

LOCAL HERO

Danny James Lavender MBE, positive thinker and inspirational speaker

Danny James Lavender MBE is 49 and was diagnosed with Parkinson's eight years ago. He continues to work full time as a tax inspector, and attended the Parkinson's UK London event for people of working age in November 2012.

Danny certainly lives life to the full and his main problem seems to be the lack of hours in a day to do everything he wants to. As well as working, he's intent on keeping fit and participates in extreme endurance sports such as alternative triathlons.

Danny believes that he manages his Parkinson's with positivity, medication, diet and exercise, and he hopes to inspire others with his positive attitude. In this respect, Danny has begun to undertake motivational speaking, and the London Regional team has already booked him as the inspirational speaker for the young persons' event in 2013.

He hopes to speak to as many groups as possible to raise awareness, raise funds and inspire other people with Parkinson's to continue to have fulfilling, positive lives.

Danny has a vision! He would like to be involved in setting up an academy for people with Parkinson's to manage their condition by self-assessment and self-management, with a focus on improved wellbeing and a better standard of life.

Danny admits he's been lucky to have the support of his family and his wife in particular. He is aware that Parkinson's has affected the lives of his wife and daughter as well as his own and would want the programme to also support the partners, carers and families of people with Parkinson's.

If you'd like Danny to come and speak to your group, please contact him via his website www.beatparkinsons.co.uk or speak to your local branch and volunteer support officer – see page 7 for details.

