

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny
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A Tribute To Johnnie Casson

By Andrew Lawrence

Photographs show Johnnie Casson (left) and Andrew Lawrence.



For many years until a recent move to Blackpool (for Tax reasons), a familiar face could be seen in the shops and on streets of Brighouse, that of Johnnie Casson. He has made his living in the extremely tough world of stand up comedy, he can still deliver quality entertainment even though age is now snapping at his heels as he is now homing in on his ton.

I have previously seen him twice before and he has been on my bucket list before the Grim Reaper comes calling (for either of us)!

Imagine my delight when I read in the well composed Parkinson's Newsletter that Johnnie was booked for the Parkinson's Annual Dinner and Entertainment evening at the Shay?

Once I had told everyone who cared to listen just how good Johnnie was, the doubt started to creep in. What if he was not up to it, at his age? What if he forgot his words?

Well I can safely say that he did not let us down, he was spot on. He is an expert in his chosen career. He managed to raise the happiness levels of everyone... once again Mr Casson, Thanks for making this outing one to remember.

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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.”



NEW Pro-active Parkinson's Exercise Class

An active exercise class to help you live well with Parkinson's.

About the class

The class is designed to help you to improve your Parkinson's symptoms. A pro-active approach to exercise and improving your quality of life. The class will incorporate elements of balance, stretching, strength and core activity, specific to the needs of people with Parkinson's. We want you to get fit, to have fun and to support each other to live and move well.



£5 per class



The Trainer

The class will be run by chartered neurological physiotherapist, Avril Henson (MCSP). Avril has over 25 years experience working in the local rehabilitation service. A member of the Health Care and Professional's Council (HCPC) and the UK Parkinson's Excellence Network, she is a trained PD warrior instructor and Bobath trained.

Every 2nd & 4th Wednesday starting Wednesday 14th November from 1 - 2pm at KT Dance Academy, Holly Bank Rd, Lindley, Huddersfield HD3 3JE

Please wear comfortable clothing for exercise and bring trainers. Parking in front or opposite the studio. Contact 07754 838029 for more information



For mood, motivation and movement

If you would like to see your poetry published here, please send it to lillybelly@hotmail.com

The Parkinson's singing group is still meeting (at Elland Golf Club every Monday morning from 11am until 12.30), despite not having a singing teacher. We are so lucky to have Stephen Gott playing the music for us. If you know of anyone who is prepared to commit to an hour and a half every week, (*obvious exceptions include holiday periods, such as Summer and Christmas*) please let Eileen Kenny know, on 01422 373 566.

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

Festive Lunch: 2017



Please remember to bring your wrapped gift for the Festive Lunch on 1st December.

Singer: Kathie Ryan



Dates For Your Diary

Saturday 1st December 2018
Festive Lunch
Singer: Kathie Ryan

Saturday 12th January 2019
Talk: Pub Signs by Michael Astrop