

Parkinson's Halifax NEWSLETTER

Edited by Eileen Kenny
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Coach Trip



On Wednesday 22nd May, is a Coach Trip via Skipton, to Hawes 09:45-19:00 Includes Fish and Chip Lunch in



Skipton, an hour's shopping in Watershed Mills, Settle... Plus Cake and a Cuppa in Hawes. Only a few tickets remaining, priced at £15 per head from Margaret Lambert

Tel: 01422 256 347.

Get into Golf

Following a successful initiative last year, we are subsidising weekly golf sessions at Bradley Park Golf Club. They start on Friday 5th April 2019



Sessions are an hour long, starting at 10am & 11am promptly. They cost £5 per person, per session. Places are strictly limited please check availability, before travelling, by calling Linda Dakers on 07738 021834

Contact Details



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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."

My Parkinson's story

Hi my name is Ray Kershaw and my wife is Linda. You have probably seen us at the Parkinson's Meetings, where we have made some good friends and helpful acquaintances. This year will be our golden wedding anniversary as we were married back in 1969 when things were a lot different.



I was an apprentice-trained joiner and Linda worked in clerical. After studying at college I obtained my qualifications in Building Management and Surveying and started to travel. Some of the projects I managed were The new Lyons Bakery at Barnsley, the Watersports Centre at Nottingham, Preston new Hospital, and some of you will know the new (well it was back then) Phillips Washing Machine factory at Hipperholme.

After our son Anthony was born we decided that all the travelling was getting too much, so eventually I went to work at Bradford Council's Facilities Management looking after all the Council's buildings from Park Shelters to City Hall etc. I had a good team working with me and enjoyed the every day fun and camaraderie. I retired eight years ago, after thirty years service. By this time we had two lively grandsons who kept us busy and I did a part time clerical job at Bradford District Credit Union. During our married life Linda and I have enjoyed walking, caravanning, travel and an active social life with our large family and friends.

Four years ago we noticed I had a tremor in my left arm and eventually it was diagnosed as Parkinson's Disease. Life has changed drastically but we battle on and do as much as we can. We visit the Morris Jagger Centre for our weekly exercise class which is fun, and I have recently joined the Conductive Education Course at Huddersfield. I also have a programme of daily exercises that helps keep me as active as possible.

If you ask me what bugs me about Parkinson's, I have to confess that after a lifetime in building maintenance I now have to get people in to do the little jobs I would have tackled without a second thought which frustrates me. Also the little things in everyday life like shoe laces, zips, belts and watch straps etc, but I guess this is no surprise to many of you? When I look around and see people a lot worse off than me I am thankful for a happy supportive family and good friends.

Linda has been my long standing partner and soul mate, she is the rock that has supported me through all the years, especially the Parkinson's trials and tribulations.

In aid of
PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

PARKINSON'S DROP-IN CAFE

**Drop in for Friendship,
Information and a Cuppa**

**Sainsbury's Cafe, Wade Street
Halifax**

2pm - 4pm

On the last Wednesday of the month

Beginning 24th April 2019

You can email or phone the contacts below if you would like any further information.

Please email: parkinsonshalifax@gmail.com
Phone Caz on 01274 966847 or
Phone Ian on 01422 256521

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

Dates For Your Diary

- Saturday 13th April**
Singing Group: Landlubbers
- Saturday 11th May**
Speaker: Colin Alderson:
**Buckingham Palace Guest
and Cake Maker**
- Saturday 8th June**
Singer: Ann Tonks