

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny
Branch Secretary 01422 373566

Issue 1
July 2016



HEBDEN BRIDGE MARKET PLANT SALE

Sheila and John Smith held their bi-annual plant sale at Hebden Bridge Market in June. Here are a few words from Sheila, "At lunchtime Ian, Carol and her sister Michele came to relieve us, any excuse to play with plants said Carol, but oh we were happy to see them.

Later Caz and Anne came to give us a hand when we were flagging and they both proved to be excellent saleswomen and even stayed with us until the end to tidy up. It was an exhausting day but a good one and we raised **£272.03**, so I'd like to say a big **THANK YOU** to those of you who sent plants and pots especially the ones decorated by the Beavers at Northowram and to everyone who came to support us."

Pictured from left are, Sheila, Ian [a generous stallholder], Carolyn and Anne.



Rabbits Running Wild...

Paul Mac, smiley as ever, enjoyed the company of the Mayor of Todmorden, Steph Booth and her consort Tony Booth at his recent, 'Rabbit Themed' exhibition.



Let's All SING

In September we hope to start a new choir. No need to be a good singer, there are no auditions to join. The choir will be for People with Parkinson's (PwP) and their Carers.

Singing is a good activity for PwP, in particular for breathing and also for improving the quality of the voice, which can diminish with the condition.

Watch out for announcements of where and when in a forthcoming Newsletter.

Photograph shows Emily, our 'Song Leader'.





Meet the new Branch Secretary

My name is Eileen Kenny, I am the mother of two grown-up children (one girl and a boy) and also a very proud Grandma.

I have enjoyed a variety of jobs including Library assistant, Gents hairdresser and Laboratory assistant, however, it was whilst working as a classroom assistant that I remembered a childhood dream of being a teacher.

So aged 33 years I went off to college to get my degree. Teaching was by far the most fulfilling job and my favourite one of all. Nowadays, I spend any spare time creating havoc at home (sorry, Michael), sewing, doing crochet and making cards.

It was in December 2014 that I was diagnosed with PD. After a few months wallowing in self-pity, I picked myself up and joined a whole host of clubs. Then it was whilst browsing on the Parkinson's UK website that I found the perfect Voluntary work... and as they say, "The rest is history".

EXERCISE

Feel like moving about a bit more? Have you tried these yet?

Monday; 10:15am Exercise at The Maurice Jagger Centre.

Tuesday; 10:15am Tai Chi at Maurice Jagger Centre.

Thursday; 10.30am Dance4Fun at Elim Church.

Why not give one or more of them a try, to see how you get on?

CONDUCTIVE EDUCATION

Conductor Agi Mikula-Toth will deliver her final Conductive Education session on Friday 22nd July, it is with some sadness that we say "Viszontlátásra" to this special lady.

Thank you for everything, Agi.

Morecambe Coach Trip



The coach trip for 39 members, to The Midland Hotel at Morecambe, was a roaring success.

Here are three of the many photographs taken showing everyone with a smile...

The 'tea' was a sumptuous feast, with staff offering boxes to take home the uneaten goodies.

Thanks go to Margaret Lambert, organiser.

FORTHCOMING EVENTS

No meeting in August...

However, in September there will be a Bag Packing event at Halifax M & S.

Volunteers watch out for the dates...

...AND a coach trip to Ryecroft Hall, at Hambleton, Blackpool on Thursday 8th Sept.

Tickets are £5 each, available from Margaret

Tel: 01422 256347

The day has a theme of Musicals & Movies

The event is kindly sponsored by

