

Parkinson's Halifax

NEWSLETTER

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SELF MANAGEMENT COURSE – A PATH THROUGH PARKINSON'S

" Outstanding opportunity to talk, be listened to, explore feelings and meet people with such a positive outlook on life "

" Amazing volunteers run this course. Good to set time aside just to think about Parkinson's "

" Everyone joined in socialising, making new friends. "

What were those people reflecting on?

Parkinson's UK self-management programme: A Path through Parkinson's

Designed to help you think about and plan how you want to navigate your life with Parkinson's.

- It brings 8-12 people with Parkinson's, partners and carers together for discussion, activity and self-reflection.
- It is free to attend and groups are led by trained volunteer facilitators with first-hand experience of Parkinson's.

Face to face course in starts in
Wakefield, Venue TBC

Tues 2nd October - Tues 6th November 1pm - 3.30pm

Find out More or Register your interest at

selfmanagement@parkinsons.org.uk

Or call 020 7963 3924

Alternatively, there is an online course for West Yorkshire
(Welcome session and get to know the technology

Weds 10th Oct)

Weds 17th Oct – Weds 21st November 7 - 8pm

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Or call 020 7963 3924

"I registered for the online programme because I was at such a low point in my PD journey.... an online video group was a big step as I was already struggling relating to others. It appealed because I could stay in my room, in my home where I was secure."

"The experience was liberating - for the first time in ages it gave me the opportunity to be myself with others that were the same as me. I felt secure in speaking if I wanted to or valued just the same if I needed to just listen in for a while...a definite turning point for me and instrumental in getting myself closer to my 'normal' self."

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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."

Council Tax Disregard

Living with Parkinson's or any chronic long-term disability can be costly, and so any financial help can be a blessing.

Did you know that if you have a severe cognitive or mental impairment you may be entitled to a reduction on your Council Tax bill? The rules are quite complex around this, but as an example, if you are a couple living in a property, and one of you has a diagnosis of dementia or has some difficulties with cognition, you may be entitled to a 25% reduction on your council tax bill. There are also discounts available for people with a severe mental impairment who live alone or those who live with and care for someone who is not their partner. You would need to be in receipt of certain benefits (such as PIP or Attendance Allowance) to qualify for this and would need a medical practitioner, such as your GP or Neurologist, to confirm this impairment.

Please get in touch with me for more information – Janet Edmunds, PLA, 0344 225 3638

Coach Trip



Wednesday 7th November
Leaving Elim at 9.45 Return 8pm
A coach trip to Ryecroft Hall, at
Hambleton, Blackpool.
Three course festive lunch and
entertainment.
Tickets are £10 each, available
from Margaret Lambert
Tel: 01422 256347 from 8th Sept.

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

Annual Fund Raising Dinner at the
Shay, on Saturday 29th September.
Tickets are £35 pp, please contact
Martin Uttley 01422 351 553

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

Poetry Corner

Chesil Beach

Jurassic coast, still I wonder,
As I listen to the thunder of the sea,
as it sorts each pebble on the beach.
How early man saw magic here,
and maybe experienced fear,
as the ocean did what man couldn't do,
by making the beach its own.

Each stone sits with sister or brother,
Small to large, a beach like no other.
I've walked its mile, morning and night.
In sun and rain I sense its might.
I feel a link with early man
As he walked or ran on a beach like no
other.

Pat Martin

Dates For Your Diary

13th October

Singer: Giselle Herbert

7th November (Wednesday)
Coach Trip: Ryecroft Hall

10th November

Speaker: Ridley & Hall Solicitor