

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny
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June 2018

Parkinson's Dance4Fun Group

Here Comes The Sun



“Wed 18 Jul, 1:30pm at Square Chapel Red Brick Auditorium
Tickets: £5 Running time: 90 minutes without an interval.
Dance4Fun Parkinson's group warmly welcomes you to join them for an afternoon of dance as they celebrate five years of friendship and fun!

The group is run by dance artist Natalie Speake and assistant dance artist Gil Burns and is supported by Halifax and District Branch of Parkinson's UK. Joining them on stage will be some of the group's grandchildren and their classmates and also some of the regular volunteers who support the dancers on a weekly basis.

Through dance, song and poetry the group promises to warm your heart and put a big smile on your face!”

You can get your tickets (£5) directly from the Square Chapel, on line at www.squarechapel.co.uk, or telephone the Box Office: 01422 349 422 (open 11am - . Please do encourage all your friends and family to come and celebrate the last five years with Halifax Branch of Parkinson's Dance4Fun group.



Give as you Live®

Raise money for Parkinson's UK, for free, just by shopping online. For more details please contact Eileen Kenny 01422 373 566.

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.”



Let's Get Physical

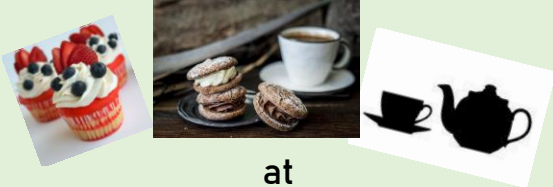
Here are some of the things that the let's Get Physical Group get up to...

Nordic Walking in Greenhead Park and Circuit Training at The Salvation Army in Salendine Nook. Anyone wishing to join in please contact Angela Thompson on 07772 966 603.

There are new things to try on a regular basis, upcoming ideas include Line Dancing, Salsa, Boxercise, to name a few.

Afternoon Tea

on
Sunday June 24th
from 2pm – 4pm



at
MYTHOLMROYD COMMUNITY &
LEISURE CENTRE
CALDENE AVENUE
MYTHOLMROYD
HEBDEN BRIDGE
HX7 5AF
All Welcome

Don't Forget the Carer!

Age UK, Alzheimer's Society, Bluebird Care, Memory Lane Cafes and Calderdale Carers will be hosting...

SUPPORTING CARERS IN CARERS WEEK

On
FRIDAY 15TH JUNE 11am to 2pm

At
Age UK, Rimani House, Hall Street, Halifax, HX1 5BD

We would like to invite carers to come along for a variety of taster sessions, entertainment, lunch and refreshments.

We can help with transport if carers cannot manage public transport and sitters that will be assessed on an individual basis, depending on availability.

For more information ring
Calderdale Carers on 01422 369101 or
Shabir Bluebird Care on 07866 369916

Anyone wishing to have a stall at the Summer Fair please contact Anne Rothera on 01422 253368.

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 14th July
Summer Fair**

**AUGUST
NO MEETING**