

# Parkinson's Halifax

## NEWSLETTER

Edited by Eileen Kenny

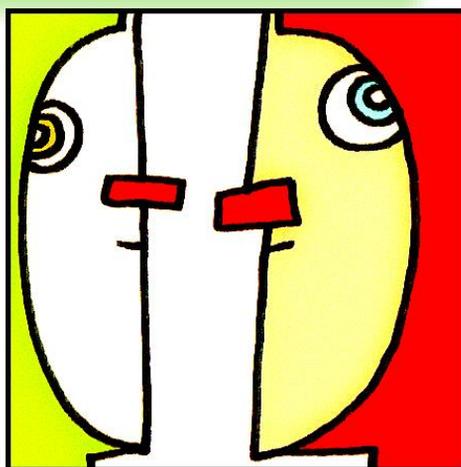
Issue No 6  
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**Merry Christmas  
and a  
Happy New Year**

**Laughter;  
the best medicine...**

By Paul MacDonald

Recently I joined my colleagues Robert and Mirco as they put on their red noses and brought a little bit of wit and wisdom



to a Parkinson's conference in Mestre, Venice. Invited by organizers the clowns were permitted to pop up between the various talks.

The health professionals and people affected by Parkinson's laughed at their comic interpretations of the talks, demonstrations of complementary therapies, and their loud protestations that the coffee and loo break had been skipped! At the end I did a little dance to a rap they made up on the spot. Just a spoonful of silliness to help the medicine go down.

Here's a link to a video documentary where I talk about clowns and Parkinson's.

<https://vimeo.com/179923907>

Photograph shows Paul MacDonald



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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)

"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."



## Meet Committee Member... Margaret Lambert

My name is Margaret Lambert and I became Events Co-ordinator just over a year ago.

My husband Ken was diagnosed with Parkinson's in 2006 and we were supported by Kathy Judd and encouraged to attend the Saturday socials at Elim church and the outings during the year. Since then we have both tried to support all the other events to raise money and awareness for Parkinson's.

When our daughter Lisa chose Parkinson's as one of her Mayor's charities we were very pleased and proud to help and support her during the fund raising year. She also agreed to be President for our branch. We have two other children and eight grandchildren and enjoy spending time with them.

All my working life I was employed as a Support Officer for the elderly throughout Calderdale. Ken and I will celebrate 50 years of marriage next year when we will also both be 70 years old.

Funds raised from the 'Parkinson Cricket and Me' lunch totalled £65, to go to Parkinson's Halifax Branch.

Well done Eric Hunter.

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

### URGENT Call for Volunteers!

The next two Bag Packs will take place on 9<sup>th</sup> & 16<sup>th</sup> December 10am - 4pm at M&S, Halifax. If you can spare an hour or two please contact *Ian*:  
01422 256 521



### Dates For Your Diary

**Saturday 14th January**

*Councillor Lisa Lambert  
(Branch President)*

Lisa talks about her year as Calderdale Mayor.

**Saturday 11th February**

*Ann Tong  
Popular Singer*

**Saturday 11th March**

47th Annual General Meet

**Thursday 30th March**

*Coach Trip  
Oswaldtwistle Mills*

Funds raised from the Almondbury Craft Fair totalled £1329.40, to go to Parkinson's Research.

Well done Jacqueline Moulson.

