

Guildford and South Surrey Branch, Parkinson's UK

The Guildford and South Surrey Branch of Parkinson's UK is organised and run by a Committee of dedicated volunteers and, through its own fundraising, provides a wide range of activities to support those living with Parkinson's in or near the Guildford and Waverley areas.

We provide three important elements which Parkinson's consultants advise is vital for all people who have Parkinson's to do:

Stay physically active

Stay mentally active

Stay socially active

Recently Diagnosed?

Join our local **Recently Diagnosed social meetings** held on the second Tuesday of the month. On alternate months these will be held in person at The Seahorse pub, Shalford and then on Zoom. Please contact Sharyn Bullen: secretary@guildfordparkinsons.org.uk Tel: 07780 295252

Details of all our branch activities, from specialist exercise and speech classes, to monthly social meetings, fundraising events, outings, and other gatherings, can be found on our website <https://www.guildfordparkinsons.org.uk/> and in our Branch magazine, *The Park*.

Social meetings

All members and their partners, carers and family members are welcome to join our **Tuesday afternoon membership meetings** which start at 2.00 pm on the last Tuesday of each month at Shalford Village Hall, Guildford. These allow you to make new friends, learn from each other's experiences and often hear a guest speaker whilst having light refreshments. Please contact Sharyn Bullen: secretary@guildfordparkinsons.org.uk Tel 07780 295252.

Wednesday evening social meetings are held on the third Wednesday of each month at the Withies Inn, Compton from 7.00 pm. This group is known as the Friendship Group and anyone is welcome to attend this informal get-together. Please contact Keith Black: kblack@guildfordparkinsons.org.uk

Members can take part in numerous organised activities, many of which are subsidised by the branch. These include:

Exercise classes

Two highly professional local providers offer our members 'Parkinson's focussed' weekly exercise classes in Witley, Cranleigh and West Clandon. These are held in person, with one class also available on Zoom.

New members attending the exercise classes are given an initial assessment by the provider to identify the best level of class to meet their needs. Then annual follow-up assessments are carried out to monitor physical progress. These assessments are a one-to-one review with a NeuroPhysiotherapist. The Branch fully funds the initial assessment.

Pilates

Pilates classes are held each Wednesday at 1.00 pm in West Clandon.

Parkinson Voice

We have a weekly class for our **Parkinson Voices**. The class is in Godalming and is usually held between 1.00 pm and 2.00 pm on a Friday.

Speech Maintenance

Local NHS speech therapists are trained to help people with Parkinson's who may develop problems with speech, swallowing, saliva control etc. Further details from your Parkinson's Nurse or directly from the Royal Surrey Speech Therapy Department (based at Milford Hospital) on 01483 956472.

In addition, the branch offers an online monthly **Loud and Clear** speech maintenance class. Currently there are two classes, each with up to 10 members each month. They are held the first Monday and Wednesday of the month, at 3.30 pm for one hour, delivered over Zoom.

Dance

We offer a weekly in person **Dance for Parkinson's** class for People living with Parkinson's and their carers. This takes place in Godalming on Wednesday from 2.00 pm – 3.00 pm.

Fighting fit weekend

Fighting Fit is designed for people who have generally been diagnosed within the last 5 years and are able to take part in fairly vigorous exercise. Partners or friends are actively encouraged to attend this weekend away with a caring team to learn lots about Parkinson's and how you can live your best life with it. For 2022 the Branch is offering a number of grants to support local Branch members who would like to attend these Fighting Fit events.

Boxing 4 Parkinson's

Olympia Boxing runs weekly online **Boxing for 4 Parkinson's** sessions on Zoom every Thursday 5.00 pm – 6.00 pm. This free, non-contact BOX Fitness programme is solely for people living with Parkinson's and their carers to engage in and have fun.

Reflexology

Reflexologist Charlotte Pragnell offers home visits to branch members.

For more information about the Guildford and South Surrey Branch of Parkinson's UK and the activities we offer please visit our website <https://www.guildfordparkinsons.org.uk/> or Contact us on info@guildfordparkinsons.org.uk

March 2022