



# Gill's Story

"I have a complex set of health problems. I have chronic fatigue syndrome (CFS) and fibromyalgia (FM), and I've also got Parkinson's tendencies. A few years ago, I started getting very ill. My sister lives in Keighley; she used to come visit me but I was three buses away. In the end, I decided to move closer to her and got a little flat. I didn't know anyone here, that's where Keighley Healthy Living (KHL) has come in and it's helped me a lot.

Sociably, it's given me a lot of interaction and the opportunity to make new friends and learn new things. I came to know about Keighley Healthy Living (KHL) through my sister. She came here for healthy cooking classes and weight loss club. I started getting involved with the Conversation Café and the Games Café. I also do exercise classes, like the Ballet-Be-Fit and the Balance class. The balance class helps if I fall over. They teach us how to get back up without hurting ourselves and strengthening our muscles and bones.

I've got quite a bit going on. I have to watch myself though, because of my condition and all the medication I'm on, I can overdo it sometimes! I've always been an independent person. Before I became ill, I worked in respite care.

When the illness hit me, I felt angry and thought 'why me?' But I'm very determined, I wasn't going to let it beat me. I'll use two walking sticks if I have to. I have no intentions of being in a wheelchair! I want to keep active and enjoy group activities and KHL lets me do that."