

# Parkinson's Halifax

## NEWSLETTER

Edited by Eileen Kenny

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### Walk for Parkinson's – Ilkley Sunday 21<sup>st</sup> May 2017

#### Participant

Do you fancy taking part in a walk that helps to raise funds Parkinson's UK? You could sign up for the Ilkley walk which starts and finishes at Riverside Gardens

<https://www.parkinsons.org.uk/content/walk-parkinsons-ilkley>

There are 2 and 4 mile routes available. For more information please contact **Chrissie Fielden**, the Regional Fundraiser, Tel: 03442259842 or email: [cfielden@parkinsons.org.uk](mailto:cfielden@parkinsons.org.uk)

#### Volunteer

Anyone wishing to join in as a Volunteer Marshal for this event (stand along the route to make sure people go the right way). If you are interested please get in touch with Rose Crawley Tel: 0344 225 3634.

### The King's Men...



...are a close harmony group formed from the Choral Scholars of the Choir of King's College Cambridge. They perform regularly around Britain and as far afield as North America, Australia and Hong Kong. In the summer they divide into two groups touring the south and north of England. They are coming to Huddersfield to perform a charity concert for Parkinson's UK.

**7:30pm Wednesday 12<sup>th</sup> July**

**Huddersfield Parish Church, Byram Street, Huddersfield HD1 1BU**

Tickets £15 each. Book online [parkinsons.org.uk/kingsmenconcert](http://parkinsons.org.uk/kingsmenconcert) or call 020 7963 3912. Also available from:

[www.kirkleestownhalls.co.uk](http://www.kirkleestownhalls.co.uk) or call 01484 225 755

### 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)

"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."



## Introducing new Committee Member... Anne Rothera

Hi, my name is Anne Rothera. I first became involved with the Halifax Branch shortly after I was diagnosed with Parkinson's in December 2014, at the age of 58, after meeting two people who I know will be my friends for life. Other than the Neurologist and the Parkinson's Nurse, Ian and Caz were the first people I really spoke to, about life with Parkinson's, and I am eternally grateful that they were around for me at that difficult time in my life. I realised that these two people put so much time and effort into supporting the Halifax Branch and realised that I wanted to support them and the Branch in what they did. Over the last couple of years I would volunteer to help at various fundraising events and the Saturday Club etc. and then recently I was approached by Eileen who persuaded me to put my name forward to be elected onto the Committee. Eileen, like Ian and Caz had also become a very close friend and I have also got to know so many lovely, friendly people at the Branch – it truly is like having another family and one of the pluses of having Parkinson's.

I decided to retire from my job as an administrative assistant, in the School Admissions Team at the Local Council soon after being diagnosed with Parkinson's, as by then, after reading copious amounts of information, one thing I realised was that sitting at a desk most of the day would not in the long term be beneficial to my condition. Work had become gradually more and more difficult and stressful and it was quite a relief to be able to make the easy decision to give up work.

I have an amazing son, Andrew, who is married to my lovely daughter in law, Anna, and I have two beautiful grandchildren; Charlie aged five and Molly who is almost two. Unfortunately for me my son lives in Cambridgeshire as he is a sergeant in the RAF. We do visit them quite often and they come and stay with us too but it would be great if they lived nearer. My family, especially the grandchildren, who incidentally, call me Grannie Annie, help me to look forward to the future and because of modern

technology such as Skype and Facebook it is easy to keep in touch with what they are up to. I also have a close relationship with my step-daughter, Amanda and her family and we often meet up for coffee or lunch. I am Godmother to her daughter Miah who is eight and likes me to spend time crafting with her. Last but not least is my Husband, Keith, my rock and fellow traveller in this new journey I have found myself on. We have been together now for over twenty years and it was only last year when we decided it was time to get married. We managed to book the Registry Office for the day of my 60th birthday but kept the wedding a secret from most of my birthday party guests until they arrived at the venue. Keith used to say to me "but what would you do with your time if you gave up work?" Well I don't need to tell most of you that having Parkinson's can be like having a full-time job. I soon got myself signed up to classes such as Keep Fit, Art, Pilates, Conductive Education and even the Parkinson's Choir 'For the joy of Singing'- think I will be put at the back and told to sing quietly when we have an audience however! Together with ladies that lunch, shopping with mum who is a young 85 year old, fund raising, Retired Ladies' get togethers, T and Cake with the Huddersfield Branch ladies, Saturday Club, trips off with the Branch and of course all the medical appointments I have a very full diary and people have to get in early to secure an appointment, including Keith. Actually, Keith keeps himself quite busy and active as he is a member at the local golf club which he attends at least three times a week and spends quite a lot of time gardening as he likes to be outdoors. We like to go out walking together and sometimes we go with friends and I find this is a great way to catch up with them when I haven't seen them for a while. I know that I have joined a dedicated team of individuals who give their time endlessly caring for local people suffering with Parkinson's and their families and I look forward to working with them – can't think of the right words to finish this off!

### Dates For Your Diary

#### **Saturday 10th June**

*'Our very own'*

*Martin Heathcote*

#### **Wednesday 21st June**

(for information only)

**SORRY, TICKETS SOLD OUT**

**Coach Trip to Whitby**

via Pickering

09.45 Coach departs Elim Church promptly

Rail from Pickering to Whitby

13.45 Arrive Whitby

14.30 Trencher's for Fish & Chips

17.00 Depart Whitby

20.00 Arrive in Halifax

#### **Saturday 8th July Summer Fayre**

*Various Fundraising Stalls*

All issues of the Newsletter can be viewed online at,

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