

Parkinson's Halifax

NEWSLETTER

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World Parkinson's Day

To replace the usual Parkinson's Awareness Week, Parkinson's UK, are joining forces with the European Parkinson's Disease Association for World Parkinson's Day in order to raise awareness of the condition.



It is to take place on 11th April... (Wednesday) watch this space to find out what the Halifax

Branch of Parkinson's UK are cooking up!

Free to a good home...

Acorn 130 Straight – Slim Design. Comes complete with swivel seat and safety belt. At present it is used for 5 steps (this can be adjusted on re-fitting).

Acorn 180 Curved Design. Similar details to the other. The fitter would advise if they are suitable for your needs. Both stairlifts are As New having only been used for approximately 3 months. Interested? Please contact Sylvia Maudsley on 01422 884 134.



FOR SALE

Technics Keyboard, model sx-KN5000, for sale. Elaine Uttley has this super keyboard, anyone who wants it can offer a donation to Parkinson's Halifax. Please contact Elaine on 01422 832 645.

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**

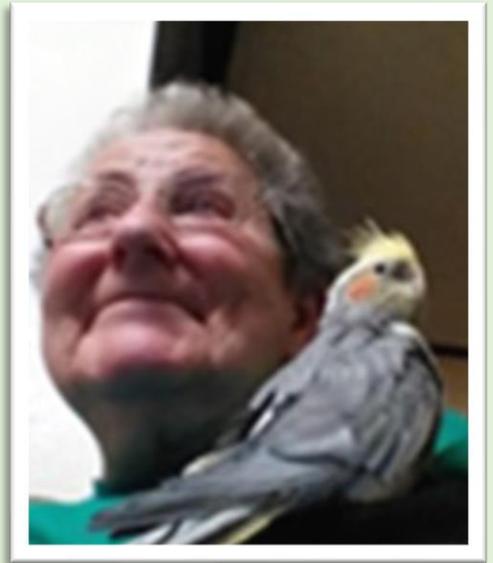
Opening times: Monday-Friday: 9am-7pm, Saturday: 10am-2pm (Closed Sundays / Bank Holidays)

"Our 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."

Spotlight on Mary...

My name is Mary Healey, I am 75 years of age and I have had Parkinson's for 12 years now. My diagnosis was a very short, sharp and a rather cruel affair, but things have changed dramatically now (I hope). I was told by the consultant, "You have Parkinson's; it's a terminal illness, come back when it gets worse." My mother had died of Parkinson's ten years previously and I had just retired from a senior nursing background; so I knew the score. Luckily a medical friend of mine referred me to a neurologist who specialised in Parkinson's. Since then I have been well medicated, seen every 6-12 months and I have access to an excellent Parkinson's nurse, anytime I need help. It was also at this point that my nurse referred me to the Halifax group.



I do unfortunately have other medical problems which also require medication, so my weekly delivery by the local pharmacy of a dosette box is invaluable. This box has slots filled with the appropriate tablets for the relevant time of day and I only have to 'pop' the correct slot. This solves the problem of me having to chase tiny pills, as my fingertips are no longer very sensitive - catching those pills is an art in itself.

I have mobility problems, but when I find I am starting to have a problem with something, I immediately look for a replacement to fill that gap. I live alone, so it is imperative that I remain as independent as possible for as long as possible. I use any aid available, to enable me to keep out and about. I have a scooter, sticks, a walker, cutlery, cups etc. There are aids galore available, so I use them to maintain skills I already have and develop new ones to deal with MY Parky!

When I was young I did a lot of dance training and musical theatre, so now I use that knowledge to run a gentle exercise class at Greenacres in Ripponden (on Friday mornings at 11am). This is a wonderful place for anyone to enjoy a sing song and a giggle to movement. Don't worry, we don't stand on our heads - not yet anyway! - but love the music from the 50s and 60s that we move and sing to. Dance movement and rhythm are excellent for your Parkinson's. The rhythm releases dopamine in your brain and it's amazing how this stops the tremors. The English National Ballet have done a lot of work to prove this is so and it certainly works for me.

My Monday mornings are taken up with our 'For the Joy of Singing' choir. It was started for those with Parkinson's and their carers. Giselle, our wonderful choir leader magically fills the room with our voices; singing gospel, pop and songs from the musicals. Again, the rhythm involved makes us feel better. We are a good social group and help each other out with tips etc. Come and join us, you don't have to be a singer but Giselle will certainly bring out the best in you!

Keep going as much as you can - it's hard at times but worth it and don't let MR PARKY win!

If you have something that you would like to see in the Newsletter, please, don't be shy... You can contact Eileen Kenny by telephone, who will then arrange a meeting if required or you could simply email your ideas directly (contact details; on page 1). Articles need to be submitted by the 27th of the month.

Dates For Your Diary

Saturday 10th March
Singer:
Anita

Saturday 14th April
Speaker: **Yorkshire Air Ambulance**

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