a lunch if you or your family want to refuel after the walk.

Is Federation Square accessible?

Yes! Federation Square has wheelchair- and pram-friendly ramps and lifts, as well as an onsite carpark. The walking routes (4 km and 2 km shortcut) are fully accessible via footpaths.

Accessible toilets at Federation Square will be available for all participants. For more information, visit www.fedsquare.com/accessibility

I can't make it to Federation Square, can I still get involved?

If you can't make it to Federation Square or one of the regional walks, you can walk in your local area at a time that suits you by registering to walk virtually via the A Walk in the Park website.

Don't forget to snap photos with your team while wearing your A Walk in the Park t-shirts, and share them on social media using the hashtags #FightParkinsons and #AWalkinthePark. We'd love to see your amazing efforts!

Managing symptoms

Managing your Parkinson's every day

Managing Parkinson's looks different for every individual, depending on their needs, symptoms, and circumstances.

Parkinson's affects everyone differently but taking a whole-of-life approach to managing the condition can be helpful for long-term wellbeing. Considering how Parkinson's impacts your overall health, routines, and relationships, you can continue to live a positive and fulfilling life.

The following approaches may help you, and those who support you, to better manage Parkinson's day to day.

Learn about your condition and potential symptoms

Understanding Parkinson's and what a diagnosis may mean can help the future feel less overwhelming. Knowing what changes you might experience, and why they are occurring, can be reassuring and empowering.

It is important, however, not to feel pressured to absorb everything at once or fixate on symptom lists. If reading about potential changes causes anxiety, it is okay to step back. You only need to learn as much as feels helpful and empowering for you.

There is no right or wrong time to learn about Parkinson's. Move at your own pace and return to information when you feel ready.

If you would like to learn more, Fight Parkinson's offers regular education sessions covering a wide range of topics. The Fight Parkinson's Online Learning Hub is a free resource designed to support people living with Parkinson's, their families, and carers.

Be proactive when you notice new symptoms or changes

It can be tempting to ignore changes in symptoms, but acting early often leads to better long-term outcomes. Addressing issues promptly allows strategies to be put in place sooner, helping to prevent symptoms from becoming more significant.

Symptoms that particularly benefit from early intervention include changes to walking, balance, or movement, as well as changes in your thinking, voice, or speech.

If you notice something new or different, consider raising it with your healthcare team as soon as possible.

Follow a healthy lifestyle

Healthy lifestyle choices can support Parkinson's management at any stage of the condition.

Regular physical activity, good sleep habits, and a balanced diet are powerful tools that can help manage symptoms and support overall wellbeing. These actions benefit not only the person diagnosed, but also their family, friends, and supporters.

By committing to positive lifestyle changes together, households can support one another's health while proactively addressing symptoms.

Communicate with family and loved ones

Parkinson's doesn't just affect the person diagnosed, it affects families and close relationships too. Open communication with loved ones can provide a strong foundation for understanding, emotional support, and shared problem-solving.

Speaking with family members and loved ones can help:

- Provide different perspectives on changes in symptoms or behaviour.
- Offer practical support for daily routines and healthcare management.
- Create opportunities to plan and prioritise for the future together.
- Foster emotional connection and reduce feelings of isolation for everyone involved.

Including family and loved ones in conversations about Parkinson's and its management can strengthen relationships, and ensure that everyone feels informed and supported throughout the journey.

Build a multidisciplinary team

Building a multidisciplinary healthcare team can make a significant difference in managing Parkinson's and its associated symptoms.

Different health professionals bring different areas of expertise, and given the complexity of Parkinson's, a team-based approach helps provide more tailored, holistic care over time. This may include movement disorder specialists, physiotherapists, speech pathologists, occupational therapists, and nurses.

Having a diverse team in place means you are better supported to address individual needs as they arise throughout your journey.

If you would like more information or support in navigating your Parkinson's diagnosis, you can contact the Fight Parkinson's Health Line on 1800 931 031 for free, confidential support.

Ask the Expert

Understanding the limitations of Artificial Intelligence and Dr Google

As technology evolves, it can be hard to sort through the weeds when it comes to using Artificial Intelligence (AI) and Google to better understand Parkinson's. Professor David Finkelstein has shared his thoughts and advice on facing new online technologies.

AI is here to stay. It is already becoming part of everyday life, and its role will only continue to grow. As these tools become more common, it's important that people learn not just how to use AI, but how to use it well.

AI and machine learning tools have been valuable tools for scientists well before the introduction of online programs such as ChatGPT. However, as generative AI tools become more widely used by the general public, it is important to understand their limitations, when they may be helpful, and when they may pose risks, particularly when it comes to health information.

While AI can be a useful tool for learning, it is no substitute for clinical expertise or trusted, evidence-based sources such as the Fight Parkinson's website and Fight Parkinson's Health Team.

Understanding where AI sources its information

Generative AI collects information from across the internet to answer the questions you pose. This can be problematic because it does not differentiate between reliable sources, such as scientific journals or government websites, and less reliable sources, like personal blogs or social media posts. In fact, some studies show that AI frequently pulls information from sites like Reddit and Wikipedia.

Professor Finkelstein explains that this is a concern because anyone can contribute content to these sites. You often cannot verify who wrote the information, their qualifications, or how current the information is.

To ensure you access accurate and up-to-date information, Professor Finkelstein encourages using trustworthy sources such as Fight Parkinson's as your primary source of information, keeping AI as a supplementary tool.

Asking and answering questions

In addition to uncertainty around sources, AI tools cannot apply information to your personal situation or predict future outcomes.

As a result, asking long or complex questions about your health or Parkinson's symptoms can lead to incomplete or incorrect information.

Professor Finkelstein said learning how to use AI and how to ask it questions is a skill within itself.

"You need a level of expertise to interpret what the AI says, that's the first thing, and you need a level of expertise to ask the right question," Professor Finkelstein said.

"People are complex, people with Parkinson's are complex. The way we feel changes from day to day, month to month. This means it is difficult to ask specific questions that are relevant to our health."

"Clinicians have the knowledge and training to decipher the normal things we feel from the feelings and symptoms that are related to a disease."

Local contexts and emphasis

To test AI's reliability, Professor Finkelstein asked a generative AI tool about treatments for Parkinson's.

In its response, he said the program gave out information on therapies that have been discredited for Parkinson's management, medications not approved for use in Australia, and placed too little emphasis on best-practice treatments.

Professor Finkelstein said this highlights the limitations of AI and the importance of being able to critically assess and interpret the information it provides. Parkinson's is highly individual, and he urges caution for anyone considering AI-generated advice.

"If you're looking up something untried and untested, just because there's a glossy looking web page and there's a product at the end, it doesn't mean that it's safe and effective," he said.

Having a general sense of caution when using AI-generated information is the start of good online literacy. These tools may help prompt questions, but they should never replace conversations with qualified health professionals or trusted organisations.

If you have questions and cannot find answers on the Fight Parkinson's website, or from other reputable sources, it is always best to contact your health team or call the Fight Parkinson's Health Information Line before asking AI.

The Fight Parkinson's Health Team is always happy to chat to you about available therapies and research updates. You can reach the team on 1800 931 031.

Research

Seed Funding Grants continue in 2026

Thanks to the generous and ongoing support of our community, Fight Parkinson's is continuing to actively invest in Parkinson's research in 2026, launching the second round of our Seed Funding Grants program.

Following the success of our inaugural 2025 program, we are proud to again commit vital funding to innovative researchers working on prevention, improved quality of life, and ultimately freedom from Parkinson's, Progressive Supranuclear Palsy (PSP), Corticobasal Syndrome (CBS), and Multiple System Atrophy (MSA).

Each year, Fight Parkinson's awards two Seed Funding Grants of $30,000. One supports basic science research, and one supports clinical research. These targeted grants are designed to catalyse early-stage, high-potential projects, and generate the evidence needed to attract larger-scale funding.

2025 funding in action

In 2025, the basic science grant was awarded to Professor John Forsythe and his team at Monash University. Their research is exploring the brain's potential to regenerate stem cells affected by Parkinson's.

Over the current funding period, the team has made significant progress advancing their injectable brain-repair gel technology. This work is helping to validate its therapeutic potential for Parkinson's disease and position the project strongly for future industry partnerships and the larger-scale investment required to move toward clinical translation.

The 2025 clinical research grant was awarded to Professor Meg Morris and her team at La Trobe University. Their project is evaluating the safety, acceptability, and benefits of community-based gym exercise programs designed specifically for women living with Parkinson's.

Trial programs are now being delivered by community gym trainers who have received specialised education in Parkinson's and ongoing support from physiotherapists. Women aged 70 years and younger, living with mild to moderate symptoms, are participating in 16 one-hour gym-based exercise sessions delivered over 8 consecutive weeks. Interest in the program has been strong, and early feedback has been extremely encouraging. Participants report enjoying the tailored exercise experience and value the one-on-one supervision provided by trained exercise professionals.

Continuing our investment in research

Seed Funding Grants are a key part of Fight Parkinson's broader research strategy. By investing directly in promising projects, we are helping researchers generate the early data required to unlock major national and international funding opportunities.

In 2026, we will once again partner with our community to fund the next wave of innovation, ensuring that research into Parkinson's (including PSP, MSA or CBS) continues to accelerate.

Because every dollar raised brings us closer to better treatments and ultimately, freedom from Parkinson's.

Fight Parkinson's Research Symposium

Fight Parkinson's is excited to announce the return of the annual Parkinson's Research Symposium for 2026 on Tuesday 14 April.

The symposium serves as a national forum bringing together the Parkinson's community, researchers, and clinicians. Its mission is to connect research excellence, care delivery, and lived experience in meaningful ways.

Over more than 10 years, the symposium has become a trusted platform for showcasing high-quality Parkinson's research, strengthening collaboration across institutions and supporting translation from discovery to real-world impact.

The 2026 symposium will focus on innovation in care and collaborative research, including integrated care models and national-scale initiatives that translate evidence into practice.

This year's program features a global perspective, with international keynote speaker, Polly Dawkins of the Davis Phinney Foundation, exploring worldwide collaboration in Parkinson's and the impact of Every Victory Counts. Attendees will also hear updates on environmental risk factors, disease mechanisms, future therapeutic pathways, and the ParkinsonNet Australia project.

The evolving Fight Parkinson's research agenda will be highlighted, including announcements of new grant recipients and further progress updates from 2025 awardees.

The full agenda will be shared in the coming weeks.

To learn more and register, please visit www.fightparkinsons.org.au/events

Personal story

Building connection through community

Every now and then, an idea is simply too good to ignore. When Brian Gillespie began noticing more people in his community being diagnosed with Parkinson's, he felt there must be something he could do.

Brian was diagnosed with Parkinson's several years ago. As a deeply engaged local community member, he presents a local radio show called 'The Irish Show', has been a member of his local bowls club for 21 years, and loves nothing more than jamming with fellow Irish musicians.

After being diagnosed, Brian learned that two friends from his bowls club had also been going through their own Parkinson's journey. This sparked an idea: why not bring together the people and passions he loves to support Fight Parkinson's?

"I was talking to my wife, Deirdre, one day and said, we've got access to a venue and access to musicians," Brian said.

"If I could put the two together, we could run a fundraiser on a Sunday afternoon and just have a jam session."

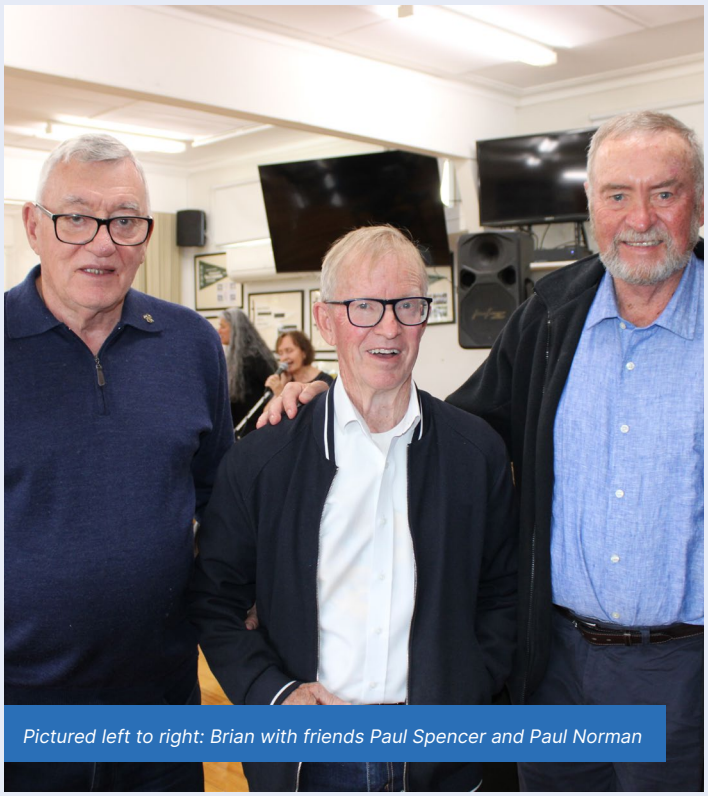
With a few phone calls and some gentle persuasion, Brian soon had everything lined up for Spring Jam—a fundraising afternoon held at the Moonee Valley Bowls Club.

Support came easily. Brian's friends Paul Spencer and Paul Norman were happy to share their experiences of living with Parkinson's, while musicians Kathryn Clements, Suzette Herft, and Chris Lazarro from Quiet Man fame, and more recently Clifton Hill Brew Pub, generously donated their talents for the cause.

The music was lively, infectious, and set the tone for the day, keeping spirits high and contributing greatly to the success and welcoming atmosphere of the event.

While the day was designed to raise funds, what left the greatest impression on Brian was the strength and breadth of the community that turned up.

Pictured left to right: Musicians Chris Lazarro, Kathryn Clements, and Suzette Herft



Pictured left to right: Brian with friends Paul Spencer and Paul Norman

"It wasn't just people from the bowls club or the jam group," he said.

"I looked around and saw people from all sorts of clubs and groups. It was a really special moment."

"The thing that really surprised me was the community spirit on the day," Brian said.

"I had no idea the effect it would have. The number of people who came out of the woodwork to volunteer and help was just fantastic."

Later in the afternoon, Paul Spencer, who used to be a scientist, spoke to the crowd about the realities of living with Parkinson's and how it affects daily life. Brian said the room hung onto every word Paul said.

"You could have heard a pin drop when he was talking, because it all made sense," Brian said.

"He talked about Parkinson's and it was amazing to hear because we all have it in different forms, different symptoms."

Brian hopes that those who attended walked away with a greater understanding of Parkinson's and its prevalence within Australia, as well as a stronger sense of connection to one another.

In total, Spring Jam raised more than $7,500, far exceeding Brian's original hope of $2,000.

Following the success of the inaugural event, Brian and his friends hope to bring Spring Jam back in 2026, this time even bigger than the last.

If you have a fundraising idea or would like to turn your event into a Fight Parkinson's fundraiser, call the Fight Parkinson's fundraising team for support on (03) 8809 0400. For ideas and tips on fundraising, visit our website at www.fightparkinsons.org.au

Support for you

Learning at your own pace

Improving your understanding of Parkinson's can make a diagnosis feel less confronting and help you take better care of yourself over the long term. Living well with Parkinson's is truly possible, and by accessing free, easy-to-understand information, you can continue to move forward with confidence.

People respond to a Parkinson's diagnosis in many different ways. For some, diagnosis can feel overwhelming, and they may not feel ready to seek out information straight away. Others prefer to learn as much as they can as soon as possible.

No matter how long you have been living with Parkinson's, there is always something new to learn. Our understanding of the condition continues to evolve as researchers and clinicians develop new insights, meaning best-practice care is always improving.

The Fight Parkinson's team is committed to staying informed and sharing the latest evidence-based knowledge with the Parkinson's community.

Throughout the year, Fight Parkinson's delivers a range of education opportunities, including online and in-person sessions, as well as self-paced learning programs. Wherever possible, these offerings combine expert knowledge with lived experience, ensuring information is practical, relevant, and grounded in real-world perspectives.

Ask the Expert

Ask the Expert provides direct access to researchers, medical specialists, allied health professionals, and other experts who specialise in Parkinson's.

This free webinar series offers the opportunity to hear from leading experts and ask questions on topics such as symptom management, treatment options, and emerging research. These sessions give the community rare access to specialist knowledge, alongside practical insights that can support day-to-day living.

Webinars are held online via Microsoft Teams and typically run once a month in the evening.

Positive Life

Positive Life is Fight Parkinson's free webinar series focused on practical, everyday strategies for living positively with Parkinson's.

These one-hour sessions are co-facilitated by members of the Fight Parkinson's health team and people with lived experience, who share their personal stories and insights. Topics explore common daily challenges, treatment and therapy options, and pathways to maintaining a positive quality of life.

Positive Life webinars offer a valuable opportunity to learn from others who understand what it's like to live with Parkinson's and to gain encouragement, reassurance, and practical tips.

Seminars and symposiums

Throughout the year, Fight Parkinson's runs community seminars and symposiums where community can connect with others living with Parkinson's and meet experts face to face.

Seminars cover a wide range of topics, with some tailored specifically for people living with Atypical Parkinson's conditions or Young Onset Parkinson's, and others designed for the broader Parkinson's community.

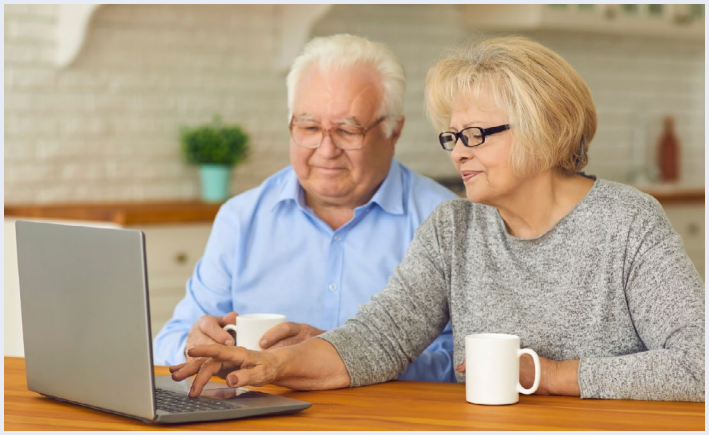
All our event offerings are free to attend, and content varies. To stay up to date with upcoming seminars throughout 2026, including the annual Research Symposium, follow Fight Parkinson's on social media and regularly visit the events page on our website.

Community learning hub

The Fight Parkinson's Community Learning Hub provides 24/7 access to online learning programs designed to help people affected by Parkinson's better understand the condition and build practical skills to advocate for themselves and others.

These self-paced programs allow you to learn in your own time and at your own pace. By offering education tailored to different needs and stages of the Parkinson's journey, the Community Learning Hub aims to empower you to navigate your diagnosis with confidence.

Fight Parkinson's also offers a wide range of free Parkinson's-related health information through its website and downloadable resources. These materials are regularly reviewed and updated to reflect the latest evidence and respond to the evolving needs of the community.



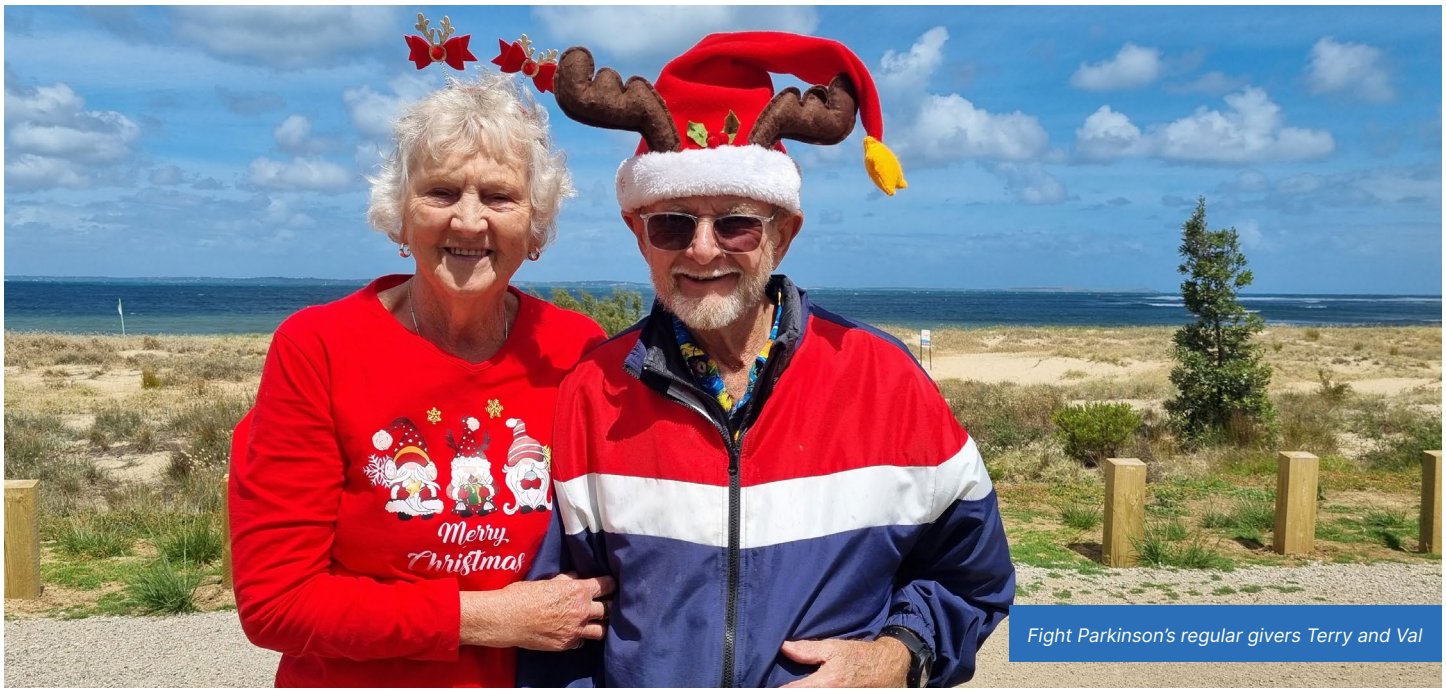
COMMUNITY

Learning Hub Courses

- Understand Parkinson's: An introduction
- Recently diagnosed
- Exercise and Parkinson's
- Falls prevention and Parkinson's
- The NDIS and Parkinson's: How to apply
- Carers and Parkinson's
- Women and Parkinson's
- LGBTQA+ and living with Parkinson's
- Palliative care and Parkinson's
- Sex, intimacy and Parkinson's

Scan to learn more

Fundraising



Fight Parkinson's regular givers Terry and Val

Supporting Fight Parkinson's long term

Terry and Val have been supporting Fight Parkinson's for 10 years. Their consistent generosity allows Fight Parkinson's to plan for the future, providing a steady income stream that enables ongoing investment in vital support services for the Parkinson's community.

For decades, Fight Parkinson's has been able to support the Parkinson's community thanks to the generosity of fundraisers and donors. Even small contributions add up, helping fund essential projects such as research initiatives and our health information line.

After Terry was diagnosed with Parkinson's in 2016, he and Val attended a Recently Diagnosed Seminar in 2017 to learn more about the condition. Since then, Fight Parkinson's has become an invaluable source of information and reassurance for the couple. They are regular participants in A Walk in the Park and avid readers of InMotion, which they say keeps them informed about new research and developments in Parkinson's care.

It was through this connection that Terry and Val decided to become regular donors.

"We donate regularly to Fight Parkinson's, and other Parkinson's charities, as we stand to benefit from any successful research."

Terry and Val have formed friendships within the Parkinson's community, particularly at the Fight Parkinson's Latrobe Valley Peer Support Group, where they have been active members for two years.

Unable to attend the Fight Parkinson's Sale Peer Support Group due to other commitments, Terry organises a monthly 'Parky' Coffee morning with several of his 'Parky' mates in Sale.

Terry and Val's story is a reminder that shared generosity plays an important role in strengthening the Parkinson's community.

Regular monthly donations provide a reliable way for organisations like Fight Parkinson's to plan and invest in ongoing services, with payments collected automatically to minimise administration.

Information about regular giving can be found on our website or by contacting Fight Parkinson's on (03) 8809 0400 or info@fightparkinsons.org.au

About Fight Parkinson's

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While submissions for inclusion in *InMotion* are welcome, the final decision rests with the editor. All submissions are subject to the publisher's editorial guidelines and may be edited for space or clarity.

New 1800 number

Free access to health information

Fight Parkinson's has a new freecall 1800 number

You don't have to navigate Parkinson's, PSP, MSA, or CBS alone.

The Fight Parkinson's Health Team is available to provide specialised support to people living with Parkinson's, their families, and carers.

You can call our team on 1800 931 031 for free, confidential support, Monday to Friday, 9am–5pm (AEST/AEDT).

Cut out the card below and put it on your fridge or somewhere safe, so support is easy to access when you need it.

Fight Parkinson's
Together we can

Fight Parkinson's Health Information Line
Freecall: 1800 931 031