

# Parkinson's Halifax

## NEWSLETTER

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### New Dance Class for Halifax Parkinson's

Izzy is a Leeds based (but Halifax born!) artist and facilitator, working with dance, poetry and yoga. As a strong believer in the transformative power of these practices for all, she is passionate about empowering individuals and communities through working in diverse, inclusive, intergenerational and community contexts.

One of the areas Izzy specialises in is dance with older people, including those living with dementia and/or Parkinson's. She works alongside Rachel Wesson on Ascendance's Dance with Parkinson's programme and with Dance On for Yorkshire Dance, delivering fun, creative dance sessions for the over 55s.

Recent performance projects have included Beige, a playful flashmob style dance performance for 50 over 50's, The Book of Dave, a collaborative interdisciplinary commission celebrating the life and work of a prolific but little known artist at The Turnpike Gallery in Leigh, and Own the Crone, a 'deranged poetesses' commission for Apples and Snakes at Arc Stockton.

She is excited to work with such an enthusiastic and longstanding group, and is very much looking forward to dancing with you all on the 30<sup>th</sup> January, at Elim, at 10.30am -11.30am, here's to new beginnings and dances for everybody! (The class costs £5).



### Contact Details



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**PARKINSON'S<sup>UK</sup>**  
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)

"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."

balance support strength change fun cool-down individual Parkinson's walking dance bigger challenge meaningful effort group warm-up thinking tremor stamina power motivate movement

# Pro-active Parkinson's Exercise Class

An active exercise class to help you live well with Parkinson's.

## About the class

The class is designed to help you to improve your Parkinson's symptoms. A pro-active approach to exercise and improving your quality of life. The class will incorporate elements of balance, stretching, strength and core activity, specific to the needs of people with Parkinson's. We want you to get fit, to have fun and to support each other to live and move well.



**£6**  
per class

## The Trainer

The class will be run by Chartered Physiotherapist, Avril Henson (MCSP), registered with the Health and Care Professions Council (HCPC). Avril has over 25 years work experience specialising in Neurology, in the local rehabilitation service. She is Bobath trained, a trained 'PD Warrior' instructor and a member of the UK Parkinson's Excellence Network.

**Alternate Wednesdays**  
**NEW CLASS TIME 12 - 1pm**  
at **KT Dance Academy,**  
**Holly Bank Rd, Lindley,**  
**Huddersfield HD3 3JE**

Please wear comfortable clothing suitable for exercise. As we use a dance studio, please bring clean indoor shoes or trainers for the class.

Parking in front or opposite the studio. Contact 07754 838029 for more information



For mood, motivation and movement

## Class dates for 2020

8th & 22nd January  
5th & 19th February  
4th & 18th March  
1st, 15th & 29th April  
13th & 27th May  
10th & 24th June

## Alternate Wednesdays

New class time  
**12-1pm**

## KT Dance Academy

Holly Bank Road  
Lindley

8th & 22nd July  
5th & 19th August  
2nd, 16th & 30th  
September  
14th & 28th October  
11th & 25th November  
9th & 23rd December  
(23rd Dec to be confirmed)

As you can see this month it's all about the exercise, which really is so important, for all of us whether we have Parkinson's or not. In this issue here are two classes, which are specially tailored to meet the needs of those who have Parkinson's. Exercise, medication and a well balanced diet will go a long way to helping you manage your Parkinson's symptoms.

Dates For Your Diary  
**Saturday 14<sup>th</sup> March**  
*The Landlubbers*

**Wednesday 25<sup>th</sup> March**  
*Sainsbury's Drop-In Café*

**Saturday 11<sup>th</sup> April**  
*Guide Dogs for the Blind*

**Wednesday 29<sup>th</sup> April**  
*Sainsbury's Drop-In Cafe*