

Parkinson's Halifax

NEWSLETTER

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Short Walks

Would you like to take part in short(ish) walks in the local area?

Depending on the number of replies received, Ray Kershaw would be happy to advise you of short walks and rambles available locally to PwP and their partners and friends.

Obviously, to make this work, Ray will need to be advised if anyone is intending to meet.

These walks will not be a Parkinson's UK event, no risk assessments will be done. It will just be a number of like-minded members who want a social walk at a pace they can, possibly, keep up with and a social gathering.

They will not be arduous walks and may have to be cancelled at very short notice over the winter months, due to bad weather.

There is likely to be a stop on the walk in order to have refreshments, but please make sure you bring a drink and a snack with you, as this cannot be guaranteed.

Every effort will be made to keep in touch with all on the walk but no-one is responsible for your safe return - except you. Simple maps may be provided to assist you.

If you are interested and would like to join the group, please contact Ray by calling 07799 448888 or email: ray.kershaw@virgin.net



National Carers Rights Day

Calderdale Carers Project are hosting a joint event with Making Space, who support those caring for people with a mental health problem. The event will be open to all carers and held at Queens Road Neighbourhood Centre, Halifax, HX1 4NE on Thursday 21st November. There will be a buffet lunch and complementary therapies for carers. Booking is essential – to book ring us on 01422 369101 and advise us of any dietary requirements. We may be able to pay for a sitter and/or transport to enable you to attend. Please speak to us about it at the time of booking if you think you may need to access this.

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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."

Indoor Bowling

An opportunity has been offered to members: Anyone wishing to join a group of members on a weekly basis. It is held at Halifax Bowling Club, Thrum Hall Lane, Halifax HX1 4JT, on a Thursday afternoon. It's for 90 minutes (time to be arranged).

Interested?

Please contact Ian on 01422 256521 or email:

ianbarracough@me.com

We need someone to organise, and run this for the branch, and seven others to make it a viable activity.



Community Transport

We have been advised that Community Transport have received funding to allow small groups (max 14) the use of a mini bus and driver, for a charge of £5 per person, pick up & return to various venues in Halifax. For example, to Elim Church. You need to book well in advance, have a clear itinerary and this service can be provided 10am – 4pm. A minimum of 10 people is required on the day. Popular destinations include, but not limited to:

Bury Market | Skipton Market

Otley Theatre Trips (matinee)

Details: from Ian on 01422 256521

Email: ianbarracough@me.com



The Pro-Active Parkinson's

exercise class will be a year old this November! So thought a little update would be helpful. The classes are tailored to the specific needs of PwP and follows exercise guidance. They are varied in order to motivate, add interest, be challenging and also to be fun.

This is a supportive, social group of active PwP exercising together.

Thank you to the local branches for their ongoing support, which helps to run the classes. **Avril Henson**



Dates For Your Diary

Saturday 9th November

Lynne Lord

Amusing Poem Recitals

Wednesday 13th November

Coach Trip to Millstones

Saturday 7th December

Festive Lunch (1pm - 5pm)

Singer : Julie Dee

Tickets available now

Cost £10 per person. Numbers are limited, so please book early

