

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny
lillybelly@hotmail.com

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

WORLD PARKINSON'S DAY

COFFEE MORNING

Please call in for a coffee.
Sample some delicious
cakes.

at the Town Hall, Halifax
Wednesday 11th April 2018
10.30am - 2.00pm

To be opened by the Mayor of Calderdale. Cllr. Ali Ferman

Volunteers urgently required

Please contact Ian Barraclough for further details or to
volunteer on 01422 256521
ianbarraclough@icloud.com



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**Raise money for Parkinson's UK, for free,
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Did you know that you can support Parkinson's UK every time you shop online at over 3,000 retailers - without spending a penny extra?

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Contact Details



Sylvia Maudsley
Chair
01422 884 134



Ian Barraclough
Vice Chair
Membership Sec
01422 256 521



David Baldwin
Treasurer
01422 355 189



Eileen Kenny
Secretary
NL Editor
01422 373 566



Margaret Lambert
Events
01422 256 347



Janet Edmunds
Parkinson's Local
Adviser (PLA)
03442 253 638

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."



As Exercise is being reported as the new Drug for Parkinson's, here's an insight into what's on offer at Halifax.

Performing in the Hebden Bridge Festival for Dance4Fun

It was on a very rainy day back in flaming June that a group of us from the Thursday Dance4Fun class braved the poor weather, in order to perform at Hebden Bridge Town Hall, in the HB Arts Festival. Other groups who were also set to perform at the Festival included two classes from local schools whose little faces lit up as they began to sing "Catch a Falling star".

The theme of the Festival was **Memories of a Mill Town**. For a few Thursdays

beforehand, we had been putting together some self-choreographed movements which represented something to us from our own past, then we'd had two weeks to practise our moves to a piece of music entitled, "Hymn of the Big Wheel".

At the Festival, it soon came around to our turn, our performance went really well and we received great feedback from the audience. After refreshments of tea and cakes we all travelled home on the bus. It brought us closer together as a group.

Margaret Cowburn

A brief report from New Members

Since Colin was diagnosed with Parkinson's three years ago and we joined the Halifax group, I have been encouraging him join the Dance4Fun class. Well just recently, he decided to bite the bullet and off we went to Elim.

Natalie (pictured above) and her ladies are full of fun. The main activity is exercise seated on a chair. However, anyone who is able to dance, can do so, if they wish. We also sing but again, you join in

only if you want to. There is no pressure. It's not Strictly Come Dancing, it's exercise and fun, but sadly no sequins... We meet at 10.30 for coffee/tea and biscuits in Halifax Elim Church. The class starts at 11.00 for an hour. Colin and I been a several times now (including the Christmas lunch, which was great) and intend to continue going whenever we can. I enjoy it just as much as Colin.

If you haven't tried it yet... come along and see what you think.

Sue Crawshaw



Coach Trip to the National Memorial Arboretum

Come and join us on this coach trip and find out more about the UK's year-round centre of Remembrance; a spiritually uplifting place which honours the fallen, recognises service and



sacrifice, and fosters pride in our country. Depart Elim Church 9.45 am prompt. Return to Elim Church approximately 7.30 pm. Land Train and afternoon tea included in price of £10.

Tickets from Margaret Lambert: 01422 256 347

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 by the 27th of the month.

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

Eric Hunter

Eric was diagnosed with Parkinson's in 2010. Since then he has worked hard to maintain his enthusiasm. The result is a very funny 25 minute talk. He is offering to be a guest speaker at your next event – his talk can be tailored to suit your audience. All fees raised are to go to the Halifax Branch of Parkinson's UK. Please contact him on 01422 375 066

Dates For Your Diary

Saturday 14th April
Speaker: Yorkshire Air Ambulance

Saturday 13th May
Singer: Walt Dodson

Wednesday 23rd May
Coach trip Memorial Arboretum