

Parkinson's Halifax

NEWSLETTER

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Issue 3
September 2016

Bag Packing Fund Raiser at M&S, Halifax

Bag Packing on Friday 26th August at M&S, Halifax was a most lucrative event, the collection totalling over £700! Thank you generous shoppers of Halifax.

Well done to everyone who came along on the day to pack a bag, stand at the door with a shaker, look after the information table or shop at M&S and have your bag packed!



Parkinson's Choir

The Committee is pleased to announce that the choir will go ahead on Mondays (commencing 12th September), at Elland Golf Club from 11.10 – 12.40. The club is on the bus route 537. Our choir leader is Giselle Herbert (pictured).



It's a great way to exercise your voice, you will learn techniques to improve your breathing control and most importantly you'll have fun and meet some new people. For further information, please contact *Eileen Kenny*:
01422 373 566

COACH TRIP



Wednesday 9th November 2016

There is a coach trip to Millstones, near Harrogate, for lunch. On site there is also a bakery and a gift shop. We will depart from Elim Church at 10am promptly and will return at approximately 7pm. Tickets cost £10 per member or carer. For tickets and/or more information please contact,
Margaret Lambert:
01422 256 347 or
Ian Barraclough:
01422 256 521

Dates for your Diary

Saturday 24th September

Annual Fundraising Dinner, at the Shay, 7pm for 7.30pm.

Saturday 8th October

46th Anniversary meeting, Julie Diamond sings.

Wednesday 9th November

Coach trip to Millstones for lunch.

Saturday 12th November

Speaker Graham Smith "A Day in the Life of a Prison Governor"

Saturday 3rd December

Christmas Lunch 1pm - 5pm.
£5 per member/carers, don't forget to bring a wrapped gift.

A PATH THROUGH PARKINSON'S

A path through Parkinson's is a free self-management programme designed to help you navigate your life with Parkinson's.

It is for people with Parkinson's, partners and carers. The group is led by trained volunteer facilitators with first-hand experience of Parkinson's. The aim is to share experiences and discuss the practical and emotional impact of Parkinson's.

A Course is to be run in Halifax on Wednesday 5th, 12th and 19th October from 10.30 – 3.30 (venue to be confirmed).

Register your interest

email selfmanagement@parkinsons.org.uk or
call 020 7963 3924

All of the self-management groups are free to attend, but you must book your place in advance.

For further information contact *Eileen Kenny*: 01422 373 566



Meet the Vice Chair

I am Ian Barraclough, Vice Chair. Married to Carol for over 40 years (we were young and in love" as the song title goes) and have two children, one of each, and a couple of grandchildren, Ella & Libby. *(For those who remember them, they are growing up quick, 9 & 11 years old now - give or take! Proper little divas)!* I have been on the Committee since 2011 one year after being diagnosed with PD, age 53. After working 6 days a week, I suddenly had a lot of time on my hands. I felt I wasn't unemployed but unemployable, - who would employ someone, they didn't know, once they found out they had Parkinson's? It was an ideal position for me; "volunteer when I felt able to & leave it alone when I felt rough". *It didn't quite work out that way!*

I am also Branch Membership Secretary & Website Editor. I appreciate Margaret Lambert taking over as the Events Coordinator and I am very grateful to have some regular volunteers who assist us, especially with Marks & Spencer's, Halifax on board with us this year, and they can be relied upon to reduce the pressure. Special thanks go to Phil Beckett, Caz, Eileen & Anne and many others in the Branch, who regularly help out with arranging therapies & attend fundraising events. It just shows you can get involved without joining a committee. Over the years many have become friends, through being involved. **Thank you all**, without you - Life with PD would be hard work.

Dance4Fun with Natalie Speake

Dance4Fun is a weekly group for people with Parkinson's and their carers. It is run by Natalie Speake, a professional dance tutor. I have been going, on and off, for over a year now with my client who has Parkinson's. I work with him on a one to one basis to provide respite care for his wife. At first I was reluctant to join in, even feeling guilty that I was being paid to attend. But Natalie is very warm, engaging and supportive to everyone in the group and I soon realised I benefitted from it as much as the others. I also like to support the volunteers where I can with tidying up etc. Recently word got out that I write poetry and I'm touched when Natalie includes one of my poems.



The session is a mixture of movement to music, from simple warm up exercises to basic routines. We use a variety of objects including balls, scarves, flags and my favourite is the parachute. We often work in pairs where we "mirror" each other's movements. This builds confidence, concentration and rapport amongst us. Everyone is given a voice to share news or ideas and singing is also included which aids breathing and voice projection. This is very important as Parkinson's often affects the tone and volume of the voice leading to speech difficulties.

In my opinion, this type of therapy is vital in improving both physical and emotional wellbeing and should be more widely available for many conditions from dementia to depression. I have learnt a lot about Parkinson's, and how everyone is affected differently. This helps me in my role as a carer to gain a greater understanding and empathy for my client.

Sally Erridge

Dance4Fun meets Thursdays at Elim, 10.30 - 12.00



AUTUMN Coffee & Craft Day



**In support of Parkinson's UK
Research**

**All Hallows Church, Almondbury
Saturday 12th November
10.30am - 12.30 & 1.30 - 3.00pm**

Tickets £1 or pay on entry

**Tombola, Teddies & Raffle,
Homemade Cakes,
Christmas & Crafts Stalls
Bargain Book Sale**

Seeing this Newsletter for the first time?

You may notice that this is issue number 3. You may have missed the first two? But you can go to the website, www.parkinsonshalifax.org.uk and view them online.

Don't have a computer of your own? Perhaps a friend or Grandchild could print out a copy for you? It's always worth an ask... as my mother used to say, "If you don't ask - then the answer is always NO".

Hard copies will be available at Saturday Club, and from Committee members at Dance4Fun, Tai Chi and M&S fund raising events.