

But this guy showed, he showed how to cope with the disease if you like by making fun of it by facing right on and because; it's funny but when you concentrate seriously on something like making this speech I'm doing now, you forget your Parkinson's symptoms and they tend not to show whereas if I get nervous or am in an situation then I start to shake and I have all sorts of problems you know. But he was saying stuff like 'don't enter an egg and spoon race if you've got Parkinson's' and he put an egg on a teaspoon and ran across the stage and the egg fell off and he said 'thank you' to the staff of the place for hard boiling the egg. (laughter) He was really good, but I was talking about music wasn't I? Music being therapeutic. This thing I've got about being able to write odes started when I was in the civil service when I was running a section, they used to ask us write a short ode about somebody who was leaving and I could do them quite quickly.

When in Bendiorm for me 60th birthday and we'd been to see the Everley Brothers in concert and, well not the actual Everley Brothers but a tribute band and they also had a tribute they had a tribute Beatles band as well. So we're going to the karaoke bar quite late, there was about half an hour left and when we went in, the DJ said 'Oh, Matty's come in, I'm going to get him up' so I got up to sing and I had a look round and there was lots of little children sitting in the front from about five to 13 from different families that put them altogether at the front. So I thought. 'oh I'll do a camp version of Dedicated Follower of Fashion' so I sang Dedicated Follower of Fashion and put me (inaudible) leg out and did me hips and shoved me things and I said to the kids at the front 'when I sing Oh Yes He Is, you sing Oh No He's Not' so this went down really well and I sat down and listened to the rest of the show. Then shortly after midnight she says 'well, the next song is the last song in the karaoke, as usual, you decide who you want to sing the last song' and all these little kids at the front 'Matty, Matty, Matty' so I sang 'Rainy Day Woman, Everybody Must get Stoned – Children Must Not get Stoned' and so on, making me own stuff up and when it finished she said 'well that's the last song for the night, thank you very much' and I was getting off the stage, they played 'Because I got High' by Afroman and she said, as I was getting off the stage, I joined in with the kids 'because he got high, because he got high, because he got high' and the kids were singing 'because he got high' and the DJ said 'come back, come back and sing it' and I said 'well I can't sing it, I don't know the words' I just really knew the chorus, so she said 'make it up, you can do it, make it up' so I just made it up on the spot and I sang something like 'I was going to have a birthday tea, but I got high; she was buying me a dvd, but I got high; there were no presents for me and I know why .. because I got high, because I got high, because I got high'. And I was thinking all the time of words that rhymed when I sang the first line and I said 'I was going to book my grandma's flights, but I got high; she was coming here tonight, but I got high; she's stuck at Heathrow tonight and I know why ... because I got high' and so on you know. There was one verse where I sang 'I was going to make sweet love to you but I got high; send you flowers too, but I got high; my wife said we're through and I know why ... because I got high, because I got high' When I found out afterwards, the next night I went to the bar and somebody said 'you must sing that song' and I said 'well I can't sing it, I'd had a few drinks and I made it up, so I couldn't possibly remember it' and they said 'well just sing the real one because we want to hear you singing it' so I got up and sang the real one and when the words came out on the stage, I couldn't believe it, they were absolutely really dirty words you know, a bit over the mark, so I couldn't sing them, so I changed the words and I've been changing the words of that song ever since and this is a helluva long story you know!

I was at the at the Parkinson's Annual General Meeting and they had a karaoke on the celebratory night and I got up and sang 'Because I got High' but I sang something like 'I was going to the Parkinson's Meet, but I got high; I could not move my feet, but I got high; now

I'm knackered and deadbeat and I know why ... because I got high' because everybody gets high that's on, that takes Parkinson's drugs so there you go. The doctor said there was 'what songs do you sing at karaoke' I said 'oh shake, rattle and roll, shakin' all over'. It's funny because I was at the pub last week doing a song and I forget what the song was, I think it was a rock and roll song. One of the rock and roll ones, I think it was 'Kid Rock' 'All summer long' I was singing and I tend to move a bit when I'm singing it you know and the microphone kept going off. So I said (inaudible – to the DJ???) during the instrumental bit 'this microphone keeps going off. Can you do something about it?' And he said 'stand still, stand still'. I said 'you're asking somebody with Parkinson's to stand still?!' and of course everybody in the place was howling, they thought it was a big joke you know. I think that's what you've got to do,