

Not a member yet?

It is easy to Join Parkinson's UK

Please ring our membership dept. on
0800 138 6593

Membership is free, please ask to be
linked to the Halifax Branch.

Member's Benefits include:

*All sessions marked with * held at Elim Church*

*Conductive Education

Monthly sessions (£10), subject to
availability.

Please ring Phil Beckett for further
details, on 07748 121444

Exercise Groups, at

Maurice Jagger Centre,
Lister Street, Halifax HX1 1UZ

Tai Chi

Most Mondays 10.15 – 11.30

Most Tuesdays 10.00 – 11.00

Please ring Ray or Linda Kershaw for
further details, on 01422 354242

*Parkinson's Dance

Sessions with Izzy Brittain

Most Thursdays 10.30 – 11.30

*Games Hour on Thursdays

11.45 – 1.30

Please ring Ian, for details of either
Thursday session on 07967 419880

Member's Benefits include:

Access to a **Parkinson's UK**
local adviser, Janet Edmunds.

A Quarterly newsletter

Newsletters can be read and downloaded
from our website.

Printed copies are available at both our
monthly meetings.

Coach Trips

We remain hopeful that Coach Trips
will continue in 2022 as in the past.

As soon as restrictions are lifted and we
feel it is safe, we will arrange some trips.

Golf at Bradley Park Golf Club,
Bradley Road HD2 1PZ

Most Fridays (March – October)

starts at 10.00 or 10.45

(Subject to weather conditions)

Cost £5 per person.

Limited numbers

Please ring Linda Dakers

for further details on 07738 021834

Our Singing Group

Most Mondays at

Elland Golf Club, HX5 0TA

11.00 – 12.30

With Emma Baylin from

Shared Harmonies.

Please contact:

Eileen on 01422 373566

or Anne on 01422 253368

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK
Halifax & District Branch

EVENTS LIST **2021**

We hold two monthly meetings:

Our Primary Meeting is on the
2nd Saturday of the month at,
Elim Church, Hall Street,
Halifax HX1 5AY
2pm – 4pm

Our 2nd Meeting is on the
last Wednesday of the month at,
Sainsbury's Supermarket,
1st Floor Café, Wade Street,
Halifax HX1 1SB
2pm – 4pm

Everybody is welcome

Please call

Caz on 07522 606620 or

Ian on 07967 419880

if you require further details,
or take a look at our website.

www.parkinsonshalifax.org

Please speak to the named contact before you
attend. Many of the sessions incur a small charge.

Please note changes may have to be made, at short notice, in line with Covid Restrictions. Please check before travelling long distances.

Venues

Red dates: Elim Church

Green dates: Sainsbury's Café, Halifax

2021 EVENTS

Due to the possibility of the covid rules changing throughout the year we may have to cancel any event with little, or no, notice.

The information given on this leaflet was correct when printed (1st July 2021)

Saturday 11th September

2pm – 4pm

Celebrating our 1st meeting for 18 months with singer:

Julie Dee

29th September 2pm-4pm Parkinson's Café

2021 EVENTS (Continued)

Saturday 9th October.

2pm – 4.30pm

**Celebration of our 51st Birthday
Afternoon Tea + Trio of singers:
The Nightingales**

27th October 2pm-4pm Parkinson's Café

Saturday 13th November

2pm – 4pm

Autumn Fayre

Please invite family and friends

**Please ring Anne on 01422 253368
if you would like a stall**

24th November 2pm-4pm Parkinson's Café

Saturday 4th December

1pm – 4.30pm

(Tickets £10 each available from 9th October)

1pm – 2.15 Festive lunch

2.15 – 3.45 Kathie Ryan (Singer)

3.45 – 4.30 Mince Pies & refreshments

29th December - No Parkinson's Café

EVENTS in 2022

Saturday 8th January

2pm – 4pm

Singing Group: Landlubbers

26th January 2pm-4pm Parkinson's Café

Saturday 12th February

2pm – 4pm

Annual General Meeting

23rd February 2pm-4pm Parkinson's Café

Saturday 12th March

2pm – 4pm

Entertainment to be arranged

23rd March 2pm-4pm Parkinson's Café

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