

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny
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Issue No 22
April 2018



Saturday 14th
JULY 2018
2pm -4pm

Summer Fair

- Raffle
- Bran Tub
- Craft Stalls
- Bring & Buy Cake Stall

Refreshments from
2.30-3.30

Free Entry
Elim Church
Hall Street, HX1 5AY

Please bring a cake on the day

more details from Ian Barraclough on 01422 256521

In aid of
PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
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Contact Details



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PARKINSON'S^{UK}
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)

"Our 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."



Give as you Live[®]

Raise money for Parkinson's UK, for free, just
by shopping online. For more details please
contact Eileen Kenny.

Lets Get Physical 2018

Following on from the success of the 'Let's Get Physical' event in November which was held at Ainley Top there is to be a follow up event. It will be a day's programme led by Bhanu Ramaswamy, an internationally recognised physiotherapist specialising in Parkinson's.

This years event will be held at **Doncaster Holiday Inn J36 A1(M) on 16th October.** Further details about cost/booking will follow in due course.

Format:

Last year, Josefa Domingos was invited to lead a study day encouraging people with Parkinson's and their carers to 'get physical' through exercise. In addition to giving educational talks about different types of exercises for people with Parkinson's, Josefa ran sessions so people could participate in some internationally recognised programmes known to be helpful with the movement symptoms of Parkinson's.

This year, the day will consider how people can stay active, with practical sessions so people can test their fitness levels, and then try different, activities more commonly available in the UK, and as recommended in the Parkinson's Exercise Framework to stay fit.

Take Control Grant

The new Take Control Grants enable people with Parkinson's to access funds to improve their quality of life. Programme manager Barbara Locke explains: "People living with the condition can apply for a grant of up to £1,500. These grants can be used for anything from technology to avoid isolation to specialist equipment to help with everyday living."

Who can apply?

People with Parkinson's or other forms of progressive parkinsonism are eligible. The local advisers and Helpline are aware of the grants scheme, and will be able to support those keen to apply. Barbara adds: "People who care for someone with Parkinson's and aren't paid for their caring role are eligible to apply. We don't count Carer's Allowance as 'being paid'."

More information on the grants and the application form is available on our website www.parkinsonsuk.org.uk.

Have a question?

Contact Barbara on 020 7963 3785 or email grants@parkinsons.org.uk

VOLUNTEERS NEEDED



Can you spare an hour? Do you have any family or friends that might like to volunteer for an hour or so? If the answer is YES, please consider one of the following opportunities...

*Wednesday 11th April (WPD) at the Town Hall, Halifax between 10.30 – 2pm to serve refreshments.

*Saturday 14th July at Elim Church, HX1 5AY between 2pm- 4pm to serve refreshments.

Please contact Ian on 01422 256 521.

If you have something that you would like to see in the Newsletter, please, don't be shy... You can contact Eileen Kenny by telephone, who will then arrange a meeting if required or you could simply email your ideas directly (contact details; on page 1). Articles need to be submitted before the 27th of the month.

All issues of the Newsletter can be viewed online at, www.parkinsonshalifax.org.uk

Dates For Your Diary

Saturday 13th May
Singer: Walt Dodson

Wednesday 23rd May
Coach trip Memorial Arboretum

Saturday 9th June
Singers: Land Lubbers