

Parkinson's Halifax

NEWSLETTER

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Being a Parkinson's Carer

Where does one start? Parkinson's is a very difficult and intense condition to deal with which needs patience and understanding. It causes a lot of problems, as it affects so many parts of our patient's life.

So where does one begin to undertake this task to the full? It is important that the General Practitioner knows what symptoms are present in order that the Parkinson's patient can be referred to a Parkinson's Consultant. Once this is done it is hoped that the correct medication is prescribed and special tests and investigations can be carried out.



Parkinson's is very complicated and requires constant observation; the condition causes issues which can change from one day to the next. These changes need to be recorded by the Carer and reported to the Consultant on the next visit. Each medication comes with side effects, as a Carer it is our job to know what any potential side effects might be – and if they are present, it is important to get back to the Consultant, to ensure that the right action is taken.

As a Carer it is essential that you get as much help and support as possible to ensure that the best care is given. There are specialist Parkinson Nurses who can provide help with the role of caring. Your local Parkinson's Group is very important. It provides much of the support that you will need; including monthly meetings, Parkinson's Local Advisor, they put on well-organised trips (which are always worth looking forward to), Dance Classes, Keep Fit and Tai Chi. At the meetings everyone is made welcome, both Carer and patient, which helps to lift you up when you are feeling down. They discuss any problems that you might be currently experiencing and lots of help and advice is given. Parkinson's UK is another important resource; they can give you help and support as you continue to care for your patient. If you have a computer, just look for them online, otherwise you can call them on 0808 800 0303 and someone will be there to listen and advise you.

If you take all this on board, your patient (usually your loved one) will thank you for being there and you will thank them for listening to you when their life becomes difficult. Sometimes they may turn on you, but you will realise how hard it is for them; then you will accept their anger and confusion because of what they are going through.

So, in conclusion, life for them will be changed by the actions and support that you give all the time, in order to make their lives more liveable, sustainable and comfortable.

Beryl Haigh

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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.”

Just let me Sleep

Late at night,
Nothing in sight,
Just can't sleep.
Want to weep.

Ask myself, Why
Do I want to cry?
Body aching,
From the shaking.

Should be happy,
With my chappy.
Feeling low,
Why? I don't know!

Danced all night,
Looked a sight.
Tried not to care,
When people stare.

People think I cope.
Say I give hope.
I don't know why,
I still want to cry.

Just let me sleep...
So I don't weep...
Caz Ibberson

Our recent coach trip to Ryecroft Hall



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

The Parkinson's singing group has finally closed, due to lack of numbers, sadly. However, we are still actively looking for someone to come along and teach us.

Therefore, 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



Dates For Your Diary

Saturday 12th January 2019

Talk: Pub signs

By Michael Astrop

Saturday 9th February 2019

Annual General Meeting