

Red Dates = Elim Church

Green Dates = Sainsbury's Halifax

11th Jan 14:00 – 16:00
Speaker: Michael Astrop

29th Jan 14:00 - 16:00
Parkinson's Cafe

8th Feb 14:00 - 16:00
Annual General Meeting
+ Wiltshire Farm Foods

26th Feb 14:00 - 16:00
Parkinson's Cafe

14th March 14:00 - 16:00
Landlubbers

25th March 14:00 - 16:00
Parkinson's Cafe

11th April 14:00 - 16:00
Speaker:
Guide Dogs for the Blind

29th April 14:00 - 16:00
Parkinson's Cafe

**PLEASE NOTE: ALL EVENTS ARE
CANCELLED DUE TO COVID 19.**

Please look at our website for news of
when we are re-opening.

www.parkinsonshalifax.org.uk

Or ring Ian on 01422 256521

27th May 14:00 - 16:00
Parkinson's Cafe

13th June 14:00 - 16:00
Speaker: Denise Adlard
Amusing talk on her life as a nurse

24th June 14:00 - 16:00
Parkinson's Cafe

11th July 14:00 - 16:00
Summer Fayre

29th July 14:00 - 16:00
Parkinson's Cafe

August
There is NO MEETING at ELIM
CHURCH in August

26th Aug 14:00 - 16:00
Parkinson's Cafe

12th Sept 14:00 - 16:00
Steve Brown
Guitarist & Singer

16th Sept 09:45 - 19:00
Coach Trip
Scarborough Fair

30th Sept 14:00 - 16:00
Parkinson's Cafe

10th Oct 14:00 - 16:30

50th Anniversary Celebration

Guest: **Steve Ford**

(Chief Executive of Parkinson's UK)

Singing Group: The Nightingales
+ Afternoon tea

28th Oct 14:00 - 16:00
Parkinson's Cafe

14th Nov 14:00 - 16:00
Speaker: Trish
Amusing tales from past school days

18th Nov 09:45 - 19:00
Coach Trip

to Ryecroft Hall, Blackpool
for a festive lunch

25th Nov 14:00 - 16:00
Parkinson's Cafe

5th Dec 13:00 - 17:00
Festive Lunch &
Singer: Kathie Ryan

Dec 2020
NO MEETING at SAINSBURYS

2021

9th Jan 14:00 - 16:00
To be arranged

27th Jan 14:00 - 16:00
Parkinson's Cafe

13th Feb 14:00 - 16:00
Annual General Meeting

Not a member yet?

It is easy to Join Parkinson's UK

Please ring our membership dept.
on 0800 138 6593

Membership is free, please ask to
be linked to the Halifax Branch.

Member's Benefits include:

Conductive Education, monthly sessions
held in Huddersfield, subject to availability.

Cost £10 per session

Please ring Phil Beckett for further
details, on 07748 121444

Exercise Groups at

**Maurice Jagger Centre, Lister Street
Halifax HX1 1UZ**

a) Most Mondays 10.15 - 11.30 Tai Chi

b) Most Tuesdays 10.00 - 11.00

A gentle exercise class

Please ring Ray or Linda
Kershaw for further
details, on 01422 354242

Parkinson's Dance Sessions

With Izzy Brittain

at Elim Church

Most Thursdays 10.30am - 11.30am

Please ring Ian, for further
details, on 07967 419880

Some events require pre booking,
please ring the contact before travelling.

Member's Benefits include:

Access to a Parkinson's UK
local adviser

Please ring the Parkinson's UK
Helpline number
0808 800 0303

A Monthly newsletter

Newsletters can be read or
downloaded from our website.
Printed copies are available at
both our monthly meetings.

Coach Trips

Subsidised Coach Trips are
arranged on 3 occasions
throughout the year.

In 2020 these will be priced
at £15 per member

Golf at Bradley Park Golf Club.

Most Fridays (March - October)

starts at 11.00am and 12 noon

Cost £5 per person.

Must be booked in advance.

Please ring Linda Dakers
for further details on 07738 021834

Our singing group

meets most Mondays at
Elland Golf Club, HX5 0TA
11:00am - 12.30am

With Emma Baylin from
Shared Harmonies.

Please contact

Eileen on 01422 373566

eileen@parkinsonshalifax.org.uk

or Anne on 01422 253368

for more details

Parkinson's UK Halifax & District Branch

2020

Our 50th Anniversary Year

We now meet twice a month.

**Our Primary Meeting is on the
2nd Saturday of the month, at
Elim Church, Hall Street,
Halifax HX1 5AY
2pm - 4pm**

**Our 2nd Meeting is on the
last Wednesday of the month,
at Sainsbury's Supermarket,
1st Floor Cafe
Wade Street,
Halifax HX1 1SB
2pm - 4pm**

Everybody welcome

Please call Caz on 07522 606620
or Ian on 07967 419880
if you require further details
or take a look at our website.

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