

# Parkinson's Halifax

## NEWSLETTER

Edited by Eileen Kenny  
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### Let's get physical!

I like to dance; but actual exercising at a gym? No way! However, after recently taking part in a Parkinson's Therapeutic Program in Northern Italy, I realised that I could be feeling and functioning much better. I was assigned my own trainer/physio, Agata, and with her guidance, determination and a bit of tough love, I found myself improving at a rate of knots. The treadmill was a

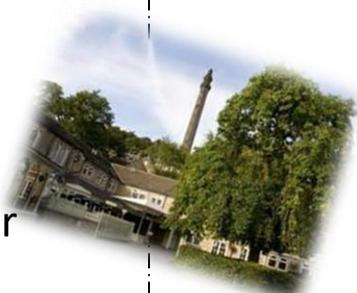


great place to improve my gait, balance and posture. It took a lot of concentration, effort and belief to get my left side to match the stride length of the right, but Agata felt it was good enough to throw in some multitasking as well. Soon I was walking sideways whilst throwing and catching a ball. All whilst still on the tread mill. Look at me!... I grinned. Another part of the therapy involved the PowerMoves; these expansive moments dynamically stretch the whole body whilst activating the breath. Emphasis is on Bigger, Bolder and more Purposeful movements, leaving no time for distracting thoughts. One day when I was low on energy and feeling defeated, Agata changed tack and had me boxing. She told me I better aim well at the pads she was holding as she would like her nose to be intact when she got married next month. The beautiful thermal park next the centre was ideal for practice. Everything was a stones throw from the family run Hotel Diana and although I had actually abandoned my holiday plans in favour of the therapy; it was very enjoyable. I made lots of friends and my Italian flourished.

I can't stress enough how important encouragement and praise helps us keep going. Whether we have Parkinson's or not. On Coming home to Halifax my challenge has been to stick with my program. So, my Question is: Does anyone need a gym buddy?

Quiz Night  
at the  
Tower House Hotel  
HX2 7EW  
Friday 8<sup>th</sup> September  
7pm for 7.30  
Tickets £5

*Please contact Joanna Emblem 01422 825999*



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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."



## Meeting Branch Member... Philip Beckett

It was my 49th birthday when I discovered that I had Parkinson's.

My emotions upon getting the news?

Shock? Bewilderment? Self-pity? No, none of these.

I accepted it immediately, possibly because I had already suspected that I had Parkinson's. My feelings were more like determination, and a certain stubbornness. I knew it was degenerative and therefore it was inevitable that it would affect my life and those of my family. At that time I worked for a City investment bank, I wrote a column for a magazine and I was an examiner and moderator for my professional body.

Within a fairly short time all that came to an end and I retired from the rat race. I was determined not to stagnate. I volunteered for a local charity, became treasurer and then chairman. Funding was very tight and the volunteering grew to longer hours than when employed. I knew that I had to step down and let others take over.

So I continued to write magazine articles and online material, poetry, song lyrics and a couple of pantomime scripts, with music. I volunteered at my local community radio station and also broadcast on an international web-based radio station, specifically aimed at people living with Parkinson's. I write scripts for a soap opera 'Fred and Fanella', about a couple living with Parkinson's, (thanks to Caz who plays a starring role). I organise Conductive Education sessions we run for people from Huddersfield and Halifax branches. I also developed "A Present from the Past", a project where people can record their memories onto CD and save or share them.

Many thanks to all of you who have helped me on my way, being part of a community and all working together to support each other is so important for us all.

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

Annual Fundraising Dinner  
The Shay, Halifax  
Saturday 30th September 2017

M/C

**Pete Emmett**

**Jamie Sutherland**

comedian

**Magic Bob**

table magician

**Tickets are £35 each**

(Price includes 3 course dinner & top class entertainment)

and available from **Martin Uttley**,

(07977 565311)

or email [ianbarracrough@icloud.com](mailto:ianbarracrough@icloud.com)

Please advise of any special dietary needs at time of booking.

### Dates For Your Diary

**September 8<sup>th</sup>**

Quiz night at Tower House Hotel

**September 9<sup>th</sup>**

Chris Helme Retired PC

**September 30<sup>th</sup>**

[Annual Fund Raising Dinner at the Shay](#)

**October 14<sup>th</sup>**

Anniversary Celebration

Giselle Herbert Singer

Dance4Fun

All issues of the Newsletter can be viewed online at,

[www.parkinsonshalifax.org.uk](http://www.parkinsonshalifax.org.uk)

### SUMMER FAIR

The Summer fair was a success again this year, it was well attended and raised £640.

Many thanks go to everyone who took part, came to spend their money and to those involved in preparation, setting up and taking down of the event.



## New Bridge at Copley... to be named **Wilson Bridge**

The new Copley Bridge is to be named 'Wilson Bridge', after Mr Graham Wilson who lived at the adjacent toll house for many years until his recent death on 9th January 2017 at the Leeds General Infirmary, known to many at the Halifax Branch of Parkinson's. Calderdale Council is rebuilding the 185-year-old bridge after it was destroyed by the flood in 2015. Construction of the new bridge is due to be completed by autumn 2017. The Council is replacing the old toll bridge with a stronger steel and stone structure, which will then reconnect the two sides of the valley. Once open, it will provide access for pedestrians, horses and non-motorised vehicles.