

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny

Issue No 9
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A fond farewell from our PLA Sandra Lickess

As many of you may already know – I will be retiring from being the Local Adviser for Parkinson's UK at the end of March. I can hardly believe that it has been nearly five years since you made me feel so very welcome at my first Local Group meeting in Halifax. I have absolutely loved my time working to help support people living with and affected by Parkinson's. It has been a humbling and truly amazing experience meeting such inspirational and lovely people along the way. No one day is the same – everyone is so different, with different needs and different circumstances – the job is both so rewarding and interesting and I am truly grateful to have been given such a wonderful opportunity.

Coming from Huddersfield I have had to rely heavily on my Sat. Nav., as I made my way around the highways and byways of Halifax. Unfortunately, though, it wasn't always such a trusty friend; many is the time it tried to take me into a farmer's field or down lanes so narrow that I nearly got stuck and had to reverse all the way back again – and uphill to boot! 'What will you do when you retire?' I am being asked – well hopefully lots of lovely walks, gardening, a bit of travelling and maybe some decorating as well!

Parkinson's UK is working hard to ensure that they find my replacement as soon as possible. In the meantime, from April onwards please do contact the National Parkinson's helpline on **0808 800 0303**. There you will find support and advice should you need it, as well as access to speak to a Parkinson's Specialist Nurse.

Thank you once again for making me so welcome – I will miss you all and would like to wish you all the very best.

Sandra Lickess – Parkinson's Local Adviser

A plea from Parkinson's UK...

...Can you help us find our longest-serving member?

We're looking for the charity's longest-serving member to help us celebrate Parkinson's Awareness Week and the 200th anniversary since the first written record of Parkinson's. We want to find out how opinions of Parkinson's have changed over the years, and are hoping one of our members can share their experiences.

OVER TO YOU: If you think you know who could be our longest-serving member, email pr@parkinsons.org.uk or call 020 7963 9370. **This could be someone from Halifax Branch!**

Contact Details



Hilary Jamieson
Chair
01422 839 523



Ian Barraclough
Vice Chair
01422 256 521



Eileen Kenny
Secretary
01422 373 566



David Baldwin
Treasurer
01422 355 189



Margaret Lambert
Events
01422 256 347

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

Need help? Call the Parkinson's UK confidential helpline for free on 0808 800 0303

Opening times: Monday-Friday: 9am-7pm, Saturday: 10am-2pm (Closed Sundays / Bank Holidays)

"Our trained advisers, can provide information and advice about all aspects of Parkinson's, such as:
*medical issues, including symptoms and treatments
*employment and benefits
*health and social care
*emotional support."



Meet Committee Member... Elaine Uttley

Bill and I met and together we joined Friendly Brass Band, we both played cornet, until the family came. It was my Uncle Jim, who was the conductor of Brighthouse and Rastrick Brass Band, that taught me and my brother and sister, to play. I have three children, two boys and a girl. The boys, Ian and Martin, were always sporty and Bill and I would go to many a cricket match to support them. Our daughter, Karen, was into music and had singing lessons until the age of 14. My Parkinson's started about five years before I was diagnosed. In 2000, I noticed that my hand felt a bit funny, there was a tickling sensation on the back of my hand. I just put down to us having just got a computer. The doctor said I had a benign essential tremor – but I told him there was nothing essential about it! After that, on holiday in Malta, Bill and I were out walking and he commented on how my arms were not swinging... but we didn't know about these symptoms at that time.

I went to the Doctors with something unrelated to my tremor or Parkinson's, as I was sitting there my hand was tapping away merrily on the table. My GP asked how long I had been like that, I told him about 5 years. He sent me to the neurologist, who did all the tapping and manoeuvres of arms and legs, he told me that I did indeed have Parkinson's. He reassured me by telling me that I would die *with* Parkinson's but not because of it. I keep busy and go out as much as I can, on Mondays I go to Tai Chi, on Tuesdays there is the exercise class, both at the Maurice Jagger Centre. I did go to and enjoy Conductive Education with Joanna Emblem for four years. I generally tend to not let things get me down.

Before Bill died in 2007, we were asked to join the Committee by Brenda Gaukroger. My Bill got on really well with Bill Judd and we were in good company along with Les and Liz, and Ann Inwood who had joined at the same time. So all in all with the new friends I have made at Saturday Club and of course my family, I consider myself to be really lucky, as the nucleus is very close and I am well looked after.

Ann's Trifle

Ingredients

- Jam Swiss Roll or Trifle Sponges
(if using Trifle Sponges – cut in half and spread with jam)
- Sherry (as much as YOU like)
- Tub of frozen Raspberries or Mixed Berries
(needn't defrost)
- Half packet of Ratafia biscuits
- 1 Carton of Fresh Madagascan Vanilla Custard
- Half Pint Fresh Double Cream
- Fresh strawberries, raspberries, flaked almonds to decorate.

Method

- Arrange slices of swiss roll or sponges in base of bowl.
- Pour the sherry evenly over sponge.
- Put in the frozen fruit.
- Make up jelly and pour over the fruit.
- Sprinkle in the Ratafia biscuits, press down and allow the jelly to set.
- When set, pour on the custard.
- Cover with whipped cream.
- Decorate with fresh strawberries and/or raspberries and/or flaked almonds and enjoy.



Dates For Your Diary

Thursday 30th March

Coach Trip

Oswaldtwistle Mills

Friday 31st March

Elvis Night @ Tower House

Saturday 8th April

Kathie Ryan

Friday 5th May

Music Concert at

St Thomas's Claremount

Saturday 13th May

Film show with Keith

Barber

"Down Memory Lane"

All issues of the Newsletter can be viewed online at,
www.parkinsonshalifax.org.uk