



ANNUAL REPORT 2022





OUR ACHIEVEMENTS

2022 has been a year of acceleration for the Foundation. There has been a substantial increase in donor funding and much progress made in laying the groundwork to establish Australia as a viable location to conduct Parkinson's clinical trials in 2023.

Highlights include:

- Funding of eight new research projects to the value of \$5.7 million.
- Recruitment of over 6,000 patients to the Australian Parkinson's Genetics Study.
- Funding of 25 Travel Grants to early career researchers to attend the 2023 World Parkinson's Congress.
- Connecting with fundraisers on the Bay of Fires Trek raising \$106,000 for Parkinson's research.
- Reconnecting face to face with the community post COVID-19.

Since the Foundation commenced, we have now co-funded 71 research projects across 22 Australian research institutes to the value of \$27.7M.



71 Research Projects



22 Australian Research Institutes



27.7 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)

As patron of the Shake It Up Australia Foundation, I am delighted to once again provide a message in support of the Foundation's Annual Report.

2022 was, by any measure, an outstanding year for the Foundation. Some of its many achievements include:

- A record level of fundraising
- An increase in the number of research grants funded
- A strengthening of the relationship with The Michael J. Fox Foundation for Parkinson's Research, co-funding eight new projects to the value of \$5.7 million in 2022
- The funding of grants to enable early career researchers to attend the 2023 World Parkinson's Congress in Spain in July
- A successful collaboration with Cure Parkinson's United Kingdom, enabling the Foundation to accelerate funding of innovative new therapies.

These are significant achievements that represent the tip of the iceberg.

On a personal note, Linda and I were delighted that the Foundation was able to join us for the Government House Platinum Jubilee Ball in June and also to be part of the Government House Open Day in November. The latter in particular was an opportunity to raise awareness of people living with Parkinson's disease and the critically important work of the Foundation.

Of course, front and centre of the Foundation's continued performance is the dedication, expertise and generosity of the Shake It Up Australia Foundation family – donors, sponsors, supporters, patients, researchers and research institutes. I thank all involved in the Foundation for all that you do to find ways to slow, stop and cure Parkinson's in our lifetime.

DAVID HURLEY

HIS EXCELLENCY GENERAL

The Honourable David Hurley AC DSC (Retd)

“

FRONT AND CENTRE OF THE FOUNDATION'S CONTINUED PERFORMANCE IS THE DEDICATION, EXPERTISE AND GENEROSITY OF THE SHAKE IT UP AUSTRALIA FOUNDATION FAMILY – DONORS, SPONSORS, SUPPORTERS, PATIENTS, RESEARCHERS AND RESEARCH INSTITUTES.”

Above: His Excellency General The Honourable David Hurley AC DSC (Retd) and Her Excellency Linda Hurley.
Bottom Left: Government House Open Day. Bottom Right: Government House Platinum Jubilee Ball





Image via The Australian, Jan 11 2023, 'Aussie scientists hope to halt Parkinson's',
< bit.ly/3Y7tUDt >

MESSAGE FROM THE CHAIRMAN

The 2022 financial year was our most successful year by many measures, although an extremely challenging period for so many people around the world in research, trials and fundraising due to COVID-19.

Some of our notable achievements were:

- Our fundraising was a record year for the Foundation with \$4,286,137 in income representing a 92% increase on the previous year.
- Our funding of research grants also increased with \$1,888,410 paid out in grant funding and a further \$2,879,494 committed to grants which are allocated as milestones are met.
- Our relationship with The Michael J. Fox Foundation for Parkinson's Research (MJFF) continues to grow in strength with all projects in Australia that were approved by MJFF being co-funded by Shake It Up.
- Our communication to the Parkinson's community was improved with an upgrade of our website thanks to Daily Press.

- Our Catalyst Programme velocity (CPv) funded the Australian Parkinson's Genetics Study run by QIMR Berghofer Medical Research Institute to study the genetic profile of Parkinson's patients as part of a global Parkinson's genetic program funded by Aligning Science across Parkinson's called GP2. Catalyst also invested in Sitala, a biotech company driving translational research into new therapies that will block harmful inflammation to help people living with Parkinson's. We also funded a Nix Gene Therapy project at NeuRA focused on restoring mitochondrial health. We are grateful to our donors who supported CPv in 2022, enabling us to fund these major initiatives – Michael & Frederique Katz, Rich Balanson, Dawn Talbot, Andrew & Anna Permezel, Hayden & Thea Snow, Trawalla Foundation, Besen Family Foundation, Sherman Foundation, Greig Ashby Foundation and Dan & Jackie Phillips.
- Our international collaboration with Cure Parkinson's UK has enabled us to draw on their expertise in sponsoring clinical trials as we move to accelerate funding of innovative new therapies to slow and stop disease progression.
- We have continued to maintain a low-cost overhead structure that ensures the Foundation is very financially robust which was particularly helpful during the challenging financial times that we have been through due to COVID-19.
- Our core small team of employees have performed extremely well & we welcomed Annie Peachman to the team in the role of Marketing & Communications Manager.
- We were also grateful to receive a major bequest from Joan Cormack, a long-term donor and supporter of the Foundation.

In December I handed over the role of CEO to Vicki Miller, who has been with the Foundation for nearly six years in the role of Executive General Manager, Strategic Partnerships. I look forward to working with Vicki as she leads the Foundation into the future towards our shared goal of finding better treatments and ultimately a cure for Parkinson's.

On a personal note I would like to thank my fellow Directors for their commitment to Shake It Up. Their guidance and professionalism are critical to the success of the Foundation, and I am confident that they have the necessary passion to guide us through the challenges and opportunities that 2023 will present.

I would also like to extend my personal thanks to our Patron, The Governor-General of the Commonwealth of Australia, His Excellency General the Honourable David Hurley AC DSC (Retd) for his support over the past 12 months. Shake It Up was invited to participate in the Queen's Jubilee Ball and Open Day at Government House Yarralumla in 2022, two very special events that helped to spread community awareness about the work of the Foundation.

Finally, as the largest non-government funder of Parkinson's research in Australia, Shake It Up is able to fund research through the financial, volunteer and pro-bono support of our many corporate and individual supporters, fundraisers and Ambassadors. We thank all of these people for choosing to join the fight to find a cure.

CLYDE CAMPBELL AM
CHAIRMAN & FOUNDER
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 treatments to slow, stop and cure Parkinson's.



OUR VALUES

- Trust
- Commitment
- Collaboration
- Innovation
- Agility
- Accountability
- Drive

“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

CATALYST PROGRAMME VELOCITY

ACCELERATING SOLUTIONS TO PARKINSON'S DISEASE

The Catalyst Programme velocity (CPv) is focused on accelerating research to find new treatments to slow, stop and cure Parkinson's. CPv is a strategic arm that operates under Shake It Up and has made good progress in 2022.

CPv targets research that has significant scientific support from our global partners, The Michael J. Fox Foundation for Parkinson's Research and Cure Parkinson's United Kingdom, focused on Proof of Concept and Phase II Clinical Trials with the potential to impact the lives of people living with Parkinson's now and in the future.

Our aim this year has been to do the groundwork to establish Australia as a cost-effective location for Clinical Trials in Parkinson's supported by a patient registry. We funded the Australian Parkinson's Genetics Study run by QIMR Berghofer Medical Research Institute to study the genetic profile of Parkinson's patients. This was part of a global Parkinson's genetic program funded by Aligning Science across Parkinson's called GP2.

The study has so far recruited more than 6,000 people with Parkinson's and is well on the way to reaching their target of 10,000 in 2023. Analysis of this database is underway by QIMR to explore age and time since diagnosis, diversity analytics and genetic analysis of trial participants to identify genetic signatures of trial responders. The analysis will provide an efficient precision medicine approach to a subsequent Phase 3 trial and also inform as to potential biomarkers of responders.

We are currently working on a project to assess clinical trial capacity of potential sites around Australia, as well as specific academic expertise and resources available at each site, and we are mapping the regulatory landscape for efficient trial delivery and positive regulatory outcomes.

CPv invested in Sitala, a biotech company driving translational research into new therapies that will block harmful inflammation to help people living with Parkinson's. Dysfunction of immune cells such as microglia and astrocytes in the brain leads to the production of inflammatory molecules. These stop immune cells from clearing toxins in the brain and accelerate neurodegeneration. By blocking this inflammation, Sitala aims to stop these debilitating diseases that impact so many people with PD.

CPv funded a project at NeuRA, led by Professor Carolyn Sue, focused on restoring mitochondrial health. This research project aims to manufacture Nix Gene Therapy to provide neuroprotection for in human clinical trials.

The Catalyst programme required a major investment by Shake It Up and we are grateful to the many donors who have supported our vision by providing funding for CPv.

WHAT IS PARKINSON'S DISEASE?

Parkinson's disease is a progressive, degenerative neurological condition caused by a loss of dopamine cells in the brain that affects a person's control of their body movements. The disease progresses relentlessly and once dopamine cells are destroyed, the body's mechanical functions are irreversibly damaged. Parkinson's is often challenging to diagnose as there are so many motor symptoms and non-motor symptoms that vary from patient to patient.

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

150,000

Australians are living with Parkinson's



**10
MILLION**

People live with Parkinson's globally



38

Australians are diagnosed with Parkinson's every day

20%

of people with Parkinson's are of working age



PARKINSON'S COSTS THE ECONOMY

\$3 Billion

annually and the healthcare system \$600 million each year

Without a medical breakthrough the number of Australians with Parkinson's will **DOUBLE** every **15 YEARS**





LIVING WITH PARKINSON'S DISEASE

Parkinson's is a progressive neurodegenerative disease that affects around 150,000 Australians. It is caused by the loss of dopamine cells in the brain which affects body movements. As the disease progresses it can have a significant impact on quality of life, so it is important to understand how treatments can assist people to live their best life with Parkinson's.



BOOST YOUR BRAIN HEALTH

A healthy diet, regular exercise, good quality sleep and social connection all help to keep the brain healthy and slow cognitive decline. Practicing mentally challenging tasks such as completing crosswords or puzzles can “work out” the brain. Social interaction is also important for people with Parkinson's as they can become isolated as symptoms progress. For example, attending a get-together where you'll have to remember the names of new acquaintances and make conversation about current events. This has the added benefit of keeping those with Parkinson's social.



EAT A HEALTHY BALANCED DIET

While there is no specific diet for Parkinson's, it is recommended to eat a healthy balanced diet including whole grains, unprocessed foods, lean meats and fish and a variety of fruits and vegetables which contain antioxidants to clear out free radicals, substances that are harmful to cells. What we eat may affect how well medication works and eases Parkinson's non-movement symptoms such as constipation or low blood pressure.



EXERCISE REGULARLY

Exercise is one of the most powerful treatments for Parkinson's disease. While exercise is an important part of healthy living for everyone, research has shown that exercise is particularly important for people with Parkinson's to help maintain balance, strengthen muscles, and increase mobility. Any exercise is good whether walking, running, cycling, boxing, swimming, dancing or fitness classes.



SLEEP

Many people with Parkinson's have trouble falling asleep or staying asleep at night. Some sleep problems are caused by Parkinson's symptoms, while others may be the result of the medications used to treat those symptoms. Factors unrelated to Parkinson's can also impact sleep, including other medical conditions, normal aging or poor sleep hygiene. Talking to a GP to put together a plan for good sleep hygiene is important.

For more information, visit shakeitup.org.au/understanding-parkinsons



PARTNERSHIPS • THE MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH

Our partnership with The Michael J. Fox Foundation for Parkinson's Research (MJFF) was established back in 2011 and since then we have co-funded 71 Australian research projects to the value of \$27.7M. Together we continue to make progress in our search for new therapies to slow, stop and cure Parkinson's. MJFF takes a broad approach to better understand the complexities of Parkinson's, looking at genetics, better treatments, management of symptoms, wearable devices to assist with mobility and global data collection to aid international research efforts. Following are some highlights from their efforts during 2022.

- Ways to target the dopaminergic system remain a key focus. Amneal Pharmaceuticals submitted a new formulation of levodopa, called IPX203, to the U.S. Food and Drug Administration for potential approval. The goal is for IPX203 to improve upon levodopa with better absorption and longer-lasting effects. This represents just one of many efforts to target the system that manages the body's dopamine in order to improve motor symptoms.
- The MJFF-sponsored Parkinson's Progression Markers Initiative (PPMI) has built the largest dataset and biosample library in the history of PD research, and it continues to expand, adding underrepresented populations to improve the diversity, and in turn, quality, of the repository.
- Using PPMI data, scientists have made progress in validating alpha-synuclein seeding amplification assays (SAAs). These assays detect pathological forms of alpha-synuclein in various body fluids and tissues. They can now successfully distinguish people with PD, and with continued development, they could even be used to quantify alpha-synuclein in people with PD. This technology could revolutionise PD drug trials by helping to reliably identify people in the prodromal phase of PD and by providing a biomarker of success for potential treatments.
- Advanced sensors are providing more robust data than ever on people with PD. Wireless devices can now be used to track everything from disruptions in breathing while sleeping to gait interruptions (both linked to PD). This data allows for unprecedented specificity in understanding a person's individual PD journey, while also providing potential endpoints for clinical trials.

2022

FUNDED RESEARCH PROJECTS

Project

Validation of RRx-001 as a novel disease-modifying therapeutic for Parkinson's disease

Institution

Queensland University of Technology

Duration

24 Months

Researchers

Dr Tony Reid, Dr Bryan Oronsky and Dr Richard Gordon

Rationale

This study will test the effectiveness of a new treatment for Parkinson's disease called RRx-001. The research team believes this drug could be beneficial in PD by blocking inflammasome activation and other mechanisms which drive persistent inflammation, linked to PD progression.

The research team propose that RRx-001 could be a safe and effective treatment for Parkinson's based on their results in animal models and ongoing human clinical trials with this drug in other conditions. They will test the effectiveness of RRx-001 in multiple animal models of Parkinson's disease and also in cell culture studies. The study will determine if RRx-001 can prevent or rescue key aspects of Parkinson's pathology in disease models, which would indicate that this drug could have potential to work in human studies.

The drug has been shown to be safe and well-tolerated in human clinical trials to date with no major adverse events reported. Therefore, if testing of RRx-001 in PD models is successful in this project, it can directly enter clinical trials for PD as a new treatment.





2022 FUNDED RESEARCH PROJECTS

Project

Investigating the role of repeat expansions and mitochondrial dysfunction in Parkinson's disease

Institution

The Walter and Eliza Hall Institute of Medical Research

Duration

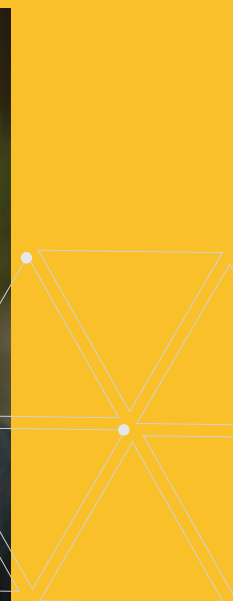
18 months

Researchers

Professor Melanie Bahlo PhD FAHMS

Rationale

Both genetic mutations and exposure to environmental risk factors contribute to causing Parkinson's disease. Genetic risk for a PD patient could be due to multiple genes, different types of mutations or, simply, one genetic mutation, in one gene. The research team developed novel computational tools that enable them to discover several new types of mutations and other genetic signals of PD in a person's DNA. They will leverage these unique tools to investigate a new source of mutations, called repeat expansions, which have already proved to be the genetic cause of diseases that are similar to PD.



2022 FUNDED RESEARCH PROJECTS

Project

Characterisation of the Kir4.2 channel as a critical new target for Parkinson's disease

Institution

Griffith University / University of Queensland

Duration

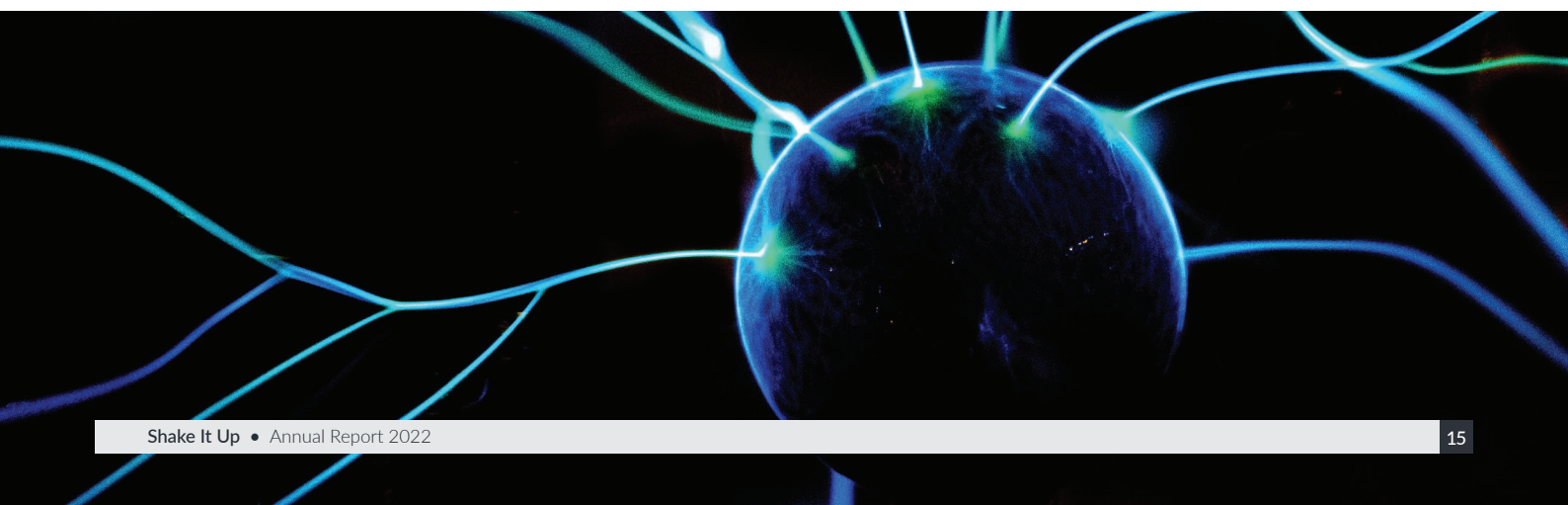
24 months

Researchers

Dr Linlin Ma, Dr Ernst Wolvetang

Rationale

Linlin Ma and her collaborators have identified a mutation in the KCNJ15 gene that is present in multiple generations of an Australian family with Parkinson's but is not present in a large cohort of healthy controls. KCNJ15 knockout mice created by another group many years ago showed some motor phenotypes, but unfortunately this mouse line was not preserved. Preliminary data shows that the KCNJ15 mutation from the Australian family is a loss-of-function mutation. With this funding, the Ma group will continue to create iPSC lines from this family, along with gene-corrected controls. They will convert these iPSCs into dopaminergic neurons in vitro in order to assess what effect this mutation has on neurons. In parallel, they will also characterise a KCNJ15 knockout mouse model for motor phenotypes, pathology, and inflammation. KCNJ15 belongs to a group of biological targets that are very druggable, so successful results from this project could suggest a new target for Parkinson's, along with readily available tools to develop and test therapeutics.





2022 FUNDED RESEARCH PROJECTS

Project

Evaluation of Tolebrutinib as a novel disease-modifying therapeutic for Parkinson's disease

Institution

Queensland University of Technology

Duration

24 months

Researchers

Dr Richard Gordon, John O'Sullivan, Dimitry Ofengeim and Nellwyn Hagan, Sanofi Genzyme

Rationale

This project aims to validate Sanofi's oral Bruton's Tyrosine Kinase (BTK) inhibitor, Tolebrutinib, for neuroprotection in 6-OHDA and AAV-syn models, and to reduce inflammation, and motor and non-motor pathology in Thy1-asyn model. The study will look at BTK activation in human PD post-mortem tissue and isolated immune cells. The BTK signaling pathway is highly activated in PD patient brains and multiple animal models. Data suggests that BTK is a multifunctional kinase that regulates distinct PD-relevant pathogenic mechanisms. BTK inhibition in the CNS has been seen to prevent neuropathology and synuclein pathology in PD animal models. Finally, Tolebrutinib is a CNS-permeable, irreversible inhibitor of BTK that has been shown to be highly effective in Phase 2 trials for Multiple Sclerosis (MS) and is currently in Phase 3.

Project

Nix gene therapy as a treatment for Parkinson's disease

Institution

NeuRA

Duration

12 months

Researchers

Professor Carolyn Sue AM

Rationale

Currently, all Parkinson's disease treatments aim to improve symptoms by restoring or maintaining levels of dopamine in dopaminergic neurons. No treatment on the market slows or stops the progression of disease. This research addresses this gap by showing that Nix gene therapy is effective in improving mitochondrial function and can be used as a neuroprotective treatment in Parkinson's disease. The research team hypothesises that Nix, a mitophagic protein, can restore mitochondrial function by mediating an alternative method of mitophagy to maintain mitochondrial quality and function in Parkinson's disease.

They will develop a new gene therapy to increase Nix expression in the brain cells of patients with Parkinson's disease. This novel treatment works by improving the energy supply to the brains cells so that they can function for longer.

There are currently no neuroprotective treatments for Parkinson's disease. This project will test the treatment, a form of gene therapy, to see if it is effective in restoring neuronal energy levels. When Nix over-expression is developed into a robust in-human treatment, it has the potential to revolutionise the field by providing the first treatment to stop the progression of PD, while also providing a way for the cell to protect itself from premature cell death.



Project

Characterising regiospecific lipid phenotypes in human PD and GD brain tissues using next-generation MSI and IMS

Principal Investigators

Kim Ekroos (Lipidomics Consulting, Ltd), Shane Ellis (University of Wollongong), Nico Verbeeck (Aspect Analytics NV)

Rationale

The contribution of glycosphingolipids to Parkinson's disease (PD) is not fully understood. However, it is known that mutations in the GBA1 gene, encoding for glucocerebrosidase (GCase), is the most prevalent risk factor for PD. The resulting deficit in GCase activity leads to accumulation of the natural cellular fats; glucosylceramide and glucosylsphingosine. The team's research interest is understanding the mechanistic and metabolic details of these complex essential fats and their upstream and downstream metabolic products, collectively referred as glycosphingolipids. However, the structural heterogeneity, local concentrations, and distributions of the glycosphingolipids within PD brain regions are not well understood. The hypothesis is that alterations in the metabolism of selective glycosphingolipids in specific brain regions contributes to early PD onset and accelerated progression rates. Results in support of this hypothesis will shed new light on the role of glycosphingolipid metabolism and brain localisation in PD pathology. Understanding aberrant glycosphingolipid in specific brain regions in PD patients will lay the Foundation for future studies identifying new biomarkers and therapeutic avenues for the treatment of PD.





2022 FUNDED RESEARCH PROJECTS

Project

Enhancing brain clearance mechanisms to limit Parkinson disease progression

Principal Investigators

Jason Howitt, PhD (Swinburne University of Technology), Laura Jacobson, PhD (The Florey Institute of Neuroscience and Mental Health), David Wright, PhD (Monash University)

Rationale

This group aims to examine the effect of drugs that increase slow wave sleep (SWS) in decreasing alpha synuclein and alleviate asyn-induced pathology in a pre-clinical animal model.

- **AIM 1:** Assess the effect of four drugs (compounds approved or in the clinic) on the slow wave sleep patterns in an animal model of PD in which synuclein loaded exosomes are administered to wild type mice.
- **AIM 2:** To examine the effect of best SWS enhancers on reducing pathological alpha-synuclein and alleviating neuronal loss after prophylactic intervention.
- **AIM 3:** Therapeutic drug administration: 2 months treatment after intranasal delivery of the a-syn-containing exosomes, and tracking of the impact on the behavioural deficits observed in this model.



Joan Cormack

BEQUEST TO PARKINSON'S RESEARCH **A GIFT FOR THE FUTURE**

Joan Cormack lived with Parkinson's for more than 20 years. Joan lived life with the belief she could beat Parkinson's, which made her determined to do everything she could to support Shake It Up and Parkinson's research. A regular donor to the Foundation, Joan wanted to make a difference when she departed from this life.

Joan's gift included cash and shares. As a not-for-profit organisation, a gift of shares to Shake It Up can be transferred in specie which reduces the impact of capital gains tax on your estate.

Joan's bequest to the Foundation has left a lasting legacy in her name, supporting cutting edge Parkinson's research that will benefit those living with the disease as well as future generations.

Leaving a bequest to Parkinson's research is a meaningful way to advance treatments and a cure for Parkinson's. Not only will your gift help the 150,000 Australians living with Parkinson's, it will also help future generations.

Get in touch to discuss with us, or find out more at:
<https://shakeitup.org.au/get-involved/bequest-parkinsons/>

PAUSE 4 PARKINSON'S

**PLEDGE a donation
towards a cure for
Parkinson's or
PARTICIPATE
through fundraising
and clinical trials**



PAUSE 4 PARKINSON'S 2022

In 2022, the Pause 4 Parkinson's (P4P) campaign raised a total of \$213,665 with the introduction of our new marketing, PLEDGE or PARTICIPATE for Parkinson's. This new motto asked supporters to pledge a donation or participate in fundraising and clinical trials as part of Pause 4 Parkinson's and Parkinson's Awareness Month.

Creative agency, Walter Wakefield, donated their services to develop a suite of new P4P marketing assets. The content increased attention and engagement with the campaign, and we are grateful for their ongoing support.

The campaign also drove significant recruitment to the Australian Parkinson's Genetics Study, conducted by QIMR Berghofer Medical Research Institute in Brisbane.

Pause 4 Parkinson's wouldn't be possible without our generous sponsors, who this year donated \$91,000 to Parkinson's research. Thank you to our sponsors who are listed on page 27 for their ongoing support.

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 about Parkinson's and raising vital funds for research. Our top fundraisers this year were:



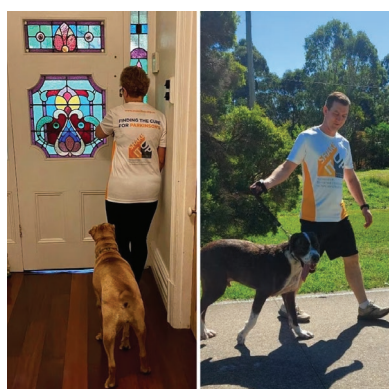
BEN COBURN - COBES FOR PARKINSON'S

Ben Coburn and his friends set themselves a huge challenge – a 1km Swim, 8km Run and 3.5km Board Paddle. The team had a big group of supporters and generous donors who helped them raise \$27,673 for Parkinson's research. Ben and his group also put in a lot of effort to raise awareness about Parkinson's within their community. They spoke to doctors and people living with Parkinson's about their experiences, and were interviewed on local podcasts and radio to spread the word about Parkinson's and its significant impacts.



MATTHEW BOWMAN - 80KM ULTRA MARATHON

Our second highest fundraiser for 2022, Matt Bowman, completed the Margaret River 80km Ultra Marathon to raise funds for Parkinson's. Matt ran the distance in 9 hours 36 minutes, breaking his goal of 10 hours and placed third in his category. Along with his generous friends and family, Matt raised \$10,005 for Shake It Up throughout April.



LOUISE AND ZACH - PAWS 4 PARKINSON'S

Work colleagues from Thales Australia, Louise Capper and Zach Bunting, together with their dogs Sheba, Bruno and Irish, walked all through April for Pause 4 Parkinson's. Louise, who was diagnosed in 2020, walked 65km, and Zach walked 62km for a huge, combined total of 127km. They raised more than \$5,700 (well over their initial target of \$500), due to the generosity of friends, colleagues and sponsors. They also received support from their local InZone Cricket who donated 50 percent of cricket net hire during the month of April.



LUCAS AND THE LADS - NEWCASTLE HALF MARATHON

Earlier in April, Lucas completed the Newcastle Half Marathon with his team 'The Lads'. They ran with Lucas' father in mind, who was diagnosed with Parkinson's in early 2018. Together, they raised \$4,285.

Lucas has been a long-time supporter of Shake It Up, challenging himself for Parkinson's last year and completing the Blackmores Sydney Running Festival for Shake It Up in 2018, raising much needed funds and awareness.

OUR HEROES



Pedal for Parkinson's

In May this year, Sarah Buckpitt and her cycling friends put together the Pedal for Parkinson's Tasmania Tour. Riding 500km across 5 days, the team raised \$19,543 for Shake It Up and Parkinson's Research.



Monkey Mia Boys

Long-time Shake It Up supporters the Monkey Mia boys continued to raise funds for Shake It Up in 2022, despite being unable to complete an outback ride. The group shared stories about their previous adventures, asking again for support and donations. Together they raised another \$23,400 for Shake It Up, contributing to a huge grand total over the years of \$205,625.



Gary leads team to climb Mt Everest

Year on year, Gary McKitterick-Gillet supports Shake It Up through his company Trek Ready Himalayas, which hosts virtual and physical treks of the Mt Everest Base camp. 2022 was the first year since the COVID-19 outbreak that Gary has been able to return to Nepal for the trek. Gary has also been facilitating virtual treks of Mt Everest from anywhere in Australia for those who want to participate but aren't able to travel to Nepal. For his virtual trek, Gary climbs Mt Coolum in QLD over and over again until he reaches the same distance as Mt Everest.



Andrew runs Gold Coast Half Marathon

Andrew, whose father has Parkinson's, ran in the Gold Coast Marathon this year for Shake It Up. Andrew finished the half marathon in 1 hour 38 mins and raised \$13,874 for Parkinson's research thanks to his friends and family. Andrew says, "If you're looking to make a difference for others, just do it, because you'll be surprised at the incredible support you'll get and the feeling of satisfaction."



The Adventure Is

Tony and Wendy set off earlier in the year as 'The Adventure Is' to traverse the country from the eastern most point of Australia (Cape Byron in Byron Bay) to the western most point (Steep Point in Western Australia). They've had an incredible time on the journey and have so far raised \$2,592 for Parkinson's research. Tony was diagnosed with Young Onset Parkinson's in 2020 and has two other family members also living with Parkinson's. Tony said that the biggest change for him was learning to slow down, as he's always had the saying, "sleep is a waste of time", but now it's a must to let his body recover.



Joshua and Emmanuelle's birthday fundraiser

For their shared birthday party, Joshua and Emmanuelle decided to fundraise for a cause close to their heart. The pair reached out to friends and family, asking for donations instead of presents for this special occasion. Thanks to their generosity, together they've raised \$11,395 for Parkinson's research towards a cure.



Kim takes on a 800km cycle

In March of 2022, Kim took on a challenge to cycle 800km throughout the month for Parkinson's. This mammoth challenge is inspired by Kim's mother, who has had Parkinson's for 14 years. Kim says, "I have realised by posting on social media that more people than we know can relate to or have been impacted by someone they care about with Parkinson's." Kim completed her challenge and raised \$3,791.



Father-son duo run the Gold Coast Marathon

Father-son duo Brian and Mark Upton are no strangers to a challenge. They have participated in some iconic triathlon events, including multiple Iron Man challenges. Brian, aged 70, has been competing in triathlons for over 40 years as an elite, age group champion and Ironman age group winner. This year they took on the Gold Coast Marathon, not once but twice, racing the half marathon on Saturday and full marathon on Sunday, all in honour of their wife and mother who has Parkinson's. Together, they raised \$1,724.

COMMUNITY FUNDRAISING

In the last financial year, community fundraising revenue was over \$330,000. 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 in lieu of flowers, 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 Blackmores Sydney Running Festival and City2Surf in Sydney to the Melbourne Marathon Festival, 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 2022, we had our biggest contingent of participants ever in the Point to Pinnacle event, with a huge new team of supporters, the Young Onset Parkinson's Team. The team, led by Sonya, raised over \$10,000 for Shake It Up.



COMMUNITY FUNDRAISING

AMBASSADORS

We continued to work with great ambassadors in 2022, who raised significant awareness and funds for Parkinson's research within their communities. Our Shake It Up Ambassador, comedian Amy Ruffle, fundraised for Parkinson's twice, hosting her own comedy benefit with fellow ambassador and comedian Dilruk Jayasinha and taking part in Run Melbourne.

Musician and Shake It Up ambassador Peter Byrne also amplified his fundraising, hosting a raffle for Parkinson's to coincide with his Hot August Night Anniversary Concert Tour, alongside the regular fundraising at his concerts.

Meanwhile, singer/songwriter Bloom continued storming the country with full house shows on her regular tours, raising over \$25,000 to date.

BAY OF FIRES TREK

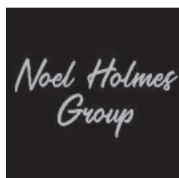
After being postponed last year, our Inspired Adventures Bay of Fires trek team completed their Tasmanian challenge in September 2022, raising \$106,220 for Parkinson's. The team had 14 participants: Marion, Jess, May, Troy, Peter, Brian, Kevin, Jenny, Penny, Jody, Grace, Heather, John and Shake It Up CEO Vicki Miller, who all trekked for five days. They traversed the coastline and enjoyed beach walks, rocky outcrops, bushwalks and warm spring weather for the duration of their trip.

A big thank you to the team and their generous donors who helped us exceed our fundraising target and make a difference for Parkinson's research. We'd also like to acknowledge and thank those who were originally booked into the trek but were unable to go, for their fundraising efforts which contributed to the total: Steve, Greta, Aaron, Kerrie, Sandy, David Hynd and David Cox.



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 2022 helping us to fund research to bring science closer to a cure.



Noel Holmes
Group



Daily Press



Telum



PWC



Insurance
Advisernet



Novotech



Active Tree
Services



MediRecords



Hutchinson
Builders



Workplace
Compliance
Australia



Walter
Wakefield



Canyon



Veritas



Ooh! Media



DataPharm



Pharmacy
Club

GET INVOLVED

Shake It Up is asking our community to pledge or participate to fund cutting-edge Australian Parkinson's research. Can you support our pursuit of a cure?

PLEDGE

Workplace and Regular 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/>

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/>

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 Blackmores Sydney Running Festival to the 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/>

Challenge Yourself

Walk, cycle, run, swim, 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/>

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/>

OUR AMBASSADORS



Amy Ruffle

Amy Louise Ruffle is an actor, producer and comedian best known for her lead role in Mako Mermaids and various stage productions here in Australia and in Los Angeles. She joined the Shake It Up team to support her father Rob, who lives with Parkinson's. He passionately participates in research projects in the hope of finding a cure and inspired Amy to have a proactive role in funding that research.



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 his father has also been diagnosed.



Kristy Johnson

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



Liz Cantor

Liz is a television presenter with Channel 7. Her grandmother, who was a prima-ballerina dancing for Germany, and her grandfather both suffered from Parkinson's and her uncle currently lives with the disease. She was inspired to support the Foundation's work to fund crucial research to slow, stop and cure Parkinson's.

OUR AMBASSADORS



Kate Matheson

Kate is an international business magazine and website editor, contributor at news.com.au and Huffington Post and self-confessed geek girl. Kate was diagnosed with Early Onset Parkinson's at just 29 and wanted to be involved in doing something proactive and raising awareness of the everyday young Australians living with Parkinson's.



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, the founding Directors of Shake It Up, who grew up in the same area.



Phoebe Garland

Fashionista Phoebe Garland has been on the Parkinson's journey with her business partner Robert since his diagnosis in 2014. Phoebe has become 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, creator and star of award-winning tribute act to Neil Diamond, Peter Byrne is one of Australia's most talented and versatile entertainers. When Neil Diamond was diagnosed with Parkinson's in 2018, Peter knew he wanted to do something to help. Becoming an ambassador gave him a voice to raise awareness and funds for Parkinson's research.

OUR AMBASSADORS



Bloom

Singer/songwriter Amanda Canzurlo, who has long performed under the pseudonym of Bloom, is known for her smooth deep vocals and her fresh ambient pop sound. In 2019, Bloom toured Australia performing The Linda Ronstadt Songbook – celebrating Linda’s rich musical history and status as one of the world’s best-selling artists of all time. Linda Ronstadt was diagnosed with Parkinson’s in 2012 and Amanda wanted to help raise funds and awareness for Parkinson’s disease in a hope to find better treatments and ultimately a cure.



Dilruk Jayasinha

Shake It Up welcomes our newest Ambassador, Dilruk Jayasinha. Dilruk Jayasinha completed a degree in accounting and started working for one of the “Big Four.” However, after performing at an open mic night in 2010, that all changed. Dil is now one of the most in demand headliners on the Australian comedy scene and has been invited to perform all over the country as well as internationally.



Desperado – The Eagles Show

The Desperado band came to Shake It Up through keys player Vernon, who was diagnosed with Parkinson’s 5 years ago, thinking it would be the end of his musical career. But the band rallied around Vernon, giving him the support he needed to continue the show. Their commitment to each other has been inspirational to us at Shake It Up. Interestingly, Vernon feels best when he is playing — his symptoms disappear, and he can enjoy himself.

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 are well informed about research and opportunities to participate in events and fundraising.



Vicki Miller
CEO



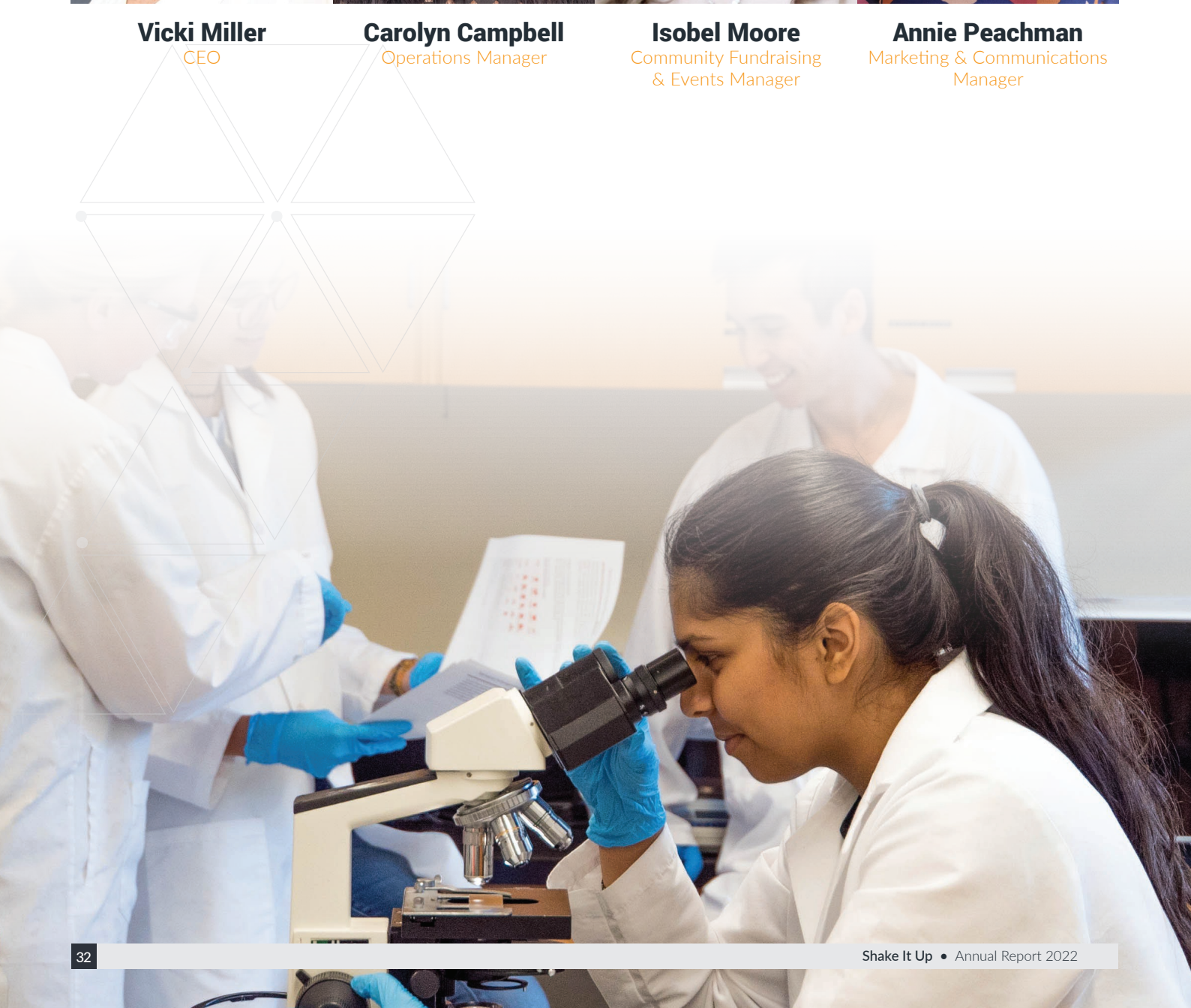
Carolyn Campbell
Operations Manager



Isobel Moore
Community Fundraising
& Events Manager



Annie Peachman
Marketing & Communications
Manager



OUR BOARD

Shake It Up values the contribution of our Board and the individual expertise they bring in overseeing the strategic direction of the Foundation, monitoring performance and risk and ensuring good governance practice.



Clyde Campbell
Chair



Noel Holmes
Secretary



Greg Campbell



Graeme Fear



Rick Crethar



Tony Dormer



Jenny Hosie



Katrina Hodgkinson



Ben Young

Shake It Up is a registered charity under the Australian Charities and Not-For-Profits Commission.



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 2022

Total Income	\$4,286,137
Grants Funded	(\$1,888,410)
Administration Expenses*	(\$274,636)
Net Surplus (Deficit)	\$2,123,091
Total Assets	\$7,841,799
Current Liabilities	(\$329,461)
Research Projects Funding Committed	(\$2,879,494)
Net Assets	\$4,632,844

*Note: 100% of all Administration Expenses are covered by our founding directors.
Full 2021-2022 Financial information is available on our website or the ACNC.



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IN THE QUEST TO CURE
PARKINSON'S, WE'RE ABSOLUTELY
CERTAIN WE ARE THE TIP OF THE
SPEAR.

Michael J. Fox


#DOIT4PARKINSONS



**SHAKE
IT UP**
AUSTRALIA
FOUNDATION



CONTACT US

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