



ANNUAL REPORT 2024





Year in Review

The last year has seen significant momentum in both Parkinson's research and advocacy. Shake It Up is proud to be a founding member of the National Parkinson's Alliance, which commenced work on the first ever National Parkinson's Action Plan in 2024, following a national Summit to End Parkinson's held at Parliament House. We also joined forces with other non-profits around the globe, in an international coalition to advance treatments for neurodegenerative disorders, and saw the impact of last year's biomarker discovery on the transformative research being completed on Parkinson's in Australia.

Other highlights included:

- Funding of 7 projects to the value of more than \$5.7 million
- Achieved our biggest fundraising result ever for Parkinson's Awareness Month, over \$330,000
- Proposed the first iteration of a new research framework – the neuronal alpha-synuclein disease integrated staging system (NSD-ISS)
- Announced the Movement Disorder Capacity Building Program, to ensure equity and early access to a Movement Disorder Specialist for every Australian diagnosed with Parkinson's
- Launched a refreshed Shake It Up website, designed to reflect our progress as a Foundation and better support the community



85 Research Projects



24 Australian Research Institutes



36.4 Million Dollars Invested

Table of Contents

INTRODUCTION

04	A Message from Our Patron
06	Chairman's Report
08	CEO Report
10	Vision, Mission & Values
11	Understanding Parkinson's
12	National Parkinson's Alliance
14	The Michael J. Fox Foundation for Parkinson's Research

RESEARCH

15	Funded Research Projects
----	--------------------------

OUR COMMUNITY

22	Parkinson's Awareness Month 2024
24	Community Fundraising
25	Our Fundraising Heroes
26	Corporate Support
27	The Shake It Up Show
28	In The News

GOVERNANCE

29	Financial Summary
30	Our Board

OUR PEOPLE

32	Ambassadors
34	Our Team
35	Get Involved

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)

Throughout my term as Governor-General, I was continually inspired by the remarkable Australians who drive positive change in our communities. Shake It Up exemplifies this dedication, leading the charge in Parkinson's research and advocacy with a relentless commitment to improving lives and advancing hope.

The past year has been another remarkable chapter in the Foundation's journey. As a founding member of the National Parkinson's Alliance, Shake It Up has taken bold steps to shape the first-ever National Parkinson's Action Plan, bringing together advocates, researchers, and policymakers at the Australian Summit to End Parkinson's which I had the privilege of opening in Canberra. This collaboration promises to drive lasting change for the Parkinson's community.

2024 also marked significant progress in research. The Foundation funded seven groundbreaking projects worth over \$5.7 million, targeting a range of innovative fields from gene therapy to environmental triggers. It's incredible to see the momentum created by the discovery of a Parkinson's biomarker last year, which is now shaping transformative research here in Australia. In addition, Shake It Up achieved record-breaking fundraising results during Parkinson's Awareness Month, raising over \$330,000 to fuel this critical work.

These strides forward underscore the Foundation's enduring commitment to improving the health and wellbeing of Australians living with Parkinson's. Behind these successes are passionate and dedicated individuals — researchers, fundraisers, advocates, and supporters — united by a vision of a world without Parkinson's.

Congratulations to everyone involved in making this year such a success. Your work is changing lives and providing hope to so many.

DAVID HURLEY

HIS EXCELLENCY GENERAL

The Honourable David Hurley AC DSC (Retd)







Message From the Chairman

Collaboration has always been at the heart of what we do at Shake It Up Australia, and this has never been clearer than 2024, a year marked by national and global partnerships. With Parkinson's now the world's fastest growing neurological disease, a coordinated approach to ending the disease is rapidly becoming a priority in Australia and across the globe.

In March, I travelled to Canberra alongside other members of the National Parkinson's Alliance, people living with Parkinson's, advocates and researchers. We gathered to take part in the Australian Summit to End Parkinson's, a pivotal moment in the quest for a cure, and an important opportunity to call for government support. As I noted in my remarks on the night, the Summit was not the

culmination of a journey, but an important step into the future. It was a chance for people living with Parkinson's to be heard, and for all involved to advocate for essential support and services. When people first hear the words "you have Parkinson's", they should feel confident that they will have equitable access to the latest therapies, treatments, support and services, no matter where they live. And they should feel hope that our best researchers are being given the funding they need, to one day find a cure.

The government heard our plea, and the Alliance began work on the first ever National Parkinson's Action Plan, calling for improvement across key areas – from reducing stigma to earlier detection and greater funding for research.

Globally, Shake It Up was proud to join forces with a coalition of non-profits to accelerate treatments for people living with Parkinson's disease and dementia with Lewy bodies (DLB), as well as other neurodegenerative diseases. One of the first outcomes of this collaboration was the proposal 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 disease and defines it based on underlying biology. The new framework, while not yet intended for use in routine clinical care, is expected to have an immediate impact on research, speeding clinical trials and increasing the success of scientific discovery.

After nearly two centuries of primarily relying on movement-based symptoms to detect PD, this new framework uses biomarkers to detect Parkinson's in an individual living with it. And, as our partners at The Michael J. Fox Foundation for Parkinson's Research highlighted, "ultimately, a treatment targeting

the biology of the disease — rather than just its symptoms — is the path to a cure."

Since the inception of Shake It Up in 2011, all this work has been made possible by our community of supporters, who tirelessly fundraise, donate, spread awareness and get involved in making a difference. We see and appreciate every single one of you. We thank you for your vital support in our mission – to accelerate innovative research and treatments to slow, stop and cure Parkinson's.

Finally, I want to take this opportunity to extend my heartfelt thanks to His Excellency General the Honourable David Hurley AC DSC (Retd) for his unwavering support as our outgoing Patron. His contributions to the Foundation and the Parkinson's community have been invaluable. We also warmly welcome our incoming Patron, Her Excellency the Honourable Sam Mostyn AC, Governor-General of Australia, who joins us at a pivotal moment in our journey to advance Parkinson's research and advocacy.

CLYDE CAMPBELL AM

FOUNDER & CHAIRMAN
SHAKE IT UP AUSTRALIA FOUNDATION



CEO Report

At Shake It Up, one of our key values is Drive. This means we are driven to push boundaries, think creatively and seek out new opportunities to deliver on our objectives as a Foundation. It was in this spirit that in 2024, we became a founding member of the National Parkinson's Alliance, a collaboration of key community stakeholders and leaders in the Parkinson's community in Australia. Together, we have come together to drive and shape new policies, strategies, and initiatives that will enhance the lives of individuals affected by Parkinson's across Australia.

In 2024, we were delighted that the government supported our first initiative, with an announcement of \$800,000 in funding for Australia's first National Parkinson's Action Plan. Developed with and for the community, the National Parkinson's Action Plan will inform community, government and the sector of the priorities, strategies and actions necessary to deliver positive change for people living with Parkinson's in Australia.

Outside of this crucial advocacy work, we continued to see huge momentum and



The Alfred Clinical Trial Unit Opening

progress across the scientific and research fields. Other notable highlights from this last year have included:

- The upgraded neuroscience clinical trials facility at The Alfred officially opened after Shake It Up provided funding for its refurbishment in 2023 through support from the Bendat Family Foundation. The hub will allow boundary-breaking trials to be conducted in greater volume, increasing our understanding of Parkinson's and pushing us closer to cracking the disease's code.
- We launched the Shake It Up Australia Movement Disorder Capacity Building Program. This program aims to grow the number of movement disorder specialists in Australia, by training movement disorder clinician-researchers who can provide expert care, and have an interest in research and the capacity to lead clinical trials. Under this program, the first Fellowship, supported by the Trawalla Foundation, was awarded to Dr Gerard Tao, who will dedicate his final year of training to movement disorders at The Alfred in 2025.
- We welcomed three new ambassadors – TV host and MC/speaker Carol Ferrone, renowned chef and restaurateur Teage Ezard, and Australian cricketer Ellyse Perry. The support of our ambassadors is vital to our aim of raising awareness and increasing understanding of Parkinson's disease in Australia. We thank Carol, Teage and Ellyse for coming on board to help us in this goal and use their platforms to make a difference.
- The Australian Parkinson's Genetics Study achieved its goal of 10,000 people with Parkinson's participating, which is an excellent achievement. Now in Year 2 of the study, the researchers aim to increase participation of people from traditionally underrepresented backgrounds in medical research, particularly those of Asian ancestry, and are calling for people aged 45+ without Parkinson's to get involved in this groundbreaking research.
- Research projects funded by Shake It Up continue to show promising progress and advance our understanding of Parkinson's. A team of QUT researchers led by Dr Richard Gordon received \$4M in funding from the US Department of Defence to build on work previously funded by our Foundation, to test innovative new approaches and develop new treatments for Parkinson's disease by targeting the gut microbiome and gut-brain axis.

VICKI MILLER

CEO

SHAKE IT UP AUSTRALIA FOUNDATION

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



Agility

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



Commitment

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



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).



Collaboration

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



Drive

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



Innovation

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







Understanding Parkinson's

Parkinson's disease is a progressive, degenerative neurological condition that affects a person's control of their body movements. Parkinson's results from the loss of cells in various parts of the brain, including a region called the substantia nigra. When dopamine production is depleted, the motor system nerves are unable to control movement and coordination. The dopamine-producing cells are lost over years, and motor symptoms such as tremor, rigidity etc. will appear.











It is important to note that not everyone will experience the same symptoms, and the order in which symptoms appear and the way symptoms progress also varies from person to person.

Additionally, non-motor symptoms such as sleep disturbance, constipation and loss of sense of smell can pre-date motor symptoms, such as a tremor, slowness of movement or rigidity, by up to a decade.

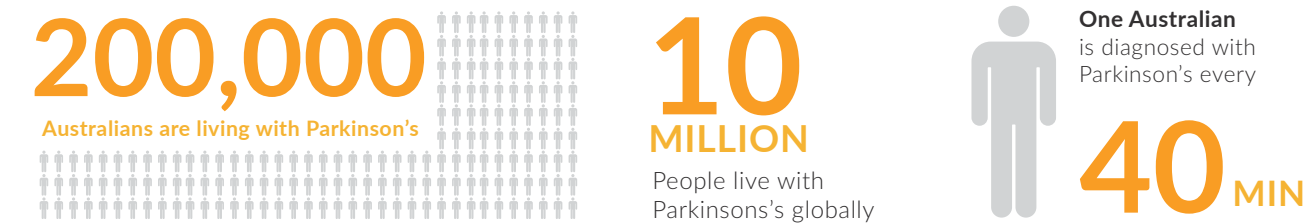
Motor Symptoms

-  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
-  Hallucinations & Delusions

Parkinson's Statistics in Australia



FASTEST

growing **neurological disorder** in the world

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





National Parkinson's Alliance

In March 2024, Shake It Up Australia was pleased to announce being a founding member of the National Parkinson's Alliance at a Summit in Canberra.

This collaborative initiative brings together key stakeholders living with Parkinson's and leaders from diverse backgrounds to work towards aligned outcomes for the Parkinson's community.

About the Alliance

The Alliance will lead nationwide advocacy efforts for the Parkinson's community. By pooling resources and expertise, the Alliance aims to address complex challenges and create transformative solutions to enhance the lives of people with Parkinson's in Australia.

Comprising a diverse range of organisations, regions and disciplines, the National Parkinson's Alliance is committed to prioritising research, inclusivity and health equity. This approach ensures the work of the Alliance will benefit all people affected by Parkinson's.

Our mission is to address the immediate and critical needs of people living with Parkinson's in Australia.

The Alliance is working across sectors and professional disciplines to accelerate support for the Parkinson's community. The Alliance focus includes earlier detection and diagnosis of Parkinson's, improving access to healthcare, resources, support and treatments, as well as advancing research to better understand causes, mechanisms, treatments and prevention of Parkinson's.



Australian Summit to End Parkinson's

On Tuesday 26 March, the Alliance hosted the Australian Summit to End Parkinson's. This was a significant moment for the Australian Parkinson's community, as we united to advocate for urgent action to tackle the global Parkinson's crisis – with the prevalence of Parkinson's estimated to double by 2040. Over 32 people living with Parkinson's from across Australia attended, alongside members of the Alliance, the research community and parliamentarians.

The Summit was opened by His Excellency General the Honourable David Hurley AC DSC (Retd), and featured voices from those living with Parkinson's, researchers, and advocates, including long-term Shake It Up supporters Andrew Urquhart and Noel Passalacqua.

Shake It Up Founder Clyde Campbell AM called for Government to join us in our vision of a world without Parkinson's, to support a National Parkinson's Action Plan by investing in critical research and supporting the immediate needs of people living with PD.

The National Parkinson's Action Plan

Following the Australian Summit to End Parkinson's in March, Shake It Up and the National Parkinson's Alliance were thrilled to welcome the Federal Government's announcement of \$800,000 in funding to develop and implement Australia's first National Parkinson's Action Plan.

The purpose of this National Parkinson's Action Plan is to call for improvement in key areas including:

- reducing stigma for people living with Parkinson's
- improved education and capability of the health, disability and aged care workforce
- earlier detection and diagnosis of Parkinson's, including more empathetic delivery of diagnosis and referral and access of a multi-disciplinary team
- better access to, and co-ordination of, evidence-based healthcare, resources, supports and treatments
- improved prevention of Parkinson's
- better data on Parkinson's prevalence and monitoring of practice gaps
- new and improved treatments therapies, with greater access to clinical trials
- greater funding for research, including translation of current research into practice

"The National Parkinson's Action Plan will provide a blueprint for managing Parkinson's disease in Australia and support better health outcomes for people living with the disease."

- The Hon Mark Butler, Minister for Health and Aged Care



Clyde Campbell AM with members of the National Parkinson's Alliance and Parkinson's advocates at Parliament House, Canberra.





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.

How We Fund Research Together With MJFF

Shake It Up is acutely aware of the limited resources available in a competitive market and the need for funds to be managed efficiently if we are to accelerate the path to a cure. We have created a funding and operating model that sees the efficient allocation of resources and functional leverage of our partnership with The Michael J. Fox Foundation for Parkinson's Research (MJFF). Some key features of this model include:

- 100% of all funds donated to Shake It Up are directed to Parkinson's research in Australia.
- All funded research is first assessed and validated by the expert panel of scientists at MJFF to eliminate redundancy of research around the globe.
- Once approved, the research projects are monitored and benchmarked by a team of formally trained PhDs and business-trained project managers.

Here are some other highlights from MJFF's efforts during 2024:

- Advances in biomarker research: The alpha-synuclein seeding amplification assay (aSyn-SAA), the first test capable of detecting clumped alpha-synuclein protein, is transforming Parkinson's research by enabling earlier diagnosis and precision medicine approaches.
- Biological staging framework: MJFF spearheaded a global coalition to develop the first biological staging system for Parkinson's, a milestone that promises to accelerate therapeutic development and clinical trials.
- NeuroImpact Coalition: MJFF led the formation of an international non-profit coalition with a shared mission to advance transformative treatments for DLB, MSA, PD, and biologically related conditions. In anticipation of future biologically-targeted therapies for communities served by the coalition, non-profit partners aim to develop an actionable roadmap for assessing cumulative benefits of such treatments with a focus on benefits that are most meaningful to patients and families affected by DLB, MSA, and PD.
- Breakthrough funding: MJFF awarded \$18 million in grants to nine teams focused on creating quantitative biomarkers, fast-tracking research toward next-generation treatments.
- Robust drug pipeline: With more than 150 treatments in clinical testing, MJFF-supported projects are targeting both the biological underpinnings of Parkinson's and its motor and non-motor symptoms, including new therapies for freezing of gait and cognitive challenges.

MJFF's strategic leadership continues to drive transformative advances, bringing us closer to slowing, stopping, and curing Parkinson's disease.

2024 Funded Research Projects

Project

Mapping Alpha-Synuclein Modifications

Institution

University of Sydney

Principal Investigators

Professor Glenda Halliday, Chao Peng & Hilal Lashuel

Rationale

Alpha-synuclein (aSyn), the primary constituent of Lewy bodies and neurites, plays a critical role in Parkinson's disease. These protein aggregates undergo various post-translational modifications (PTMs) that potentially influence their formation, toxicity, and propagation in the brain. Understanding the relative abundance and diversity of these PTMs across brain regions and cell types remains crucial to unraveling disease progression mechanisms.

The project seeks to clarify how specific PTMs influence neurodegeneration and identify protective modifications. The findings may advance the development of diagnostic biomarkers and targeted therapeutic interventions for Parkinson's disease.

A portrait of Professor Glenda Halliday, a woman with dark hair and glasses, looking slightly to the right. The background is a blurred laboratory setting with shelves containing various items.

Professor Glenda Halliday

2024 Funded Research Projects

Project

Freezing of Gait Intervention

Institution

Radboud University Medical Center (Netherlands), Macquarie University (Australia), University of Waterloo (Canada)

Principal Investigators

Dr. Jorik Nonnekes, Dr. Kaylena Ehgoetz Martens, Professor Simon Lewis, Dr. Melvyn Roerdink

Rationale

Freezing of Gait (FOG) is a debilitating symptom affecting 80% of people with Parkinson’s disease. Current treatments fail to fully address this issue. Atomoxetine, a medication for ADHD, shows promise in reducing excessive brain ‘cross-talk’, a contributor to FOG episodes.

This research integrates augmented reality stressors with brain imaging to assess how atomoxetine impacts motor symptoms and neural communication, potentially offering a new therapeutic pathway for this challenging symptom.

Professor Simon Lewis





Professor Cedric Bardy

2024 Funded Research Projects

Project

Screening the functional impact of environmental chemicals on human neurons and astrocytes in vitro

Institution

South Australian Health and Medical Research Institute

Principal Investigators

Professor Cedric Bardy

Rationale

Environmental factors are suspected triggers of Parkinson's disease. However, the mechanisms through which chemicals affect neurons and astrocytes remain poorly understood. Leveraging iPSC-derived cells, this study investigates how chemical exposures alter electrophysiological and cellular properties.

The study provides critical insights into how environmental stressors influence CNS cell types, advancing our understanding of Parkinson's disease triggers and aiding in the development of preventative measures.



Professor Lezanne Ooi

2024 Funded Research Projects

Project

Phenotyping environmental exposure to long-lasting chemicals, nanoplastics and pesticides in iPSC dopaminergic neurons and glia

Institution

University of Wollongong

Principal Investigators

Professor Lezanne Ooi

Rationale

Emerging environmental toxins such as PFAS (forever chemicals), nanoplastics, and pesticides have been linked to Parkinson's risk. This study examines the metabolomic responses of iPSC-derived neurons and glia to these toxins, aiming to identify high-risk populations.

This project addresses a critical gap in understanding how environmental toxins contribute to Parkinson's, informing future risk mitigation strategies and therapeutic interventions.

2024 Funded Research Projects

Project

Assessment of electrophysiological and mitochondrial phenotypes in neurons, astrocytes, and microglia from SNCA triplication lines

Institution

University of Wollongong

Principal Investigators

Professor Lezanne Ooi

Rationale

Mitochondrial dysfunction and oxidative stress are hallmarks of Parkinson's. Using iPSCs with SNCA triplications, this project explores how genetic mutations affect neuronal and glial health, function, and response to inflammation.

The project will establish robust tools to study Parkinson's-related mutations, contributing to preclinical research and therapeutic development.



2024 Funded Research Projects

Project

Nix Gene Therapy as a Treatment for Parkinson's Disease

Institution

Children's Medical Research Institute

Principal Investigators

Professor Carolyn Sue AM

Rationale

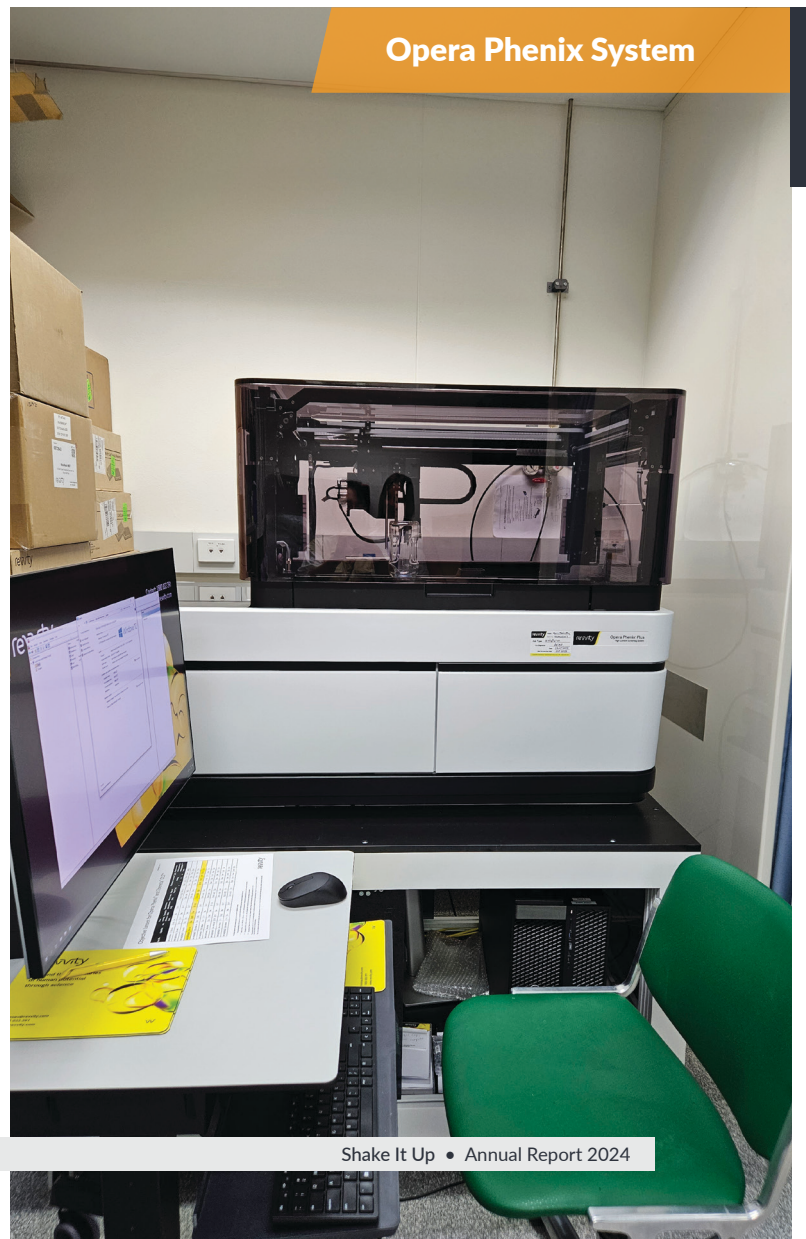
Gene therapy offers a promising approach to treating Parkinson's disease. This project utilises high-throughput imaging tools, including the recently acquired Opera Phenix system, to accelerate the Nix Gene Therapy project. This state-of-the-art equipment enables high-content imaging and phenotypic screening using complex disease models, such as live cells and microtissues.

This research aims to advance gene therapy approaches, offering new hope for disease-modifying treatments.

Professor Carolyn Sue AM



Opera Phenix System





CEO Vicki Miller at the the
NeuroImpact Coalition Summit in
New York, November 2024

2024 Funded Research Projects

Project

NeuroImpact Coalition Membership

Core Member

Shake It Up Australia Foundation

Rationale

Convened by MJFF, this international coalition focuses on advancing disease-modifying therapies (DMTs) for Parkinson's and related disorders. Shake It Up contributes to aligning research efforts and advocating for biological staging frameworks.

The coalition's collaborative efforts have already influenced proposed biological staging systems, ensuring that new scientific knowledge informs trial designs and accelerates therapeutic development.

Parkinson's Awareness Month 2024

Parkinson's Awareness Month 2024 was a record-breaking success, raising over \$330,000 through the efforts of 45 fundraisers, 1,126 donors, and 13 sponsors. This achievement highlights the incredible commitment of our community to supporting vital Parkinson's research. In 2024, we introduced **Pancakes for Parkinson's**, an initiative encouraging participants to gather loved ones, host pancake breakfasts, engage in creative pancake-decorating contests, or attempt record-breaking stacks.

Shake It Up's Pancakes for Parkinson's event made a splash on the TODAY Show, broadcasting live from The Pancake Manor in Brisbane. Triple M Brisbane's Dan Anstey hosted the event, featuring pancake flipping, interviews with advocates, and insights about the Australian Parkinson's Genetics Study from Dr. Miguel Rentería (QIMR Berghofer Medical Research Institute) and Suzi Dubois from Shake It Up sponsor Trisco Foods.

Our Top Fundraisers



Tristan Campbell Gives Parkinson's the Axe

Tristan was diagnosed with Parkinson's in 2020, and this year he launched an inspiring fundraising and awareness campaign to 'Give Parkinson's the Axe'. Having qualified for the 2024 International Axe Throwing Championship in Canada, Tristan used this opportunity to raise awareness of Early Onset Parkinson's as well as raising over \$10,000 for research.



Steph Long Hosts Good Vibrations '24

Steph hosted a 5km fun run, 'Good Vibrations '24', from Nobbys Beach to the Bar Beach Bowling Club. Exercise is one of the most powerful treatments for Parkinson's, but as Steph says – it can also be one of the most challenging. By putting on this event, she aimed to inspire, engage and recognise those living with Parkinson's disease, while raising more than \$7,600 for research.



Inaugural Louise Capper Fundraiser Held

Louise Capper was a dedicated Shake It Up supporter and committed each year to making a difference during Parkinson's Awareness Month. After Louise very sadly passed away in 2023, her colleagues took on her wishes to 'go big' and rallied the troops for morning teas and BBQs. This heartwarming fundraiser contributed more than \$6k to research.



Catherine Thomas Goes Pink for Parkinson's

Catherine fundraised for the second year in a row for Parkinson's Awareness Month, this year pledging to dye her hair Pink for Parkinson's if she achieved her \$5,000 goal. Catherine smashed her goal, raising close to \$6k and rocking her new look.



Gary McKitterick Gillett Climbs Mount Everest

Every year, Gary supports Shake It Up through his company Trek Ready Himalayas, which hosts treks to Mt Everest Base camp and Annapurna Circuit. Not only has Gary raised over \$60,000 so far – but he also helps us spread the word about Parkinson's across Australia and hosted Pancakes for Parkinson's events this year.



Emma Tinkler Hosts Pancakes and Prosecco

Our long-standing advocate Emma held her own Pancakes for Parkinson's fundraiser, inviting family and friends for pancakes and prosecco around the pool, all while wearing pink. Emma also shared her story across TV and news media to shed a light on the experience of people with Young Onset Parkinson's Disease.



Anthony Overs Runs Baseball for Parkinson's

After first hosting a baseball fundraiser for Shake It Up back in 2014, Anthony launched another successful baseball fundraiser to support Parkinson's research in 2024. Through this event, Anthony raised \$3,325 for Parkinson's research, far exceeding his goal of \$1,000.



Karen, Natalie, and Matt Prowd's Burpees for Parkinson's

This was a family fundraising effort to do a burpee for every \$1 raised for Parkinson's research in April. From an initial goal of \$600 to raising over \$3,000 (over 3000+ burpees!), the fundraising was a true community effort, completed in honour of their dad.



Bianca Crocker's Tribute Run at the Paris Marathon

Bianca took on the Paris Marathon in memory of her father, who lived with Parkinson's disease, on April 7 - their shared birthday. For Bianca, this felt meaningful that she could both challenge herself and fundraise for Shake It Up on what would have been her dad's 76th birthday. She raised over \$2,000 for research.

Thank You

Along with our inspiring community of fundraisers, we'd also like to say a special thanks to key supporters of the Parkinson's Awareness Month 2024 campaign: **GoodPR, Walter Wakefield and AbbVie**



Community Fundraising

Our community fundraisers are exceptional individuals who work tirelessly to raise funds and awareness for Parkinson's through morning teas, charity fun runs, and other events. Community fundraising also encompasses 'In Memory' fundraising, honouring the lives of loved ones through donations or fundraising, as well as our charity raffle promotions via Play for Purpose and our challenge treks.

Athletic Events

Shake It Up supporters participate in athletic events nationwide to raise funds for Parkinson's research. In 2024, we had our largest contingent of fundraisers at the Sydney Marathon, with 50 runners raising over \$31,000. The 7Cairns Marathon Festival also delivered a record-breaking result, with the Monkey Mia Kids team raising close to \$70,000!

Great Ocean Walk Trek

A group of fundraisers embarked on the Great Ocean Walk, a once-in-a-lifetime adventure. Despite unexpected weather challenges, the group showcased resilience and determination, raising over \$48,000 for Shake It Up. Their efforts exemplify the strength and spirit of the Parkinson's community.



Step Out for Parkinson's

Advocate Gary Mckitterick-Gillett, fundraiser Tina Beard, and ambassador Liz Cantor led the Step Out for Parkinson's event at Sunshine Coast University Track. More than 700 attendees walked laps and took part in activities, raising over \$33,000 for Shake It Up, Parkinson's Queensland, and Restoring Hope Parkinson's Therapy.



Pedal for Parkinson's

Pedal for Parkinson's (PfP) challenges riders to complete a 500km cycle over five days, spotlighting Parkinson's disease and raising funds for research. In its first three years, PfP has raised over \$93,000. The 2024 tour saw participation double, with 34 passionate riders cycling around the challenging Tasmanian terrain.

Our Fundraising Heroes



Monkey Mia Kids

Alice, Kate and James ran in the Cairns Marathon Festival, raising close to \$70,000 for Shake It Up and following in the footsteps of their father Andrew Urquhart, one of the original 'Monkey Mia Boys' who have raised \$260,000 for research with fundraising trips across the country.



Sean Atkinson

After Sean was diagnosed with Early Onset Parkinson's Disease at just 36, he committed to trekking Mt Everest Base Camp in January 2024 to raise funds for Shake It Up. He has also been dedicated to educating the Australian community about Young Onset Parkinson's Disease across TV, radio, print and online media.



Symon Badenoch

Symon ran the Canberra Times Marathon Festival during April and raised over \$24,000 for essential Parkinson's research. When Symon launched his fundraising event and shared his personal Parkinson's journey, he raised \$8,000 quite literally overnight.



Elli Aitken

Elli ran the Sri Chinmoy 100km Ultra Marathon in Canberra in August, her first time running any distance like this along with the level of elevation. Elli took on the run in honour of a close family member with Parkinson's and smashed her fundraising goal, raising \$7,000.



Suzanne Cox

Suzanne is a regular Shake It Up fundraiser who this year completed the Everest Base Camp Trek in memory of her father. In 2024, Suze also completed an incredible 38-hour exercise challenge to raise money for research. To date, Suze has now raised over \$35,000 to date for Shake It Up and Parkinson's research.



Team Bailey

Team Bailey have been tackling the Point to Pinnacle in support of Shake It Up Australia and Young Onset Parkinson's Disease research since 2017, as well as hosting fundraising events and creating beautiful candles to raise funds. This year they completed the world's toughest half marathon again, raising \$5,148 for research.



Emma Montafia

In support of her mum who was diagnosed with Parkinson's at age 50, Emma has been an inspirational fundraiser for Shake It Up. In 2018, she embarked on the El Camino fundraising trek and raised \$20,000, and this year, Emma was the top fundraiser for Shake It Up at the 2024 Sydney Marathon, raising \$7,631.

Corporate Support

Volunteer and pro bono support are invaluable in increasing awareness of Parkinson's disease, the work of Shake It Up, and our mission to fund world-class research. We are grateful to the following companies for their contributions in 2024 and their ongoing support of our campaigns and initiatives.

This year we were pleased to bring on a couple of a new sponsors who pledged to make a difference in support of Parkinson's research: **Trisco Foods** and **Central Skips**.

"Over the years, Samantha Cross, Business Development & Engagement Lead, has been inspired by the work of Shake It Up and in awe of her wonderful, loving parents: courageous Mum, Pauline, who is living with Parkinson's, and Dad, Bill, an incredible primary carer. This personal connection to Parkinson's led Sam to suggest Shake It Up Australia as a worthy organisation to support, and the team at Central Skips jumped on board without hesitation. Discussions with colleagues and customers have revealed the prevalence of Parkinson's in our community. We are delighted to support Shake it Up Foundation as a valued sponsor and make a difference in supporting groundbreaking Australian Parkinson's research."

- Central Skips

"Both of our business channels at Trisco Foods align perfectly with the Parkinson's Awareness Month campaign and this year's Pancakes 4 Parkinson's theme - we make syrups and sauces, like maple syrup, AND dysphagia products. Dysphagia is a difficulty with swallowing, something that unfortunately occurs with Parkinson's disease. Daily our team is working alongside individuals that have Parkinson's and teams that support those with Parkinson's. We love making a difference to help improve the lives of those who need support with their swallowing, and we are invested in finding a cure for Parkinson's disease."

- Trisco

	Daily Press		Novotech		Telum
	Active Tree Services		Insurance Advisernet		Gilligans Hotel and Resort
	Central Skips		MediRecords		Datapharm Australia
	Trisco		Pharmacy Club		Veritas



Podcast

The Shake It Up Show

Shake It Up Australia

Follow

...

Up next

• Heather Grimmatt

The Shake It Up Show

On this week's episode, we speak to Heather Grimmatt, who recently completed the Great Ocean Walk alongside her sister-in-law, Susan, to fundraise for Shake It Up. They have a connection to...

About

A podcast in partnership with Shake It Up Australia Foundation for Parkinson's Research, where we speak to people whose lives have been impacted by Parkinson's.

Shake It Up Show

In 2024, **The Shake It Up Show** continued to spotlight inspiring stories from our community, showcasing the resilience, creativity, and determination of individuals affected by Parkinson's. Hosted by passionate Shake It Up Ambassador, Amy Ruffle, the show celebrated achievements, shared personal journeys, and raised awareness of Parkinson's research.

Episode Highlights

Dr Melissa McConaghy - Opened up on PD Warrior as an approach to Parkinson's treatment

Ben - Tackled an incredible 100-mile run to support Shake It Up.

Gail - Shared how her love of photography helps raise funds for Parkinson's research.

Dr Nicolas Dzamko - Shared an update on their research into a Parkinson's biomarker.

Teage - One of Australia's top chefs, opened up about his Parkinson's diagnosis.

A/Prof Michele Callisaya - Discussed her experience as a researcher living with Parkinson's disease.

Sarah - Founded the Pedal for Parkinson's tour in honour of her beloved nan.

Craig - Completed Pedal for Parkinson's after his diagnosis at age 50.

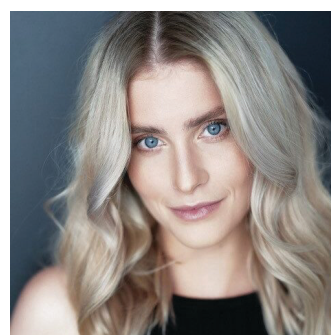
Gemma - Ran a half-marathon to support her father, who lives with Parkinson's.

Tristan - Took up axe-throwing after being diagnosed with Parkinson's at age 40.

Elli - Finished a 100km ultra-marathon in honor of a loved one with PD.

Sean - Recounted his trip to Mt. Everest and his journey with Young Onset Parkinson's Disease.

Thank you to all our guests who shared their stories and helped us inspire and educate listeners while driving support for Parkinson's research.



In the News

Media coverage in 2024 brought national attention to the incredible work of Shake It Up and our community fundraisers, helping raise awareness for Parkinson’s research.

With 189 pieces of coverage across radio, TV, online, and print, we reached over 5.54 million readers, viewers, and listeners.

2024 Media Reach



Top Stories



Health leaders create national alliance to end Parkinson's

By NATASHA ROBINSON
HEALTH EDITOR

TUESDAY MARCH 27, 2024
9 COMMENTS

Senior

How spitting in a pot could help find a cure for Parkinson's disease



Just after her honeymoon, Emma had blurry vision. It changed the course of her life.

Single mother Emma Tinkler has been through a significant amount in her short 48 years.

It all began before her honeymoon, when Emma noticed pins and needles in her hands. She had some tests done, though nothing concrete came back. Then five years later around the time of her honeymoon, she began experiencing eye and vision trouble. It was optic neuritis — a common indicator of Multiple Sclerosis.

"It was like there was a waterfall in the corner of my eye. I'd also had pins and needles in my fingers previously but it went away after a short time. But it was the optic neuritis that really worried the doctors," Emma tells Mamamia.

"By 23, I was diagnosed with MS. It was really hard — I was looking at starting a family. But the average age of someone being diagnosed with MS is 30, and three out of four of those diagnosed are women. So I was the perfect target really."

Watch the trailer for Michael 3 Fox's documentary Still, which details his experience with Parkinson's disease. Post continues below.



Parkinson's alliance to confront doubling of cases by 2040

Sat 23 Mar 2024 at 7:35am

Play

Brought to you by
ABC Radio National

Home > News > Monkey Mia Kids run for Parkinson's

Monkey Mia Kids run for Parkinson's



PARKINSON'S DISEASE APPEAL

Study researchers asking for volunteers to take part in trial

SUNRISE
SYD 25° 5:11



BRYN WAKEFIELD REPORTS PARKINSON'S ACTION

STORY AND RISE TO THE ROYAL ROLE THE FORMER SEVEN SPOTLIGHT PRODUCER WHOSE 'FRESH

CANBERRA
NEWS 7



VICKI MILLER

SHAKE IT UP FOUNDATION CEO

EXCLUSIVE
NEWS 7

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 2024

Total Income	\$5,396,954
Grants Funded	(\$2,457,092)
Administration Expenses*	(\$645,740)
Net Surplus (Deficit)	\$2,294,122
Total Assets	\$12,692,886
Current Liabilities	(\$721,491)
Long Term Provisions	(\$20,598)
Research Projects Funding Committed	(\$20,598)
Net Assets	\$9,234,979

*Note: 100% of all Administration Expenses are covered by our founding directors.
Full 2023-2024 Financial information is available on our website or the ACNC.

Board of Directors

The Shake It Up Australia Foundation board consists of eight 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. The Board is supported by Company Secretary Laura McNally through RightSource which provides governance oversight.

Welcoming Our New Board Member in 2024

In 2024, we were delighted to welcome Steffi Spitznagel to the Board. Steffi is an internationally recognized lawyer and accredited mediator specializing in international dispute resolution, with expertise in corporate compliance and health science.

Steffi's background includes extensive legal and business leadership, and she will commence PhD studies in Parkinson's Disease genetics at UCL in 2025. We are thrilled to have her join our team and bring her unique insights to the Foundation.



Board of Directors



Clyde Campbell
Chairman

Tony Dormer
Vice Chairman



**Katrina
Hodgkinson**

Noel Holmes

Jenny Hosie



Ben Young

Hayden Snow

Steffi Spitznagel

Thank You to Our Board Members

We extend our deepest gratitude to our Board members for their commitment and guidance. Their expertise ensures Shake It Up continues to lead the way in Parkinson's research and advocacy.

Ambassadors

From musicians and TV presenters to athletes, fashionistas, 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.



Amy Ruffle

Amy is an actor, producer and comedian best known for her role in Mako Mermaids and Thank God You're Here. She joined Shake It Up to support her father Rob, who lives with Parkinson's. Amy now hosts the Shake It Up Show, a podcast about the different experiences in the Parkinson's community, from the road to diagnosis to coping with change, different therapies and everything in between.



Annelise Kumri

Annelise is a content creator, influencer and makeup artist. She is also a wife and Mum of four and the loving daughter of Helen who was diagnosed with Parkinson's in 2016. By sharing her mother's journey with her followers on social media, Annelise has raised awareness around Parkinson's and is working to gradually dissolve the social stigma associated with neurological diseases like Parkinson's.



Bloom

Acclaimed singer/songwriter 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 to slow, stop and cure Parkinson's.



Carol Ferrone

As the lead talent on ABC TV's hit Back in Time series, Carol and her family invite the audience on a time-traveling journey through 170 years of Australian history. Carol's life was shaken up when her brother-in-law was diagnosed with Parkinson's. She was inspired to use her voice to raise awareness about early detection as well as assist in raising funds for research to halt the progression and cure Parkinson's.



Dilruk Jayasinha Dilruk

Dilruk is one of the most beloved comedians in Australia. On top of selling out his stand-up shows, he is a staple on TV and radio. In 2018, Dilruk received the Graham Kennedy Award for Most Popular New Talent at The Logie Awards. Dilruk has also featured on I'm A Celebrity Get Me Out Of Here Australia and Weakest Link Australia, where he raised nation-wide awareness and almost \$25,000 for Shake It Up.



Ellyse Perry

Not only is Ellyse the youngest cricketer to have represented Australia, but she is also the only person to have played for Australia in both cricket and football (soccer) World Cups. Ellyse is passionate about raising awareness of Parkinson's, a cause close to her heart, and spreading the word about the importance of research to advance a cure for Parkinson's as quickly as possible.



Kate Matheson

Experiencing her first symptoms of Parkinson's at just 29, Kate wanted to be involved in doing something proactive as well as raise awareness for the everyday young Australians living with Parkinson's. Kate is passionate about seeing change happen in the way we view people with Parkinson's, especially younger people – and equally passionate about finding a cure.



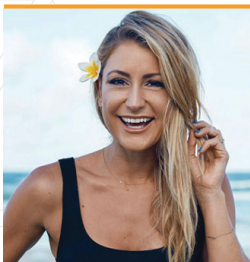
Kristy Johnson

After a close family member was diagnosed with Parkinson's, Kristy made it her goal to raise awareness and draw attention to the misconceptions of living with the disease. She is passionate about the latest research and clinical trials. For over 10 years, Kristy has worked as a writer and journalist for online publications and magazines and is passionate about the lifestyle and entertainment industries.



Lincoln Dews

Lincoln 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 exposure to Parkinson's disease started at a young age, with his late grandfather suffering debilitating symptoms of Parkinson's, and his father diagnosed more recently.



Liz Cantor

Liz has spent the last decade working for Channel Seven. Liz's grandmother, a prima-ballerina, and her grandfather, both lived with Parkinson's, and her uncle currently lives with PD. Liz competed in the reality television series The Mole, and it was near the end of the series that Liz made a promise to her grandmother that she would play a role in the search for a cure for Parkinson's.



Peter Byrne

Creator and star of an award-winning tribute act to Neil Diamond, Peter Byrne is one of Australia's most talented and versatile entertainers. When Peter first performed his production of the tribute show, 'Hot August Night', as a 25th anniversary tribute to one of the greatest live albums of all time, he received a standing ovation from the 4,000 plus audience at the Sydney Convention Centre.



Phoebe Garland

Phoebe 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.



Teage Ezard

Teage, one of Australia's top chefs and restaurateurs, is known for his acclaimed eateries, including EZARD and GINGERBOY. After being diagnosed with multiple system atrophy-cerebellar type (MSA-C), Teage is now a proud Shake It Up ambassador. He's committed to driving greater awareness of Parkinson's and supporting key initiatives that can be enjoyed by everyone who has been touched by this disease.

Team

The Shake It Up team is dynamic and collaborative, working closely to fulfill the Foundation’s mission. Together, we ensure our networks stay informed about the latest research advancements, inspiring stories from the Parkinson’s community, and opportunities to support fundraising and our events throughout the year.



Vicki Miller
CEO

Carolyn Campbell
Operations Manager

Isobel Moore
Community Fundraising
& Events Manager



Annie Peachman
Marketing & Communications
Manager

Charlotte Mitchell
Marketing & Communications
Manager (parental leave cover)



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?

Donations

Donating to Shake It Up is the simplest 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 to slow, stop and cure Parkinson's disease.

shakeitup.org.au/donate

Workplace Giving

Workplace Giving is an easy, tax-effective way to make regular donations for Parkinson's research. Your donation will be deducted from your pre-tax earnings, so you don't need to collect receipts and your total donation amount will be included in an end of year payment summary.

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.

shakeitup.org.au/get-involved/in-memory-donations/

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 running and walking to swimming and cycling, choose an event to challenge and inspire you.

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!

shakeitup.org.au/get-involved/physical-challenges/

Organise Your Own Event

Gather your friends and family to fundraise for Parkinson's research. You can organise a workplace morning tea, a trivia night, a wine and cheese tasting, birthday fundraiser, golf day or picnic. There's no limit if you think creatively!

shakeitup.org.au/get-involved/fundraise-for-parkinsons/

Include a Gift in Your Will

The Shake It Up Australia Parkinson's Legacy League is made up of supporters who are shaping the future for people living with Parkinson's, by leaving a planned gift to Shake It Up in their Will.

A gift in your Will to Parkinson's research is a lasting and meaningful way to advance treatments and the search for a cure.

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

shakeitup.org.au/get-involved/parkinsons-legacy-league/

Become a Monthly Donor

By joining the 'Movers and Shakers' and becoming a regular giver, you help us to confidently plan ahead and commit to funding new Parkinson's research projects.

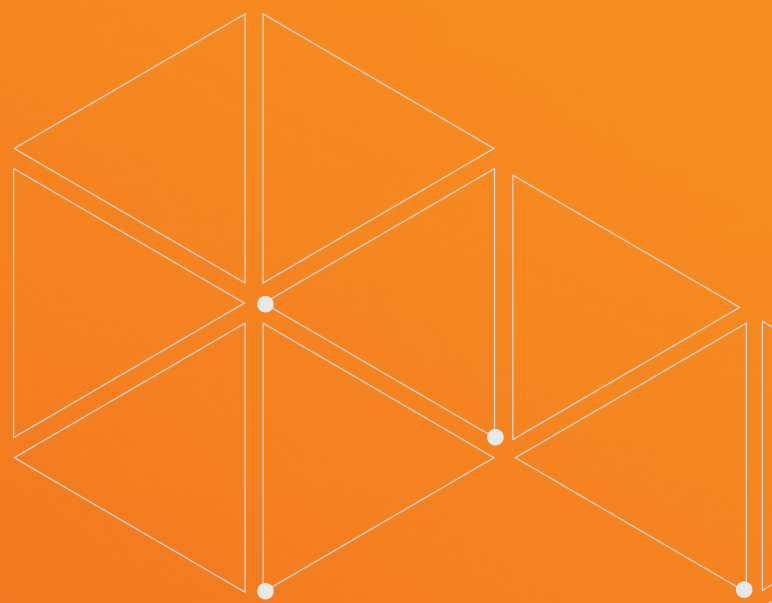
Sign up to make a regular tax-deductible donation and you become part of the team. Once you become a monthly donor, tedious donation receipt searches at tax time become a thing of the past. Instead, we will send you a single summary of your donation for the past year.

shakeitup.org.au/get-involved/regular-giving/

**DECADES OF RESEARCH FOCUSED
ON UNRAVELLING THE PARKINSON'S
PUZZLE ARE NOW PAYING OFF AS
WE SEE THE SCIENCE PROGRESS
AT A MORE RAPID PACE. WE ARE
TRULY ON THE EDGE OF A POTENTIAL
BREAKTHROUGH IN OUR LIFETIME**

Clyde Campbell AM

Shake It Up Founder



CONTACT US

📍 **Shake It Up Australia Foundation**
ABN 65 270 391 304
PO Box 710, Spit Junction, NSW,
2088

🌐 www.shakeitup.org.au

📞 1300 361 803

✉ enquiries@shakeitup.org.au

