

ANNUAL REPORT

2023



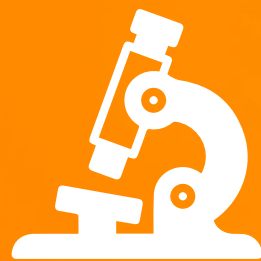


YEAR IN REVIEW

The last year has been a transformative one for Parkinson's research, with the discovery of a biomarker by The Michael J. Fox Foundation for Parkinson's Research (MJFF) in April. The breakthrough opens a new chapter for research, with the promise of a future where every person living with Parkinson's can expect improved care and treatments — and those newly diagnosed may never experience advanced symptoms.

Other highlights this year include:

- Funding of 8 new research projects to the value of more than \$3M.
- Participation in the National Parkinson's Action Plan Taskforce, a collaboration of key stakeholders and leaders in the Australian Parkinson's community.
- Attending the 2023 World Parkinson's Congress to discuss, learn and engage in debate with the global Parkinson's community.
- Our biggest fundraising result ever for Parkinson's Awareness Month, raising over \$290,000.
- Launching The Shake It Up Show, a podcast hosted by our ambassador Amy Ruffle, where we speak to people with Parkinson's and hear their stories.



79 Research Projects



23 Australian Research Institutes



30.7 Million Dollars Invested

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Shake It Up Australia Foundation is grateful to Daily Press for their support in the production of this Annual Report

A MESSAGE FROM OUR PATRON THE GOVERNOR-GENERAL OF THE COMMONWEALTH OF AUSTRALIA, HIS EXCELLENCY GENERAL THE HONOURABLE DAVID HURLEY AC DSC (RETD)

One of the joys of my role as Governor-General, with Linda, is that every day I engage with people and organisations who contribute so much to our nation and its citizens.

The Shake It Up Australia Foundation is one of those organisations. For the past 13 years the Foundation has been funding research to find a cure for Parkinson's, giving people living with the disease and their families hope for the future.

2023 was a landmark year for the Foundation with breakthroughs in research into Parkinson's, record levels of fundraising for Parkinson's Awareness Month, significant representation of innovative research from Australia at the 2023 World Parkinson Congress due to the travel grants provided by the Foundation to early-career researchers, and funding for projects such as the development of assisted device technology to help people with Parkinson's walk more confidently.

The discovery of a Parkinson's biomarker represents the biggest breakthrough in Parkinson's research since the 1960s. The clinical study behind the breakthrough was supported by the Foundation here in Australia, the first-ever project co-funded by Shake It Up Australia and The Michael J. Fox Foundation for Parkinson's Research. I congratulate all involved and look forward to hearing of many positive outcomes.

Behind the Foundation's many significant achievements are its people — dedicated, talented, generous Australians who work tirelessly to improve the health and life outcomes for those living with Parkinson's and their families.

DAVID HURLEY

HIS EXCELLENCY GENERAL
The Honourable David Hurley AC DSC (Retd)





Clyde Campbell AM with the recipients of the Australia Day community awards at Campbelltown City Council.

MESSAGE FROM THE CHAIRMAN

2023 was a year like no other in Parkinson's research. The discovery of a Parkinson's biomarker in April was not only the biggest breakthrough in the field since the 1960s, but one that will make a significant difference to the way Parkinson's disease is understood, diagnosed and treated. It was made possible by the Parkinson's Progression Markers Initiative (PPMI), co-funded by Shake It Up Australia over a decade ago now. In fact, the PPMI was the first research project we ever co-funded with MJFF.

This discovery is an historical moment that will be looked on in years to come as a milestone in the pursuit of a cure, and has already opened new doors for research, such as a subsequent biological staging framework for Parkinson's. However, it also demonstrates the need to maintain momentum in research and advance work towards early detection, better treatments and a cure.

In July, our CEO Vicki Miller and I were thrilled to travel to Barcelona to attend the World Parkinson Congress (WPC). This event was an opportunity to connect with a community of passionate and like-minded people, including those living with Parkinson's, caring for someone with the disease, or working in pursuit of a cure. It was an inspiring and galvanising experience for us all. Shake It Up also funded 27 travel grants for early-career researchers to attend and present at the WPC. Through this initiative, Australia had a larger number of researchers attending as travel grant recipients than any other country, and it was wonderful to learn more about the latest in scientific thinking from our local research talent.

It has been just over one year now, since Vicki took on the role of CEO of the Shake It Up Australia Foundation. She has continued to demonstrate her empathetic leadership style, and her vision to grow the profile of the Foundation to ensure we can keep funding the most cutting-edge research, while putting Parkinson's disease at the forefront of our national agenda.

I would also like to extend my personal thanks to all my fellow Directors for their guidance, their commitment to making positive change and their strategic insights over the last 12 months. Recently, we have farewelled three members of the Shake It Up Board – Vice Chairman Graham Fear, Greg Campbell, and Rick Crethar. I thank them all for their many years of service, and their invaluable expertise that has helped us build the Foundation to where it is today. We now welcome Tony Dormer to the role of Vice Chairman. Tony has extensive business experience and has played a vital role on the Shake It Up board for many years.

Every year, we are blown away by the dedication of our supporters, and 2023 was no different. From athletic feats and personal challenges to creative pursuits and local fundraisers, the commitment of the Parkinson's community is an inspiration to us all. Thank you to every one of you joining us to achieve our vision of a world without Parkinson's.

CLYDE CAMPBELL AM
FOUNDER & CHAIRMAN
SHAKE IT UP AUSTRALIA FOUNDATION



The Board of Directors and Leadership team gathered for a strategic planning session to ensure our laser focus on our vision, mission and goals.

MESSAGE FROM THE CEO

When I was appointed CEO of Shake It Up Australia in December 2022, I shared my vision for the future of the Foundation – one of continued growth to fund cutting-edge research that will make a real difference for people living with Parkinson's, now and into the future.

In the year since, I am proud to see the Foundation's steady trajectory of expansion and commitment to innovation. 2023 was a whirlwind of activity and truly ground-breaking advancements in Parkinson's research.

Our relationship with MJFF continues to grow in strength with increased collaboration. Shake It Up was part of an international team of patient, research and industry leaders, who collaborated to propose the first iteration of a new research framework – the neuronal alpha-synuclein disease integrated staging system (NSD-ISS). The NSD-ISS, for the first time, stages Parkinson's and defines it based on the disease's underlying biology. The new research tool uses biomarkers that can detect Parkinson's in an individual living with the

disease, a significant change after nearly two centuries of relying on primarily movement-based symptoms to detect PD. The framework is a crucial step forward to make clinical trials more precise, and to eventually improve the development of new therapies and treatments for people living with Parkinson's, who have vastly different symptoms at different stages of the disease. The global collaboration that led to this framework is just the first step of an exciting new era in Parkinson's research that will bring us ever closer to a cure.

Other notable achievements in 2023 for the Foundation included:

- Allocated over \$3M in funding to game-changing, globally competitive research.
- Our annual Parkinson's Awareness Month campaign raised over \$290,000 for Parkinson's research, making it our biggest fundraising total for this campaign ever.
- Our core team of employees continues to grow, as we welcomed Sara Forster into the role of Strategic Projects Manager.
- The development of the National Parkinson's Action Plan Taskforce commenced, with plans to work together to make Parkinson's disease a national health priority. The Taskforce is a collaboration of key stakeholders and leaders in the Parkinson's community in Australia who have come together to shape policies, strategies, and initiatives that will enhance the lives of individuals affected by Parkinson's disease across the country.

As we look forward to the year ahead, we are committed to addressing the key issues faced by people living with Parkinson's and to continue advancing the important work of the research community. With more than 200,000

Australians living with Parkinson's – now the fastest growing neurological disorder in the world – it's crucial that Parkinson's is at the forefront of the national health and research agenda.

Thank you to every individual and organisation who has joined us on this journey to slow, stop and cure Parkinson's.

VICKI MILLER

CEO

SHAKE IT UP AUSTRALIA FOUNDATION





OUR VISION, MISSION & VALUES

The Shake It Up Australia Foundation is a not-for-profit organisation established in 2011 and in partnership with The Michael J. Fox Foundation for Parkinson's Research (MJFF) promotes and funds Parkinson's disease research in Australia aimed at better treatments and ultimately a cure.

VISION Our vision is a world without Parkinson's.

MISSION Our mission is to accelerate innovative research and treatments to slow, stop, and cure Parkinson's.

VALUES

TRUST

We act with integrity and can be trusted by our community to provide clear, accurate information about Parkinson's disease and Parkinson's research.

INNOVATION

We only fund cutting-edge, globally competitive, strategically managed, and non-redundant research that shows promise to meet our Vision and Mission.

COMMITMENT

We are committed to executing our Vision and Mission and will not give up until we achieve success.

AGILITY

We act quickly and effectively in response to the latest research findings and our changing local and global environment.

COLLABORATION

We foster a culture of collaboration with the Australian Parkinson's research community and promote global collaboration through our core partnerships.

ACCOUNTABILITY

We hold ourselves accountable to putting 100% of donations towards research and staying transparent about what we're doing (and how we're doing it).

DRIVE

We are driven to push boundaries, think creatively and seek out new opportunities to deliver on our objectives as a Foundation.







“WHEN THE CURE FOR PARKINSON'S IS FOUND – AND IT WILL BE – IT WILL BE BECAUSE OF ALL OF US, WORKING TOGETHER.” *Michael J. Fox*

UNDERSTANDING PARKINSON'S










Parkinson's disease is a progressive, degenerative neurological condition that affects a person's control of their body movements. In Australia, it affects more than 200,000 people.

Parkinson's disease (PD) occurs when the brain cells that make dopamine, a chemical that coordinates movement, stop working or die. Because PD can cause tremor, slowness, stiffness, and walking and balance problems, it is called a “movement disorder.” But non-movement symptoms can be part of Parkinson's. PD is a lifelong and progressive disease, which means that symptoms slowly worsen over time.

Motor Symptoms

-  Tremor
-  Slowed Movement
-  Rigid Muscles
-  Walking Challenges
-  Gait & Balance Problems
-  Frozen Facial Expression

Non-Motor Symptoms

-  Sleep Disturbance
-  Constipation
-  Depression & Anxiety
-  Loss of Sense of Smell
-  Cognitive Impairment
-  Speech Problems
-  Difficulty Swallowing
-  Vision Problems
-  Apathy & Fatigue

Parkinson's Statistics in Australia

200,000
Australians are living with Parkinson's

10
MILLION
People live with Parkinson's globally

One Australian
is diagnosed with Parkinson's every
40 MIN

FASTEST

growing **neurological disorder** in the world

The prevalence of PD has
DOUBLED in the past **25 YEARS**



2023 WORLD PARKINSON CONGRESS

Shake It Up CEO Vicki Miller and Founder Clyde Campbell had the privilege of travelling to Barcelona to attend the 2023 World Parkinson Congress, an international forum to discuss, learn and engage in debate about the latest scientific discoveries related to Parkinson's disease.

Shake It Up also funded 27 travel grants for early-career researchers to attend and present at the conference. Through this initiative, Australia had the largest number of researchers attending as travel grant recipients than any other country.

Some of the key themes that emerged from the many fascinating presentations and roundtable discussions included:

DIGITAL TECHNOLOGY

From wearable technology to the role of artificial intelligence (AI) in early detection of Parkinson's, there is huge potential in the capabilities of digital tech to transform the way we diagnose and treat PD. This new horizon of research brings with it a range of new challenges related to data security.

EMERGING THERAPIES

The progress made in neuroprotection, gene therapies, surgical therapies such as focused ultrasound and dopamine cell transplants, and new treatments for non-motor symptoms was a key focus area.

GUT HEALTH & LIFESTYLE

Research presented at the Congress highlighted that for some people, Parkinson's symptoms originate in the body rather than the brain. This not only impacts the rate of progression for different symptoms but heightens the risk of dementia and/or Lewy bodies.

ERADICATING STIGMA

At the pre-Congress Leadership Forum, there was an eye-opening and moving session about the way stigma impacts people with Parkinson's in different countries around the world. The feedback provided by attendees will contribute to a strategy for destigmatising Parkinson's globally.

“

THIS WAS ONE OF THE MOST INSPIRATIONAL CONGRESSES I HAVE EVER BEEN TO. IT HAS INSPIRED ME TO WORK MORE CLOSELY WITH PEOPLE WITH PD WHEN DESIGNING NEW TESTS. IT HAS BROADENED MY RESEARCH NETWORKS AND CONFIRMED THE IMPORTANCE OF PURSUING RESEARCH IN THE PRODROMAL PHASES OF PD.

Associate Professor Jane Alty, UTAS



“

I FOUND THE EXPERIENCE OF CHATTING TO PEOPLE WITH PARKINSON'S AND THEIR CARERS ABOUT THEIR DAY TO DAY ACTIVITIES, WHAT MEDICATIONS ARE WORKING, WHAT THERAPY IS NOT WORKING, THINGS THEY ARE EXCITED FOR IN THE FUTURE – REALLY HELPED ME TO FOCUS ON WHY I DO THE RESEARCH THAT I DO, AND ULTIMATELY WHO IT REALLY IS FOR.

Harrison Waters, University of Melbourne



THE MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH

In August 2011, Shake It Up Australia Foundation established a collaboration with The Michael J. Fox Foundation for Parkinson's Research (MJFF). This collaboration builds upon a strong base of promising Parkinson's research in Australia and allows both groups to maximise the impact of capital raised from the Australian Parkinson's community to accelerate better treatments on the path to a cure.

Following are some highlights from the global drug development pipeline:

- Nearly 200 active trials testing different therapies.
- 16 therapeutics targeting the pathology of alpha-synuclein in human trials.
- More than 88 Phase II and 37 Phase III active clinical trials.

Source: The Michael J. Fox Foundation for Parkinson's Research 2023 Year in Review Report

And highlights from their efforts in 2023:

- The new biomarker validated in April of this year, the alpha-synuclein seeding amplification assay (aSyn-SAA), which detects the misfolded alpha-synuclein protein, makes it possible for the first time to confirm Parkinson's biologically, in living people, even before symptoms begin.
- The possibility that doctors may be able to screen for Parkinson's — beginning with a simple test for smell loss, a strong predictor of brain disease — is now closer than ever, with the new biomarker working in combination with existing tools to determine risk and identify individuals who should be monitored for emergence of Parkinson's disease.
- The Foundation is supporting the development of a PET tracer that can isolate images of alpha-synuclein in the brain through the Ken Griffin Alpha-synuclein Imaging Competition, a \$10-million funding program.

“

A NEW BIOLOGICAL ERA IN PARKINSON'S IS COMING INTO VIEW, MAKING 2023 A YEAR LIKE NO OTHER. AS WE EMBRACE THIS EXTRAORDINARY NEW BIOLOGICAL ERA WITH AWE AND OPTIMISM, WE ARE MOVING URGENTLY TO ANSWER THE NEXT SCIENTIFIC QUESTIONS, PUSHING FORWARD TO DEVELOP AND TEST DRUGS SO THAT THEY SLOW OR STOP THE PROGRESSION OF THIS BIOLOGY, AS EARLY AS POSSIBLE — AND ULTIMATELY PREVENT PARKINSON'S FROM OCCURRING AT ALL. MJFF Leadership Team

2023

FUNDED RESEARCH PROJECTS

Project

Sitala

Researchers

Matt Cooper, PhD

Rationale

Sitala is a biotech company driving translational research into new therapies that will block harmful inflammation to help people living with Parkinson’s disease. Sitala was founded by Professor Matt Cooper, the co-founder of Inflazome which was sold to Roche in September 2020 for AUS \$620 million. Shake It Up and The MJFF were early funders of Professor Cooper’s Inflazome research at the University of Queensland. Shake It Up has funded significant research in Australia on the harmful effect chronic inflammation has on the brain in people living with Parkinson’s. Dysfunction of immune cells such as microglia and astrocytes in the brain leads to inflammatory molecules. These stop immune cells from clearing toxins in the brain and accelerate neurodegeneration. Shake It Up made further investment in this research as we feel confident that Professor Cooper’s research will make significant progress in delivering improved treatments to slow and stop disease progression in Parkinson’s and other neurodegenerative diseases like Alzheimer’s. This strategy will ensure that any return on this investment will be reinvested into further cutting-edge Australian Parkinson’s research.



2023 FUNDED RESEARCH PROJECTS

Project

Neuroscience Clinical Trial Unit

Institution

Alfred Health

Researchers

Dr Kelly Bertram

Rationale

The Alfred Foundation will upgrade and refurbish the Neuroscience Clinical Trial Unit to create a dedicated clinical trials space at The Alfred Hospital in Melbourne to enhance the clinical trial capacity, facility and environment for patients with Parkinson’s disease. This funding grant will be used to develop a best practice clinical trials centre that can be modelled across other locations as we look to build a clinical trial network to support Parkinson’s trials in Australia.

“CLINICAL TRIALS ARE AN IMPERATIVE PART OF OUR TIRELESS MISSION TO DISCOVER MORE EFFECTIVE TREATMENTS AND A CURE FOR PARKINSON’S. THE UPGRADED HUB WILL GIVE SCIENTISTS THE TOOLS TO CONDUCT BOUNDARY-BREAKING TRIALS IN GREATER VOLUME, INCREASING OUR UNDERSTANDING OF THE DISEASE AND PUSHING US CLOSER TO CRACKING THE DISEASE’S CODE.

Vicki Miller, CEO, Shake It Up Australia



2023 FUNDED RESEARCH PROJECTS

Project

Australian Parkinson's Genetic Study (Year 2)

Institution

QIMR Berghofer Medical Research Institute

Researchers

Miguel E. Rentería, PhD

Rationale

Researchers at the QIMR Berghofer Medical Research Institute in Brisbane are undertaking ground-breaking research to help identify genetic factors influencing risk of developing Parkinson's disease. This research, named the Australian Parkinson's Genetics Study (APGS), will contribute towards the largest study of Parkinson's genetics ever undertaken, the Global Parkinson's Genetics Program (GP2). Year 1 of APGS was very successful, with more than 8,000 volunteers with PD and 3,000 volunteers without PD joining the study. The research team's goal is to recruit 10,000 participants from each group, so Year 2 will continue these recruitment efforts to reach this target. Another important focus of Year 2 is trying to increase the participation of people from traditionally underrepresented backgrounds in medical research, particularly encouraging Australians of Asian ancestry to join the study. The team will partner with clinics located in suburbs with a high concentration of residents with Asian heritage in Australia's major cities. After recruitment, they will proceed to characterise the genomes of all participants and start analysing the data, which aims to identify molecular markers for Parkinson's disease.



2023 FUNDED RESEARCH PROJECTS

Project

Longitudinal validation of peripheral lysosomal GCase under clinical trial conditions

Institution

University of Sydney

Researchers

Nicolas Dzamko, PhD, Senior Research Fellow, Brain and Mind Centre
Antony Cooper (Garvan Institute); Simon J.G. Lewis (University of Sydney), Glenda Halliday (University of Sydney), Justin O'Sullivan (University of Auckland)

Rationale

This Parkinson's research project aims to further validate peripheral monocyte in situ lysosomal GCase activity as a PD biomarker. The research team has established a flow cytometry assay for the specific measurement of lysosomal GCase activity in blood cells and shown that monocyte lysosomal GCase activity is reduced in PD patients, or at least a subset of PD patients. This could make peripheral lysosomal GCase activity useful for stratification of patients into trials targeting GCase, for monitoring pharmacodynamic responses to clinical trial drugs and/or monitoring progression of PD. However, longitudinal assessment of GCase activity using this method has not been performed and little is known about how preanalytical factors may affect measurements. As part of an Australian Parkinson's Mission clinical trial peripheral blood mononuclear cells (PBMCs) have been cryopreserved from participants at baseline, mid trial (24 weeks), end of treatment (48 weeks), and after a washout period (60 weeks). The researchers propose to use these samples to longitudinally assess monocyte GCase activity over the duration of a typical clinical trial using the GCase probe PFB-FDglu.





2023 FUNDED RESEARCH PROJECTS

Project

Standing Tall

Institution

UNSW

Researchers

Professor Matthew Brodie

Rationale

Parkinson's commonly produces an unstable gait leading to falls. The consequences of falls are fractures and other injuries, fear of future falls, hospital admissions, increased dependence on families and health professionals, loss of independence, social isolation and early mortality. The team at Walking Tall Health Pty Ltd will further design of a prototype assisted device technology already developed in conjunction with the free Walking Tall App, to mitigate or reduce the negative consequences of the disease.

2023 FUNDED RESEARCH PROJECTS

Project

Investigation of disease- and pathogen-specific immune dysfunction traits in human PBMCs

Institution

University of Sydney and University of Florida

Researchers

Malú Tansey, PhD

Nicolas Dzamko, PhD

Rationale

This is a supplemental proposal following previous funding where the team developed and optimised a sample collection and processing protocol with flow cytometry assays at University of Sydney and University of Florida (WHOPPA). This project will assess the contribution of immune dysfunction in LRRK2 and GBA1 mutation carriers, allowing the team to stratify patients and implement future personalised therapy approaches.



PAUSE 4 PARKINSON'S TOP FUNDRAISERS

A big thank you to all our community fundraisers who supported Pause 4 Parkinson's, spreading the word through their communities and raising vital funds for research. Our top fundraisers this year were:

GARY'S TREK 4 PARKINSON'S

Gary treks Mt Everest for Shake It Up every year to raise funds for Parkinson's research – even as a virtual challenge during the pandemic. This year he was accompanied by a group of 8, including Sandi Gerschwitz. Sandi was diagnosed with Young Onset Parkinson's Disease (YOPD) at age 45 and trekked to raise awareness and funds to support others with YOPD. While her group was originally trekking to the Mount Everest Base Camp, poor weather meant they were unable to fly to Lukla Airport to get to their destination. That wasn't going to stop them! Instead, they trekked to Mount Annapurna Base Camp – a massive 110km. They raised more than \$11,000 for Parkinson's research and a huge amount of awareness through media interviews.

LOUISE & ZACH PACE 4 PARKINSON'S

Colleagues Louise and Zach smashed their target of \$5,000. Zach and his dogs Bruno and Irish burnt up the pavements walking 150km to raise funds, while Louise, along with her dog Sheba, walked a huge 90km in the month of April. They also held a Pancakes 4 Parkinson's fundraiser at their office and hosted barbecues across the country.

CATH'S PICNIC 4 PARKINSON'S

Cath held a picnic for Pause 4 Parkinson's 2023 – and thanks to the generous support of her friends and family, raised over \$3,900. A huge result given her target was \$2,000!

TEAM GAUCI BOX 4 PARKINSON'S

Angela and Dillon, aka Team Gauci, held their annual Box 4 Parkinson's event, a Charity Group Boxing Session for Parkinson's at Bondi Boxing Club. Boxing has been proven to build strength, speed, flexibility, endurance, balance, footwork and delay the symptoms of Parkinson's. They host the event to bring people together and this year raised over \$2,500.

UBX ALEXANDRIA PLUNGE 4 PARKINSON'S

The team at UBX wanted to do their part for Parkinson's in April, and they hosted a 'round 13 ice bath' on the 1st April, followed by a month of support to raise awareness and funds for Shake It Up. They had a great turnout and raised over \$2,200.

CHRISTINE'S PICNIC 4 PARKINSON'S

Christine was another picnic-er for Pause 4 Parkinson's, raising over \$1,600 for Parkinson's research. Christine also supported Shake It Up to get the word out about the importance of funding research to find a cure, appearing across Australian media to share her story with others to raise awareness.

PARKINSON'S AWARENESS MONTH 2023

With the help of 71 fundraisers, 901 donors and 16 sponsors, Pause for Parkinson's raised over \$290,000, for our biggest fundraising total ever.

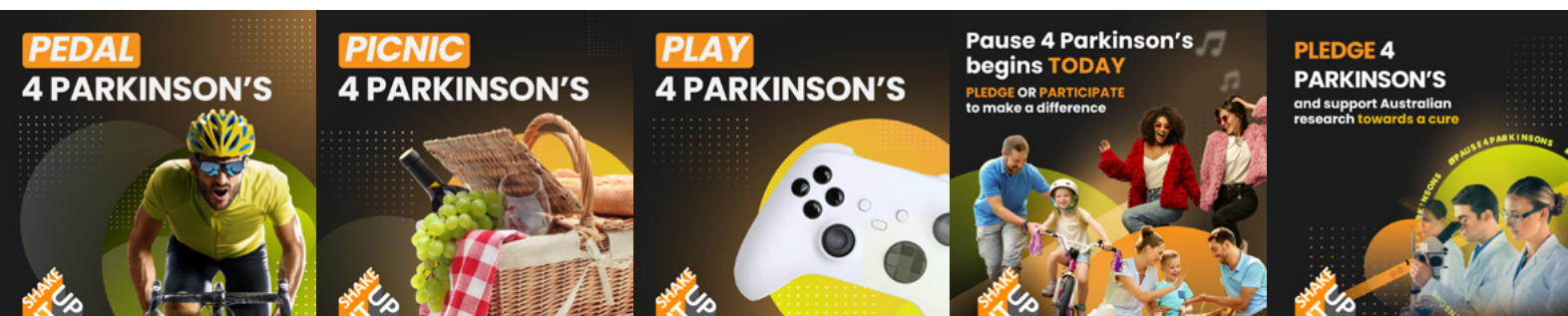
2023 continued the messaging of the previous year: PLEDGE or PARTICIPATE for Parkinson's.

New ideas were given for fundraising starting with P, including Picnic for Parkinson's, Play for Parkinson's, Party for Parkinson's, and Plant 4 Parkinson's.

Walter Wakefield donated their services to develop a suite of designed assets, as well as creating the P4P landing page in conjunction with Daily Press and updating the Raisely fundraising platform.

Veritas Events provided photography services to capture our media launch, which was coordinated by Good PR.

The campaign also drove significant recruitment to the Australian Parkinson's Genetics Study, conducted by QIMR Berghofer Medical Research Institute in Brisbane. We are thrilled that there were close to 1,000 registrations in April.



COMMUNITY FUNDRAISING

Our community fundraisers are exceptional individuals who work tirelessly to raise vital funds and awareness for Parkinson's, through morning teas, personal challenges, charity fun runs and other fundraising events.

Community fundraising also encompasses 'In Memory' fundraising, honouring the lives of loved ones through donations or fundraising efforts, our charity raffle promotions via Play for Purpose, and Inspired Adventures treks.

ATHLETIC EVENTS

Shake It Up supporters take part in athletic events across the country to challenge themselves and raise funds for Parkinson's research. From the Sydney Marathon and City2Surf, to the Melbourne and Brisbane Marathon Festivals, City-Bay Fun Run in South Australia and Point to Pinnacle in Tasmania, there are so many different running, walking, swimming and cycling events to take part in.

In 2023, we achieved our best result ever for the Sydney Marathon, with over \$40,000 raised for Parkinson's research. One of our supporters, Mark vanHamond, raised over \$20,000 and was the top fundraiser for the whole marathon.



TUSCANY TREK

Our group of Tuscany trekkers completed a huge 90km trek through the historical heart of Italy in just five days, raising over \$15,000 for cutting-edge Parkinson's research and having the trip of a lifetime. Highlights included traversing time-worn tracks through Italy's mediaeval heartland, over rolling hills, past ancient olive groves and vineyards, into UNESCO World Heritage-listed towns and through fragrant oak and chestnut woods.



OUR FUNDRAISING HEROES



Mark runs the Sydney Marathon

Mark, founder and managing director of eQuality Support, is determined to make a difference by raising awareness and funds for Parkinson's research. Inspired by his dad's courage and determination after being diagnosed with PD, Mark ran the Sydney Marathon to support those affected by the disease and raised over \$21,000, becoming the top fundraiser for the whole marathon. eQuality also committed to spreading the word through news and social media to build more understanding of Parkinson's disease.



Hannah Pounds the Pavement for Parkinson's

When Hannah's mum was diagnosed with Parkinson's, she decided to educate herself and the people around them about the disease, as well as raising much-needed funds. Hannah created a ticketed event called 'Pound The Pavement For Parkinson's', which included a walk and run from Seacliff to Glenelg/Brighton and back. They also had raffle tickets with prizes to be won, silent auctions and a fun day all round. The event was a huge success, raising over \$19,000.



Hannah's Rock Concert for Research

On July 21, Offbeat '23 shook Fremantle's Port Beach Brewery, raising crucial funds for Parkinson's research. The mastermind behind the event, Hannah Moltoni, rallied a stellar lineup of musical acts, including The Feel Alrights – a band featuring legends Nick Sheppard (The Clash), Greg Hitchcock (You Am I), Nick Dudman (End of Fashion), and Hank D (The Vibrolators). The concert also featured a silent auction and raffle, all to bring Parkinson's disease and its impact into the limelight.



Tri 2 Shake It - A 67-Person Triathlon Team

A BODY 2 FIT Personal Training in the Gold Coast assembled a 67-person team to take on the Kingscliff Triathlon. Their longest standing client of 27 years was diagnosed with Parkinson's disease over 10 years ago and as a he is a supporter of Shake It Up Australia, they decided they would like to support the Foundation he is so passionate about.



Pedal for Parkinson's Year 2

Last year, Sarah Buckpitt and her cycling friends put together the Pedal for Parkinson's Tasmania Tour. Riding 500km across 5 days, the team raised over \$19,000 for Shake It Up and sparked a passion for fundraising. In its second year, Pedal for Parkinson's was bigger than ever, raising another \$21,000 and growing even further in profile. Pedal for Parkinson's will be back in 2024 with a new route taking riders around the North of Tasmania.



Sid and Jock Tackle the Mongol Derby

This year, friends Sid and Jock decided to take on the Mongol Derby – one of the toughest adventure horse races in the world – to make a difference and raise over \$10,000. The Derby spans a total of 1,000 kilometres across the Mongolian Steppe and must be completed in no more than 10 days. Competitors are given a change of horses roughly every 30 kilometers, so during the event one expects to ride 30 different horses. Great emphasis is placed on animal welfare during the race, and there are strict rules regarding how horses are treated.



Kylie's Mop Chop Community Day

Shake It Up supporter Kylie, who lives with YOPD, held a local community fundraiser – ‘mop chops’ for her son and his friends to cut off their mullets! This quickly turned into a huge community event with many others getting their hair chopped for a good cause, a BBQ, and the the Hurstbridge Football Netball Club rallying around the fundraiser.



Robyn & Graham's Epic Motorbike Ride

When Robyn was diagnosed with Parkinson's disease in 2017 on her 62nd birthday, she began seeking support and educating herself about the disease with a proactive and positive attitude. Six years on, she teamed up with her friend Graham to raise funds, with Graham taking on the the Iron Butt Ride - riding his Harley 1600 km within 24 hours.



Lisa's Fifth Fundraiser for Shake It Up

Lisa has now held five fundraising events for Shake It Up, reaching a huge total of \$17,000 in funds raised for Parkinson's research. This year's event was in the form of a luncheon at a small, local, award-winning restaurant. Lisa and her husband previously held high teas in their back garden, and have moved to hiring venues as their events get bigger and bigger!



Tanya's 290km Adventure

Tanya, who lives with Parkinson's, took on a huge challenge along with her husband Peter, to walk a section of the Portuguese Camino from Porto to Santiago to raise funds and awareness for Parkinson's research. After 12 days of walking, 410,508 steps, and over 290km they reached their goal, raising more than \$5,700 in the process.

CORPORATE SUPPORT

Volunteer and pro bono support are invaluable in increasing awareness and donations to the Foundation. We are grateful to the following companies for their financial and pro bono support in 2023 helping us to fund research to bring science closer to a cure.



Active Tree Services



Daily Press



DataPharm



Giligan's



Healthcare Reliant



Hutchinson Builders



Insurance Advisernet



MediRecords



Noel Holmes Group



Novotech



Ooh! Media



Pharmacy Club



PWC



Royal Rehab



Telum



Veritas



Walter Wakefield



Workplace Compliance Australia



THE SHAKE IT UP SHOW

In April 2023, in conjunction with Parkinson's Awareness Month, we launched the Shake It Up Show, a podcast about Parkinson's disease hosted by Shake It Up Australia ambassador Amy Ruffle. This series is about the different experiences in the Parkinson's community, from diagnosis to treatment, caring responsibilities to research innovation. Over the year, we heard amazing stories from our community, researchers, ambassadors, and Shake It Up representatives.

We spoke to host Amy Ruffle about what went into creating this show and why she wanted to host it.

Q) WHY DID YOU THINK IT WAS IMPORTANT TO HAVE A PODCAST FOCUSED ON PARKINSON'S DISEASE?

A) I think the Shake It Up Show is an important addition to the podcasts out there about Parkinson's, as it focuses on human experiences, which can be so helpful for those going through their own Parkinson's journey.



I REALLY BELIEVE WE CONNECT AND LEARN SO MUCH THROUGH PERSONAL STORIES AND THIS SHOW'S FOCUS IS ABOUT SHINING A SPOTLIGHT ON THE INCREDIBLE INDIVIDUALS IN THE PARKINSON'S COMMUNITY.

Q) WHAT CAN PEOPLE EXPECT FROM THE SERIES?

A) This series is about the different experiences in the Parkinson's community, discussing a range of things including the road to diagnosis, coping with change, different therapies and interventions, misconceptions and everything in between. We hear from people living with Parkinson's, people with Parkinson's in their family or community, researchers working on Parkinson's treatments, and more. We were also lucky enough to have founder of Shake It Up, Clyde Campbell, on as our first guest!

Q) WHAT HAVE YOU ENJOYED MOST ABOUT THE EXPERIENCE OF MAKING THE PODCAST?

A) I feel so lucky to host this show. It is a privilege to have people share their story with me. It has been a moving experience, and as I am trying to be a positive support for someone with Parkinson's, it has been enlightening. I hope it helps people listening by offering new information or things to try, like it has me.

IN THE NEWS

In 2023, with the support of Good PR, Shake It Up was featured prominently across **Australian TV, radio, print and online news media**, building public awareness about Parkinson's disease, shining a spotlight on the important research being funded by the Foundation and sharing the stories of people living with PD.

OVER
130
PIECES OF COVERAGE

MORE THAN
8
MILLION
AUSTRALIANS REACHED

Gold Coast Fitness Community Unites to Fundraise for Parkinson's Research

In a heartwarming display of unity, the fitness community at A Body 2 Fit has come together for a remarkable cause. Their mission: to make a difference in the fight against Parkinson's disease. Their goal: to raise crucial funds for the Shake It Up Australia Foundation, Australia's leading funder of Parkinson's research.

The inspiration behind this charitable endeavor is deeply personal. One of the gym's most loyal clients, who has been part of the A Body 2 Fit family for an impressive 27 years, has been living with Parkinson's disease for a decade. This client's fervent support of the Shake It Up Australia Foundation, a non-profit organization that channels its resources into groundbreaking Australian research aimed at slowing, halting, and ultimately curing Parkinson's.

That's Body 2 Fit community, along with their client, has formed their most ambitious charity team to date. "Fit 2 Shake It Up" is comprised of members of all ages and fitness levels. This combined team is gearing up to tackle the Kingscliff Triathlon scheduled for November 2023.

The team's inspiring aspect of this endeavor goes beyond athletic prowess. Jenny Barwick, owner of A Body 2 Fit, has offered this team training sessions to the "Fit 2 Shake It Up" sound.

With more than 20 weeks to go, it's clear that the highlights and support for us will be in abundance," Barwick says.

However, the most inspirational moments for both Peter and me, as the coaches of this team, have been the sense of community that it builds. Families and friends coming together, stepping out of their comfort zones for charity, taking the time to exercise, interact, and give back. "This is something that makes us smile inside. We are always amazed at the support we receive when we deliver these fundraising teams."

But what motivates A Body 2 Fit and "Fit 2 Shake It Up" to stand behind Shake It Up Australia's "Fit 2 Shake It Up" campaign is simple: "Our passion and commitment to give back to a foundation is driven by the fact that Shake It Up Australia is clearly utilizing 100 per cent of the funds to assist in finding a cure for the disease which affects so many Australian families."

Thinking and working with our client in assisting him with his Parkinson's specifically over the last 10-12 years has given us an insight into how this affects so many families within Australia and throughout the world. So we can assist in making a difference that is their driving force."

The "Fit 2 Shake It Up" team is not just conquering a triathlon; they are conquering the barriers to progress in Parkinson's research. Their dedication to their client and their commitment to a world free from the shadows of Parkinson's disease inspire us all with every stride, pedal, and stroke they bring hope closer to becoming a reality.

Parkinson's test to give patients early warning

EXCLUSIVE
TRACY REYNA

A new test which can detect the Parkinson's disease risk, has been developed by researchers at the University of Sydney. The test, which is based on a blood sample, can detect the presence of a protein called alpha-synuclein, which is a key marker of the disease. The test is currently being used in a clinical trial, and is expected to be available to patients in the near future.

Professor Kate Allen, who is the lead researcher on the project, says: "This is a major breakthrough in the understanding of Parkinson's disease. It allows us to identify people who are at risk of developing the disease, and to start treatment early. This is a game-changer for Parkinson's research."

The test is based on a blood sample, and is expected to be available to patients in the near future. It is a major breakthrough in the understanding of Parkinson's disease, and is expected to be available to patients in the near future.

VIDEO: Man diagnosed with early-onset Parkinson's decides to tackle Mt Everest

ABC News Breakfast
Posted Tue 19 Dec 2023 at 9:44am

A man diagnosed with early-onset Parkinson's disease has decided to tackle Mount Everest. The man, who is in his 40s, has been living with the disease for several years. He has decided to tackle the mountain as a way to raise awareness of the disease and to challenge himself. He has already completed several expeditions, and is now preparing for the final ascent. He has a team of guides and porters, and is expected to reach the summit in the near future.

Parkinson's Research

Watch on YouTube

Protein can reduce mitochondrial function in Parkinson's disease. This video discusses the latest research on the role of protein in Parkinson's disease and how it can be used to reduce mitochondrial function.

'SHAKE IT UP' THE ANNUAL 'THANKS FOR PARKINSON'S' CAMPAIGN

LIVE

A group of people are participating in the 'Shake It Up' campaign, which is a fundraising event for Parkinson's research. They are all wearing orange shirts and are holding signs that say 'SHAKE IT UP'.

TODAY MARKS WORLD PARKINSON'S DAY

NewsDay

A woman is speaking at a podium during a ceremony to mark World Parkinson's Day. She is wearing a purple shirt and is holding a microphone. There are other people in the background, and the event is being broadcasted on NewsDay.

Vicki Miller: How Shake It Up collaborate to improve outcomes for people with Parkinson's

innovate for impact


Vicki Miller, CEO of Shake It Up Australia, is speaking at a conference. She is wearing a blue shirt and is holding a microphone. There are other people in the background, and the event is being broadcasted on innovate for impact.

FIRST ON NEWS

A woman is riding a horse in a field. She is wearing a blue shirt and a helmet. There are other people in the background, and the event is being broadcasted on NEWS.


OUR AMBASSADORS

From musicians and TV presenters to sportspeople, business leaders, content creators and more - Shake It Up is honoured to have the involvement and support of ambassadors from across a range of industries who generously give their support and time to help raise awareness and funds for Parkinson's research.



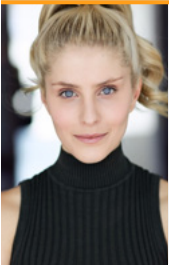
Annelise Kumri

Annelise is a content creator, motherhood & lifestyle influencer and Makeup Artist. A wife and Mum of four and loving daughter of Helen who was diagnosed with Parkinson's Disease in 2016.




Dilruk Jayasinha

Dil is one of the most in demand headliners on the Australian comedy scene, with a reputation for a positive, upbeat brand of stand-up. He raised nation-wide awareness and almost \$25,000 for Parkinson's research by featuring on I'm a Celebrity...Get Me Outta Here and The Weakest Link Australia.



Amy Ruffle

Amy Louise Ruffle is an actor, comedian and producer best known as a cast member of Ch 10's Thank God You're Here and for her lead role of Sirena in NETFLIX's Mako Mermaids. Amy supports her father, Rob, who lives with Parkinson's, and it's because of him she was inspired to have a proactive role in finding a cure, funding research and has become the host of The Shake It Up Show podcast.




Kristy Johnson

Kristy Johnson is a Sydney-based journalist who is passionate about health, fitness, and wellness. After a close family member was diagnosed with Parkinson's, she wanted to have a proactive and hands-on role in raising awareness and drawing attention to the misconceptions of living with the disease.



Lincoln Dews

Lincoln Dews is a professional waterman and has made a name for himself as a multiple time world champion, and high-performance athlete. Featuring in some of the toughest ocean racing events on the globe. Lincoln's Grandfather lived with Parkinson's and now his Dad has also been diagnosed.




Liz Cantor

Liz is a TV and Radio Presenter, who has been featured on Creek to Coast, Weekender, Powerball and 7 News Gold Coast., among others. Liz's passion for Shake It Up is drawn from her own exposure to Parkinson's disease. Liz's Grandmother, a prima-ballerina dancing for Germany, and her grandfather, both suffered from Parkinson's and her uncle currently lives with the disease.



Kate Matheson

Experiencing her first symptoms of Early Onset Parkinson's at just 29, Kate wanted to be involved in doing something proactive as well as raise awareness for the everyday young Australians also living with Parkinson's.




Phoebes Garland

Phoebes Garland is the Co-founder and Head of Consulting of Garland & Garland, a fashion brand management & consulting agency. She is a passionate supporter of Shake It Up, with a strong desire to remove the stigma associated with Parkinson's and is proud to be an ambassador on behalf of the Australian fashion industry.



Peter Byrne

International singer of popular music and folk songs, and creator and star of award-winning tribute act to Neil Diamond, Peter Byrne is one of Australia's most talented and versatile entertainers.



Bloom

Acclaimed singer/songwriter Amanda Canzuro, aka Bloom is one of Australia's greatest power vocalists and a seasoned touring artist, with sold out shows across the country. In her role as a Shake It Up Ambassador, Bloom and her fans (aka, Bloomies!) have raised over \$31,000 for game-changing Australian research.




Craig Foster AM

Craig Foster is a respected football commentator, broadcaster and ex-Socceroo. As SBS's chief football analyst, Craig provides expert opinion and unrivalled insight. Heralding from the Northern Rivers of NSW, Craig was first drawn to Shake It Up after hearing the inspirational story of brothers Clyde and Greg Campbell who also grew up in the Northern Rivers.


TEAM SHAKE IT UP

The Shake It Up team is small and nimble. We work closely together to deliver on the Foundation's mission and ensure the community is well informed about research and opportunities to participate in events and fundraising.




Vicki Miller

CEO




Carolyn Campbell

Operations Manager




Isobel Moore

Community Fundraising & Events Manager



Annie Peachman

Marketing & Communications Manager



Sara Foster

Special Projects Manager



OUR BOARD

The Shake It Up Australia Foundation board consists of seven members who all share a passion to advance research to help find a cure for Parkinson's. Each member comes from a diverse skillset and is instrumental in the success of the foundation.

PURPOSE

Shake It Up Australia Foundation is a not-for-profit company limited by guarantee and its purpose is to fund research that advances treatments for Parkinson's on the path to a cure.

ROLE OF BOARD

The Role of the Board is to provide strategic direction and effective oversight of management. The Board is the guardian of the founding purpose for which Shake It Up Australia was established and is accountable to stakeholders and the community for pursuit of that purpose and the performance of Shake It Up Australia. The Board meets monthly to oversee the strategic direction of the foundation, monitor performance and risk and ensure good corporate governance practices are implemented and maintained in line with ACNC standards.



Clyde Campbell
Chairman

Tony Dormer
Vice Chairman



Jenny Hosie

Katrina Hodgkinson

Hayden Snow

Noel Holmes

Ben Young

RETIRING BOARD MEMBERS

We take this opportunity to farewell, celebrate and thank our retiring board members, who have each been invaluable contributors to our organisation. The team at Shake It Up and everyone on our Board thank Greg, Graeme and Rick for their years of service in support of our vision of a world without Parkinson's, and the level of expertise and insight they have offered over the last 12 years.



GRAEME FEAR

Graeme has served on the Shake It Up Australia board of directors since the very beginning of the Foundation. Having founded his own mentoring and coaching firm, Graeme has extensive directorship, chief executive and senior executive experience. For over nine years he chaired a group of 36 CEOs and senior executives as part of The Executive Connection. He was the first Australian awarded the Robert Nourse TEC Chairman of the Year Award in 2009 and over his nine years as a Chair won seven Gold and two Silver Chair Excellence Awards. Graeme has been a judge in the Telstra Business Awards regularly since 2008 and the Telstra Business Women's Awards since 2011.



GREG CAMPBELL

Born and raised in northern New South Wales, Greg lives in Lennox Head on Australia's North Coast. Greg joined Clyde in setting up Machinery Automation & Robotics in 1987 and was a Founding Director of Shake It Up Australia. Greg has extensive business experience and business interests in a number of private companies in the Lennox Head / Byron Bay area which include Lennox Boulevard, Celebrations Lennox Head, IGA Lennox Head and Ember Restaurant Byron Bay.



RICK CRETHAR

Rick is a former senior partner at PwC who has 35 years' experience working as a business advisor with some of Australia's leading companies and government sector, providing advice on strategy, transformation, risk management and profitable growth. He is an experienced board director and a member of the Australian Institute of Company Directors. Rick has an Economics Degree from the University of Sydney and is a Fellow of the Institute of Chartered Accountants in Australia & New Zealand.

ANNUAL FINANCIAL SUMMARY

Shake It Up Australia Foundation

Shake It Up Australia Foundation Trust [ABN 65 270 391 304](#)
Shake It Up Australia Foundation Charitable Trust [ABN 21 285 919 076](#)
Combined Summary Financial Statement Ended June 2023

Total Income	\$5,016,780
Grants Funded	(\$2,479,834)
Administration Expenses*	(\$417,111)
Net Surplus (Deficit)	\$2,119,835
Total Assets	\$9,710,999
Current Liabilities	(\$33,728)
Long Term Provisions	(\$20,598)
Research Projects Funding Committed	(\$3,807,421)
Net Assets	\$5,849,252

*Note: 100% of all Administration Expenses are covered by our founding directors.
Full 2022-2023 Financial information is available on our website or the ACNC.



GET INVOLVED

Shake It Up relies on the involvement of our generous donors, fundraisers and supporters to help us in our mission to slow, stop and cure Parkinson’s through innovative Australian research.

CAN YOU HELP?

PLEDGE DONATIONS

Making a donation to Shake It Up Australia is a way to play a powerful role in the pursuit of a Parkinson’s cure. 100% of every single donation we receive goes directly to the most innovative Australian research into better treatments, ways of slowing disease progression, and ultimately a cure. [Make a donation today at www.shakeitup.org.au/donate/](https://www.shakeitup.org.au/donate/)

WORKPLACE GIVING

Workplace Giving is a simple and tax-effective way for employees to make regular donations and advance Parkinson’s research. Your donation will be deducted from your pre-tax earnings, reducing your taxable income. You don’t need to collect receipts and your total donation amount will be included in your end of year payment summary. [Get started with workplace giving by visiting: https://shakeitup.org.au/get-involved/workplace-giving/](https://shakeitup.org.au/get-involved/workplace-giving/)

IN MEMORY DONATIONS

Donating to Parkinson’s research in memory of a loved one who has passed away, or asking for donations in lieu of flowers at their memorial, is a positive and lasting way of celebrating their life. [Find out more about in memory donations at: https://shakeitup.org.au/get-involved/in-memory-donations/](https://shakeitup.org.au/get-involved/in-memory-donations/)

PARTICIPATE ATHLETIC EVENTS

All around Australia, there are charity fun runs and athletic events you can join and nominate Shake It Up as your charity beneficiary. From Sydney Marathon to Point to Pinnacle, the Rottneest Channel Swim to Noosa Triathlon, choose an event to challenge and inspire you. [Find events near you at: https://shakeitup.org.au/get-involved/join-an-athletic-event/](https://shakeitup.org.au/get-involved/join-an-athletic-event/)

CHALLENGE YOURSELF

Walk, cycle, run, swim, or climb, it’s your choice. Choose your favourite activity, set yourself a challenge and get your family, friends, and work colleagues to donate to help you achieve your goal. It’s that easy! [Find out more at: https://shakeitup.org.au/get-involved/physical-challenges/](https://shakeitup.org.au/get-involved/physical-challenges/)

ORGANISE YOUR OWN EVENT

Gather your friends and family together to fundraise for Parkinson’s research. You can organise a workplace morning tea, a trivia night, a wine and cheese tasting, or an event of your choosing. There’s no limit if you think creatively! [Get involved here: https://shakeitup.org.au/get-involved/fundraise-for-parkinsons/](https://shakeitup.org.au/get-involved/fundraise-for-parkinsons/)

JOIN THE PARKINSON’S LEGACY LEAGUE

The Shake It Up Australia Parkinson’s Legacy League is made up of our valued supporters who have taken the step to shape the future for people living with Parkinson’s, by leaving a planned gift to Shake It Up in their Will.

Leaving a gift to Parkinson’s research is a lasting and meaningful way to advance treatments and the search for a cure. Not only will your gift help the 200,000 Australian’s living with Parkinson’s, but it will also leave a legacy for future generations.

We are grateful to our Parkinson’s Legacy League members for their commitment to our vision: a world without Parkinson’s.

When you notify us of a planned gift in your Will for Shake It Up, you will join the League and receive:

- A printed copy of the Annual Report each year
- A Shake It Up Australia gift pack
- Access to exclusive email updates with news and resources about living with Parkinson’s

JOIN THE MOVERS AND SHAKERS

By joining the ‘Movers and Shakers’ and becoming a regular giver, you are helping us to confidently plan ahead and commit to funding new world leading Parkinson’s projects right here in Australia.

As a Mover and Shaker, you will be the first to know about new research projects and the progress of existing projects that you are helping to fund.

Sign up to make a regular tax-deductible donation, monthly or yearly, and you become part of the team. Once you become a regular giver, tedious donation receipt searches at tax time become a thing of the past. Instead, we will send you a single summary of your donation for the past year.

“ WITH NO DISCOVERY OF A CURE YET TO RESTORE CONFIDENCE IN THE FUTURE OF THOSE DIAGNOSED WITH PARKINSON’S, IT WAS IMPORTANT FOR ME TO INCLUDE SHAKE IT UP AUSTRALIA AS A BENEFICIARY IN MY WILL. WE ARE ALL RESPONSIBLE FOR CONSIDERING OTHERS OF FUTURE GENERATIONS AND 100% OF DONATIONS TO SHAKE IT UP WILL GO TO RESEARCH TOWARDS A CURE.

Robyn Higgins, Shake It Up supporter



**CURES DON'T JUST
FALL OUT OF THE SKY.
WE HAVE TO GO UP
AND GET THEM.**

Michael J. Fox _____



Shake It Up • Annual Report 2023

CONTACT US

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