

# Parkinson's Halifax

## NEWSLETTER

Edited by Eileen Kenny  
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Issue No 16  
October 2017



### Hilary Jamieson Retiring Chair

The chair persons role of the Halifax and District Branch of Parkinson's UK is varied and includes some of the following duties;

To promote PUK at all times

To chair several meetings throughout the year

To chair the AGM each year during tenure

To be the MC at monthly Branch meetings, introducing and thanking guest speakers.

I have enjoyed my time in this role but feel that because of family commitments I must take a step back... don't worry though, you'll still see me at Saturday Club. I would like to say it has been a privilege to serve on such a strong committee.

Hello, I'm Sylvia Maudsley: I've been a member of Parkinson's UK for about five years. Stuart was my husband. I have lived all my life in the Calder Valley. I have two daughters and four grandchildren. Thank you for choosing me to chair the Halifax Branch of Parkinson's UK, I will do my best to follow in the footsteps of the previous chairpersons - all of whom are hard acts to follow!



Hi, I am Kate Rooney, I'm really happy to be joining the committee and very much looking forward to my first meeting. I was looking for volunteering opportunities in the Halifax area and spotted the advert for branch chair. I don't have a personal connection to Parkinson's, but I was really impressed by what I read and heard about the group.

### Quiz Night

At The Barge & Barrel, Elland, HX5 9HP on  
Friday 10<sup>th</sup> November at 7.30  
includes Pie & Peas

Tickets £5 available from Martin Heathcote on 01422 250580 or  
from the Barge & Barrel

### Contact Details



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**PARKINSON'S<sup>UK</sup>**  
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...

Carolyn Ibberson

Hi, I'm Caz, I joined the Halifax group in the summer of 2014, after meeting Ian Barraclough at the Birkenshaw Fire Station Summer Fair. I was diagnosed with Parkinson's on Friday 13th September in 2013, after four long years of nasty symptoms and being told that I was too young to have Parkinson's. Once I had picked myself up from the shock of being diagnosed, I decided I wanted to help fundraise and spread the word that Parkinson's is not just an older person's condition. That is just what I've been doing ever since. I never want anyone to go through the bad times that I did, with scans and tests and doubt about what it could be... all I knew was... there was something wrong with me!

I do my best to get involved in fundraising and especially awareness of young onset Parkinson's. Although having Parkinson's is horrid, it has changed my life, not just in a bad way, but also in a realistic, positive way. It's made me appreciate so much that I took for granted and it has given me opportunities that I never thought I would have experienced. After starting to make purses to raise funds, (hence my email address: parkypurses@gmail.com) I then went onto make many other things. Here are some of the amazing ventures I have been involved with:

- Public speaking; about Parkinson's, to inform the general public of the condition.
- A calendar girl for the past two years for the West Yorkshire Fire Service, who support Parkinson's UK.
- Peer Support for the newly diagnosed, this is done as a Volunteer for Parkinson's UK.
- Made short films for the Parkinson's UK website.
- I've been involved in making a series of recordings called Fred and Fanella, written by Phil Beckett, who is the most amazing and humorous writer I have ever met. These can now be found on You Tube and have been aired on world-wide Parkinson's radio.
- Helped with the bid to become Charity of the Year with Marks & Spencer, Halifax last year.
- In my role as Volunteer Health Champion I assist others in the community with long term conditions, by helping to run a coffee morning and I deliver a relaxation class at my local GP's.

But most of all I have met some of the most amazing and strong people in my life, without all my Parky Pals I couldn't do all that I do. I am honoured and grateful to be part of the Halifax & District Branch and the Younger Persons Support Group.

## Let's Get Physical with Parkinson's

Join in a day of fun activities led by Josefa Domingos, an internationally recognised physiotherapist specialising in Parkinson's. You'll have the chance to take part in Zumba Gold, Adaptive Boxercise and Dance for Parkinson's. You'll also learn how to keep moving after the event.

### Address:

Cedar Court Hotel Huddersfield/Halifax, Ainley Top, West Yorkshire HD3 3RH on Friday 10 November 2017 10am - 4pm

To take part, you'll need a reasonable level of mobility and should wear loose, comfortable clothing. **Please note that access to the venue is via a flight of stairs with very limited lift access.** To book your place contact David Baldwin 01422 355189. Booking closes on **13 October**.

## Dates For Your Diary

Friday November 10<sup>th</sup>

Let's get Physical Event  
At Cedar Court 10am - 4pm

Quiz at Barge & Barrel,  
7.30pm

November 11<sup>th</sup>

For the Joy of Singing  
2pm - 4pm

November 15<sup>th</sup>

Wednesday  
Trip to Millstones 10am

December 2<sup>nd</sup>

Christmas Lunch 1pm - 5pm