

Parkinson's Halifax

NEWSLETTER

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**PLEASE REMEMBER:
NO MEETING IN AUGUST**



**Janet Edmunds
Our new PLA**

I would like to introduce myself. I am Janet Edmunds and I am the new Parkinson's UK Local Adviser (PLA) for Calderdale and South Kirklees. My past experience, involves training and volunteering with the Citizen's Advice Bureau, working for Kirklees Council for a number of years as a Carers Support Officer and most latterly, working with people with disabilities and health issues to enable them to get involved in community activities and volunteering.

My personal interest in Parkinson's stems from a member of my family having lived with Parkinson's for many years. Whilst I hope I bring to my role a wealth of knowledge and skills, I am currently spending time getting to know more about the services that are out there to support people and familiarising myself with all that Parkinson's UK has to offer. I am sure that I have much to learn; particularly from those of you who live with Parkinson's every day, but I hope to try to ensure moving forward that people have information, support and access to services that will enable them to live well with their condition. I look forward to working in partnership with the Halifax Group and meeting its members over the next few months.

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Janet Edmunds
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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."

Meeting Branch Members...



My name is Peter Tiler and my wife is Margaret. I am the one with Parkinson's. It all started when I went to the hospital to discuss a knee replacement on my left leg. Bewilderingly, the Specialist asked me to see the Neurologist to check whether I was fit enough to have the operation. The Neurologist did a few tests on me - push here, walk there. When he had finished he asked, "Do you really want to know?" I thought "What a silly question, of course I do." He continued, "I think that you have early signs of Parkinson's, do you want some tablets?" He then confirmed that I was okay to have the knee operation. That diagnosis was in December 2011.

At first I pondered whether to tell anybody, but as I remembered the Neurologist saying, "You won't die of it but you will die with it", we decided that over Christmas we would tell our families; and so we reconciled ourselves to our 'new life'.

My operation was scheduled for the following February. We had support from the Parkinson's Society and found Sandra Lickess, the Information Support Worker extremely helpful. We have two daughters who are both very supportive and four grandchildren who keep us busy.

We enjoy our local friendly Parkinson's monthly meetings. We recently attended a Self Management Course where we were encouraged to discuss our feelings with others... a liberating experience. In addition we love the Monday morning choir which gives us energy for the week. We also go to weekly exercise class and Tai Chi. We look forward to the organised trips and theatre visits.

We have found that Parkinson's has opened up a new social life for us.

Just a few snaps from our recent coach/train trip to Whitby



Dates For Your Diary

NO MEETING IN AUGUST

September 9th
Chris Helme Retired PC

September 30th
**Annual Fund Raising
Dinner at the Shay**

October 14th
Anniversary Celebration
Giselle Herbert Singer

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