

Parkinson's Halifax

NEWSLETTER

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Joy of Flowers Fund Raiser

Anne Hunter has once again been busy organising a fantastic evening out. The event is Joy of Flowers, with a theme of Christmas Lights. The designer and presenter is the very talented Janine Gray. It is to be held at the **Upper Edge Baptist Chapel, HD6 3QD on Thursday 14th November**, please arrive by **7.15pm for 7.30pm** start. Tickets are £12 each available from Anne Hunter, contact 07985 038280.

On the night there will be a variety of delicious cakes and tea or coffee. Also if anyone would like to bring a something for a Christmas themed Bring and Buy sale (to be held on the evening), donations would be gratefully received.

The event is a fund raiser for two fantastic charities, MS Halifax and Parkinson's UK Halifax.

A couple of reminders...

For those wishing to take part, please remember to bring your wrapped gift for the Festive Lunch on 7th December.

The next Drop-in café, is 27th November at Sainsbury's. There is not one in December. The next one after that will be 29th January 2020!

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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)

"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."

Music, Parkinson's and Me, by Susan Morris



So here I am at another crossroads in my life and facing a dilemma which is totally alien to me – singing!

Don't get me wrong, I love singing it just doesn't love me. Unfortunately I have been told, many times, that I cannot sing (I'm like the old Morecambe and Wise sketch "I sing all the right notes, not necessarily in the right order"). My car is a good friend to me, she puts up with me belting out the songs on the radio when no one else is listening!

A story my daughters love to relate which still haunts me... I was standing on a chair, cleaning a huge cheese plant, wearing headphones and singing (loudly) along to David Bowie's 'Fashion', I thought I was alone but turned round to see my daughters doubled up laughing.

As a 'Newby' I took on board all I had to do for my wellbeing; exercise, walking, laughing, a good diet. All of which I could achieve, but I was horrified to be told singing is good for me. How could I inflict my voice on anyone else?

It took me ages to pluck up the courage to attend the singing group that has been set up for PwP, but last Monday I set off somewhat nervously to my very first singing class. I had been told the day before that the teacher doesn't hand out song sheets, which only made me more nervous. The last thing I said before leaving that morning was, "How can I sing along when it's not written down, it's impossible!",

Well, I couldn't have been more wrong!

I arrived at Elland Golf Club and was welcomed with open arms, the lady who takes the class (Emma Baylin) is lovely and took the time out to include me and explain what was going on, she also explained why we don't have song sheets (it all makes perfect sense now). The songs are old folk/ Celtic type songs, she sings a line and we sing it back, after a few lines we put it all together and even progress to singing in a round – fantastic!

We stop for refreshments which gave me the chance to meet new people.

Apparently, we always finish with Shalom (one of my favourites from church).

Well I came out on a high; it certainly has a real feel good factor.

It's £2.50 well spent and not time wasted. I would encourage anyone who has doubts like me to give it a try. I guarantee you won't be disappointed.

Dates For Your Diary

Saturday 7th December

Festive Lunch (1pm - 5pm)

Singer : Julie Dee

Saturday 11th January 2020

Speaker: Michael Astrop