

# Parkinson's Halifax

## NEWSLETTER

Edited by Eileen Kenny  
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### Carers Matter – A message from Parkinson's Local Adviser, Janet Edmunds

I often find myself in absolute awe of the husband/wives/sons/daughters, who find themselves caring for a relative with Parkinson's. The pressure of being a carer should never be underestimated, it must be one of the hardest jobs in the world, and one that nobody ever thought they would find themselves doing.



In order to be able to provide 24 hour care to somebody else you need to be looking after yourself and taking regular breaks, otherwise it may lead to stress and illness. You also need the support of others whether it is on a one to one basis or in a group setting. Talking about how you feel is a great tonic and talking to others who really understand is essential.

So many carers feel unable to take time out. This is where I come in. I can help you to look at the options available to you and help consider any costs. I can make sure you are claiming the benefits you are entitled to help cover the costs of respite service. However, most importantly, I can listen.

Please do get in touch on 0344 225 3638.

If I am not available please leave a message and I will get back to you as soon as possible.

### Contact Details



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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)

"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."

## Poetry Corner

### Eat Your Heart Out, Gareth Malone

Now I'm no Catherine Jenkins, or even Charlotte Church  
And no self-respecting canary would let me share its perch.  
But boy, do I love singing? The buzz is near electric  
I'll sing along to anything, my tastes are quite eclectic.

There was a note from Eileen, I had to rub my eyes  
A choir for us with Parkies? Oh what a great surprise!  
But what if they're all Divas, I might look like a fool  
But "Have a go at everything"'s, my Parkies golden rule.

I went down to the Golf Club, with butterflies in my tum  
But within five minutes, I was so glad that I'd come  
Giselle, our choir mistress is really such a treasure  
She starts our week on Monday with a morning full of pleasure.

We do our breathing exercises and we've all learned how to poodle  
We give ourselves a little hug and our neighbours get a cuddle  
Our tongues get truly twisted with copper coffee pots  
And sister Suzy simply makes us all get tied in knots.

We all try very hard to keep our singing sweet  
But MacNamara and his band just simply had us beat  
The boys get very macho with their dark and gravelly throats  
While us girls could use a stepladder to reach the higher notes.

We sing the pleasures of L'Amour and turn all 'Ooo la la!  
We've tried to find 'The Perfect Song' like trying to catch a star.  
Rod Stuart takes us 'Sailing', then we're 'Singing in the Rain',  
While medleys give the chance for us to walk down Memory Lane

The members of our choir are the nicest you could meet  
We do a lot of laughing which picks us up a treat  
Giselle is quite amazing, she knows what makes us tick  
So why not come and join us? But you'd better make it quick!  
**Joanna Emblem**

If you would like to see your poetry published here, please send it to [lillybelly@hotmail.com](mailto:lillybelly@hotmail.com)

Festive Lunch on Saturday 1<sup>st</sup> December 2018.  
Singer Kathie Ryan.  
Tickets £10.  
Limited availability – please book early to avoid disappointment, see **Margaret Lambert** or call her on 01422 256 347.

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

Just a note to let those who don't know, Giselle is no longer teaching the singing group. However, we welcome Stephen Gott, a concert pianist, who is playing the keyboard for us.

### Dates For Your Diary

**Wednesday 7<sup>th</sup> November**

**Coach trip: Ryecroft Hall**

**Saturday 10<sup>th</sup> November**

**Speaker: Ridley & Hall Solicitor**

### Coach Trip...

to Ryecroft Hall, Hambleton on Weds 7<sup>th</sup> November 2018 at £10 for travel & lunch. This is a popular destination; to avoid disappointment book your place with **Margaret Lambert** on 01422 256 347.

