

Not enough people understand what it is like to live with Parkinson's. They don't know it's a serious condition. They don't realise that treatments are limited and that there is no cure. It's time to start the conversation. It's time to talk about Parkinson's



A Happy Easter to All Our Members

ARE YOU GOING TO SCARBOROUGH FAIR?

We are! And you are invited too!

The bus trip is on Wednesday
1st June 2022

Tickets are great value at £15
per person and
include transport, meals and
entrance fees

Our itinerary:

9.30 depart from Elim Church

11.30 Fish and Chips

13.00 arrive Scarborough Fair

14.30 cream tea

15.30 Leave for home

19.00 arrive back at Elim Church

Contact:

Sue Morris 01422 362303



ELVIS NIGHT Shake the dust off
your blue suede shoes, Elvis is in town!

By popular demand, we are having
another Elvis night out on Saturday 18th June 2022 at
Elland Cricket Club, to include a pie and pea supper.
Tickets are available from Ian Barraclough on 07967
419880, but hurry, they are selling out fast.

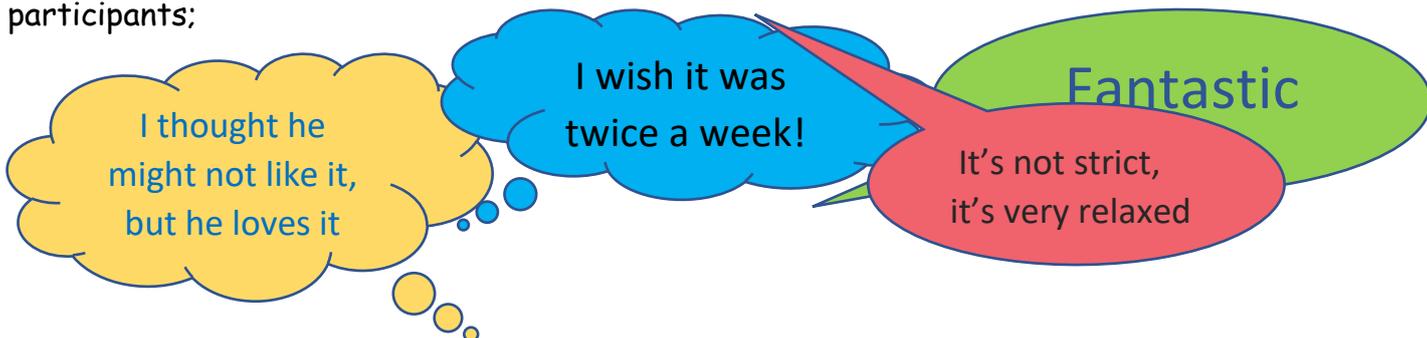
GOLF Many of the exercise activities recommended
for people living with Parkinson's involve large
movements of the limbs, such as dance, Tai chi and
boxercise. Golf also provides benefits. Those who have
enjoyed the Golf sessions organised by Linda Dakers in
the past will be delighted to hear that she is once more
speaking with the nice folks down at Bradley Park Golf
Club with the aim of setting up an
arrangement whereby at an agreed time,
we will be able to use facilities and
receive some tuition and encouragement
from the Professionals at the club. Last year we even
had a Christmas meal there, when lockdown permitted.



Breaking News - Golf sessions to start Friday 15th April.

FUN AND GAMES Do you prefer cerebral activities rather than physical ones? Why not
join in on our Games time on Thursdays after the dance session. If you need to get your breath
back after dancing, or you come especially for the games, all are welcome. Whether it is
Rummikub, Jenga, Shut the Box or a hand of cards, keep the grey matter working, meet friends
old and new in an environment where there is understanding and acceptance.

Shall we dance? The dance group is proving popular and they have been in several projects, linked to similar groups based in other Parkinson's branches. Some quotes from participants:



Parkinson's Drop in Café at Sainsbury's Sadly, Sainsbury's have decided to close their coffee shop, upstairs in their Halifax town centre supermarket and the final session will be 30th March. We had a good relationship with them and they allowed us to hold information gatherings, mainly aimed at newly diagnosed people, but also welcoming friends. We are pleased to confirm that the information get-togethers will be held at **Shibden Park Café from 27th April 2022.**

Many thanks to Martin Uttley who has retired from the Committee after almost 14 years. It is estimated that he raised £50k by organising the 10 annual Shay Comedy Nights. Well done Martin and many thanks for your support.

Dates for your diary

- 30th March Parkinson's Café at Sainsbury's 2.00 pm - 4:00 pm (Last one at this venue)
- 9th April Saturday Club at Elim Church 2:00 pm - 4:00 pm (with Tony Austin - singer/guitarist)
- 27th April Parkinson's Café Change of venue - Shibden Park Café (by the lake) 2:00pm - 4:00pm
- 14th May Saturday Club at Elim Church 2:00 pm - 4:00 pm (with David Glover - Local Historian)
- 1st June Coach Trip to Scarborough Fair
- 10th June Brighthouse's Over 50's Information Stall, Brighthouse Central Methodist Church 10-2:00
- 7th Sept Coach Trip to Oswaldtwistle Mills
- 12th Nov Autumn Fayre

Glass painting Linda Dakers, one of our members, has offered to hold a glass painting session. If you think that you would be interested in this type of activity, please contact Linda on 07738 021834 or Anne on 01422 253368 to show your interest.



Parkinson's UK Confidential Helpline
Call free on 0808 800 0303
Opening Times
Monday – Friday: 9am – 7pm
Saturday: 10am – 2pm
Closed Sundays & Bank Holidays