

# Parkinson's Halifax

## NEWSLETTER

Edited by Eileen Kenny  
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My name is Sue Crawshaw.

Eileen has asked me to write an article for our newsletter on being a Carer.

However, I do not feel that I am a Carer.

Colin and I have been partners for over 50 years both in our marriage and in our Plumbing & Heating business. We have raised two children and now have four grandchildren and a great-grandson.

Since Colin was diagnosed with Parkinson's over 4 years ago the balance of our relationship has altered slightly. I "look after him" more than I did before. Here are some of the things that I do,

- make sure his medicines are ordered, collected from the chemist and taken every day.
- allow more time for him to get ready when we're going out
- take the driving seat more than I previously did.
- make sure he keeps active in mind and body.
- try to keep stress levels within our lives at a reasonable level, not an easy task!

Colin has always been a good worker and enjoys looking after our home. He has just finished building a patio in the back garden, he works hard on maintaining his independence. But despite both our best efforts not every day is an easy day! I have to remind myself regularly that the young man I meet in 1968 is now 73 years old and would be slower and occasionally confused with or without Parkinson's.

I'm sure he must sometimes look at this wrinkly 70 year old woman and wonder where the pretty 19 year old girl with thick black eyeliner and mini-skirts has vanished to.

We are a partnership and always will be. I give thanks every day for our love and friendship and if/when the balance alters some more, I am confident we will be able to deal with it.



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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."

## What is Glass Fusion?



Linda Dakers answers this question...

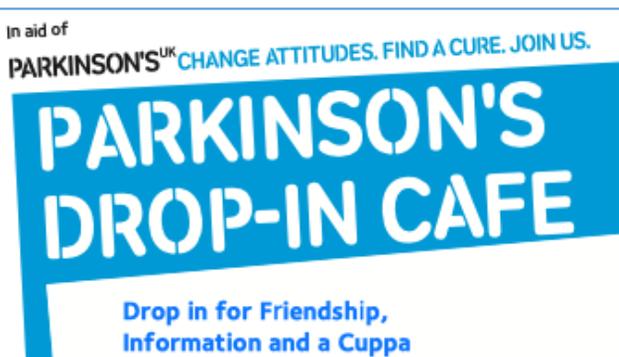
It is a very therapeutic activity, which is made by working on a glass base and from there you build up a picture (or design) using small, coloured pieces of treated glass, known as 'frit'.

The images above show something that I have been working on. If anyone is interested in classes here is some information;

Jackie, the teacher, can offer Taster sessions for PwP and their carers, either at her Studio, in Slaithwaite or at a venue of our choosing. A typical session is 90 mins, it includes all materials and equipment needed and costs £20.

Things that you might expect to make include (although not restricted to) jewellery, Christmas decoration, coasters, plaques or plates.

If you are interested please contact Linda on 07738 021 834.



Please remember we still have our Drop-In café. The next one is on Wednesday 26<sup>th</sup> June, followed by 31 July, you are more than welcome to come along for an informal chat over a cuppa. We meet at Sainsbury's 1<sup>st</sup> floor cafe in Halifax, between 2 – 4pm. Anyone requiring further information can contact Caz on 01274 996 847.

All issues of the NL can be viewed online at,  
[www.parkinsonshalifax.org.uk](http://www.parkinsonshalifax.org.uk)

If you would like to see your poetry published here, please send it to [lillybelly@hotmail.com](mailto:lillybelly@hotmail.com)

### Dates For Your Diary

**Saturday 13<sup>th</sup> July**  
*Summer Fair*

**Saturday 13<sup>th</sup> August**  
*NO MEETING*