

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny
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Change for AGM

All members, please be advised that
The AGM

is being moved to February (from March). The time and venue remain the same... February 10th Saturday Club 2pm – 4pm.

Keeping in Touch Project

This is a project looking at how we can keep in touch with those people who are no longer able to attend group meetings or activities. Jenny Wilcox, who is running the project has provided a little information:

The project will run for between 3-6 months. There will be 3 new volunteer roles 1 x Keeping in Touch Coordinator, Telephone volunteer and Visitor volunteer. Full training for all will be provided and DBS checks will need to be carried out.

It would be good if our group was involved with this pilot project and so if anyone from the Halifax Branch is interested in getting involved, please contact Eileen Kenny on 01422 373 566.



Coach Trip to Millstones Wednesday 15th November

Includes 3 course Festive Lunch & Entertainment. Leaves Elim Church at 10am. Tickets are £10 per member (with Parkinson's or Carer) available from 9th September, Margaret Lambert.

Exercise Survey David Baldwin

Please find enclosed with this NL a questionnaire on exercise prepared by the Yorkshire and Humber Local Development Group. I am a member of this small group of volunteers who are working with Tracy Westgarth (Area Development Manager) and Rose Crawley (Volunteer Coordinator) to develop services across the area. Our role is to try to achieve Parkinson's UK's vision that by 2020 people with Parkinson's, will have access to services that they themselves identified as being fundamental to being and staying in control of Parkinson's (Parkinson's Links). This questionnaire is being trialled through the Halifax Branch before dissemination across Yorkshire and the Humber so we would welcome your feedback on the questionnaire itself including areas for improvement. If you know people in the area who have Parkinson's but are not Parkinson's UK members encourage them to complete the survey. If you prefer, you can request an electronic copy of the questionnaire by sending me an e-mail to davidbaldwin39@outlook.com Development Volunteer

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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.



Meeting Branch Members...

Paul Mac Artist.

Being an artist definitely takes the edge of having Parkinson's.

Although it can mean a lot of adapting and experimentation when your symptoms get in the way! Which has meant my work has become quite varied both in scale and media. When line drawings are not possible, then it's time to opt for materials that are more forgiving!



When Matisse went partially blind he made huge collages out of coloured paper to capture the vitality of figures dancing. Where there's a will there's a way. I use sponges, sticks, printing blocks and household brushes. I have some compulsive behaviour which is the side effect of a Dopamine Agonist I take. Therefore, I can easily overwork a piece or even ruin it. Friends have at times had to snatch them away. But on the plus side it has meant a greater output.



Last year I did an exhibition in Todmorden and had 140 pieces. Plus, I continued to work during the exhibition, sometimes sitting on the station platform doing mini watercolours. A little girl who visited observed that one drawing I had up had no colour; so, valuing her critique, I promptly took it down and coloured it in. After the euphoria of the opening weekend visitors and sales seemed to dwindle to nothing. Not to be defeated I rang everyone I knew and organised a closing weekend. Which was as joyous and prosperous as the beginning. Sales from that exhibition and others meant I could donate £500 to the Halifax Branch and £500 to the Hebden Bridge Flood relief. Needless to say, my friends were hugely supportive. Big cheer for them. Hurrah!



"Let's Get Physical"
with Josefa at
Cedar Court, Ainley Top



Josefa Domingos is a physiotherapist specialising in Parkinson's with more than twelve years working exclusively with Parkinson's and atypical parkinsonism. She is currently a researcher at Radboud University Centre in Nijmegen, the Netherlands doing her PhD on 'Practicalities of community-based exercise programmes in Parkinson's'. Between 2005 and 2015, she founded six national physical therapy Parkinson's specialised services throughout Portugal.



Dates For Your Diary

October 14th
Anniversary Celebration
Giselle Herbert Singer
Dance4Fun

Friday November 10th
Let's get Physical Event
At Cedar Court

November 11th
For the Joy of Singing

Wednesday Nov 15th
Trip to Millstones

Conductive Education

There is one spare place on the Conductive Education Programme, anyone who is interested, please contact Phil Beckett on 01484 713 035.

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