

Parkinson's Halifax

NEWSLETTER

Edited by Eileen Kenny
lillybelly@hotmail.com

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January 2018

Annual General Meeting

The AGM for 2018 will be held at
Elim Pentecostal Church on
Saturday, 10th February,
from 2pm – 4pm.

Refreshments will be served after the meeting.

Sing-along at Elland Golf Club

It was on 18th December, organised by Joanna Emblem; a fund-raiser for a new keyboard for the choir. Those who came enjoyed turkey sandwiches, mince pies and Christmas cake. Activities included guess the name of the teddy – won by Ken Lambert, stand up Bingo, guess the number of sweets in a jar... there were various craft stalls and raffle prizes.

Visitors were also given an insight into the breathing exercises for the warm up routine, which was followed by everyone joining in to sing with the choir, a selection of Christmas songs. Further entertainment came in the form of poetry and monologues from Phil Beckett and Mary Healey.

Contact Details



Sylvia Maudsley
Chair
01422 884 134



Ian Barraclough
Vice Chair
01422 256 521



David Baldwin
Treasurer
01422 355 189



Eileen Kenny
Secretary
NL Editor
01422 373 566



Margaret Lambert
Events
01422 256 347



Janet Edmunds
Parkinson's Local
Adviser (PLA)
03442 253 638

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."

BEING THERE...

Recently my sister-in-law called to tell us that one of her closest friends had been diagnosed with Parkinson's. She asked if we could 'be there' for him if/or when he needed to talk. She is herself one of the most talkative people I know, but in the face of Tom's news she felt inadequate. She went on to say that he didn't want to talk about it yet because he needed some time to get his head around the awful shock.

I remember that same shock as if it was yesterday and from things I've heard since, I was very lucky. Yes, I was lucky, because my GP was not like most; she had first hand knowledge of Parkinson's and gave me, firstly, a big box of tissues, and then the time I needed to cry and later would provide some answers to my confused questions.

As I drove home I was still in shock but I knew that I had at least one ally, someone who would help me sort out the chaos of questions that were racing around in my head. Tom, on the other hand, was sent home with nothing but a prescription.

When he calls, I will be ready, because my shock came twelve years ago and now I have, not one but many allies. They are my Parky friends, who I know will be there for me day or night because they are the people who truly understand what has happened.

As we always say, "I may have Parkinson's, but it's not got me".

By Sheila Smith (photograph shows Sheila and husband John)



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 (email address at the top of page 1). Articles need to be submitted by the 27th of the month.

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

Dates For Your Diary

Saturday 13th January

Singer

Julie Dee

Saturday 10th February

AGM

Saturday 10th March

Singer

Anita