



*“Merry Christmas and A Happy New year”
To all our members*

DETAILS OF ZOOM SESSIONS FOR MEMBERS

Whilst we cannot meet face to face we welcome all members to join any of the “virtual Zoom sessions” listed below:

Every Thursday	10:30	Dance with Izzy
Every Wednesday	17:00	Singing with Emma
Monthly Quiz	14:00	2nd Saturday monthly

December's meeting on line will be at 13:00 on 5/12/2020 and will include the quiz and festive fun.

If you would like to join a session and have the necessary equipment – just need some technical advice, please ring Ian on 01422 256521

Contact Details

Chair: Sylvia Maudsley
07508 197497

Vice Chair: Ian Barraclough
01422 256521

Treasurer: Melanie West
07411 096137

Secretary:
Position Vacant

Newsletter Editors:
Phil Beckett: 01484 713035
Anne Rothera: 01422 253368

Events Co-ordinator:
Sue Morris: 01422 362303

Sue Crawshaw: 01274 883113

Useful telephone numbers:
Parkinson's UK Helpline
0808 800 0303

Local Adviser: Janet Edmunds
0344 225 3638
PD Nurse: Paula Roberts
01484 712515

STOP PRESS We have just been informed that we are Charity of the Year with Brighouse Rotary Club. Unfortunately, there will be no cash collections due to COVID19 restrictions but you can donate online using these links:

<http://www.brighousesantafloat.co.uk/>

There are 3 charities benefitting from Santa's Float.

<http://www.brighousetreeoflight.co.uk/>

You can light a candle to remember a loved one, cost is £5 per candle.

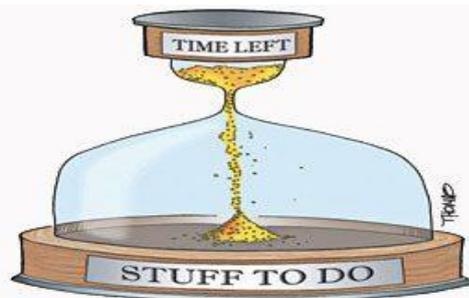
Parkinson's UK Halifax, will benefit.

Thanks to all at Brighouse Rotary Club for their innovative ideas.

HALIFAX & DISTRICT BRANCH NEWSLETTER

STOP/START by Philip Beckett

Have you ever noticed that most New Year's resolutions are to STOP doing something? Stop smoking, stop drinking, and stop eating so much. Whatever will come next? Stop breathing I suppose and with the face coverings we are having to use at present times, not breathing is well on its way. Last year I found that my bucket list was cancelled out by my New Year resolutions! So, if we don't want to stop doing something, we could START something. We cannot hug each other just now, or that would have been on our list. Smiling is free of charge, although the face coverings we need to wear make that tricky for someone to read. I was in a restaurant a few weeks ago and the waitress had a badge on her blouse explaining that she was deaf and asking people to remove their face masks so she could lip read. It will have to be "be kind to someone" every day. That's going to be my Resolution for 2021. Now, I'll have a pint and a cigar, please Landlord



THE BIRMINGHAM FIVE

Doesn't time fly! I was browsing through a few old photographs and I found some from when we first started Conductive Education, in 2009. We had listened to a talk given by Agi, a Hungarian lady with a fearsome reputation amongst not only her clients, but also her fellow conductors. Deep down she was a pussy cat, I found later.

Five of us were offered the chance to go on an introductory course for two weeks. The course would be in Edgbaston, Birmingham and we were encouraged to bring our partners, as it was considered beneficial if the husband/wife had a good understanding of the principals of Conductive Education. Dr Melanie Brown and her team really put us through our paces and we came away feeling that we were better able to cope with Parkinson's in our everyday lives. We signed up for monthly refreshers and that went well for a while but minibus trips to Birmingham each month became tiring. Our last trip to Birmingham was in the summer of 2011. We are lucky to have had the support of the branch throughout. We continue to attend online sessions each month.

Thanks on behalf of all participants over the years.

Philip Beckett