

# Parkinson's Halifax

## NEWSLETTER

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Please remember;  
There is no Meeting  
at Elim Church in  
August.

### TEAM PARKINSON'S

**Join the movement that's uniting to end Parkinson's. Forever.**

Within Parkinson's UK there is a campaign to increase membership. Unfortunately, the numbers have dwindled in recent times. Here at the Halifax Branch, we could really boost the number of members, simply by encouraging our family and friends to join. Some already help in many ways including fundraising, volunteering and helping generally. And the more people who join in, the stronger we'll be.

Parkinson's UK doesn't want cost to stop anyone from being able to join, so just chip in whatever you can – even if that's nothing right now.

It's easy to join;

\* simply phone the Supporter Services on **0800 138 6593**, and don't forget to mention that the Halifax Branch is your local branch.

\* Or you can email to; [team@parkinsons.org.uk](mailto:team@parkinsons.org.uk)

\* Or fill in the enclosed application form. Give Ian a call if you want some more!

If you don't want the magazine, just say so - it's your choice!

### The Shay Fundraising Event

The Annual Dinner and Comedy Evening will be on Saturday 28<sup>th</sup> September at 7.30pm. Dress code smart casual. The event will be in the capable hands of Pete Emmett, with Josh Daniels and of course Magic Bob. Tickets at £35 each. Details on website, [www.parkinsonshalifax.org.uk](http://www.parkinsonshalifax.org.uk)



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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."

# My journey so far...

**Sue Morris**

So... I have a new job title. I am a '**Newby**'. I don't know how long it takes to become affiliated, but for now I am learning the trade. Along with the help of some fabulous people I have met who are affiliated and have been members for a number of years.

I am learning to live with a new life that has been thrown at me.

Trying to fit a new regime into an already hectic lifestyle is proving challenging! Apparently exercise is very good for you, in fact it's essential, as is walking, eating healthily and regularly – and laughing!

Before being given my new job title I was a regular wife, mother, grandma, sister and friend and I think I made a reasonable attempt at this. My promotion to '**Newby**' has been confusing, humorous and tiring in equal measures. However, I am resolute that my new role won't determine my life (yet) and that I shall continue to enjoy life to the full.

Do I have any concerns about my new job title and what the future may hold? My biggest worry is losing my smile. A simple smile is, and always has been, very important to me. I think the following rather sums it up:

**Smiling is infectious,  
you catch it like the flu.**

**When someone smiled at me today,  
I started smiling too.**

**I passed around the corner  
and someone saw my grin.  
When he smiled I realised  
I'd passed it onto him.**

**I thought about that smile,  
then I realised its worth.  
A single smile, just like mine  
could travel round the earth.  
So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick,  
and get the world infected!**



*Spike Milligan*



## Fantastic Flowers

What a fabulous turn out there was for this most entertaining evening, in June. Those who attended were delighted not only by the most beautiful flower displays but also the background information given by the very lovely Janine. Special thanks to **Anne Hunter** for organising such a fantastic evening. The total raised for The Halifax Branch is a staggering **£820**.

## DROP-IN CAFÉ

Please remember we still have our Drop-In café. The next one is on Wednesday 31<sup>st</sup> July, followed by 28<sup>th</sup> August, 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 August**  
**NO MEETING**

**Saturday 14<sup>th</sup> September**  
*Speaker: Roger Pollard*  
The Art of Bellringing  
**Saturday 28<sup>th</sup> September**  
*Shay Fundraising Event*