

Dear All

Hope everyone is enjoying a little more freedom and – even better – some sunshine! Very welcome. The following are a few points to be aware of for the coming month.

- **Monthly members' meeting – 29 June at 2pm** on Zoom. This month's speaker will be Judith Witter who will talk about wartime Britain – from the civilian perspective. Should be fascinating! These meetings are proving to be very popular – contact Sharyn Bullen on sbullen@guildfordparkinsons.org.uk to add your name to the list.
- **Monthly Working Age Group** – now back at the Withies on the 3rd Wednesday of each month at 7pm i.e. **16 June** this month. Names to Sharyn, as tables need to be booked while COVID restrictions still apply. See the website for details of future events.
- **Carers Group** on Zoom. Second Monday of each month i.e. **14 June at 2pm** this month. This has become a well-attended group so a second one has been formed to keep the groups small. New members contact Myra Newnes Smith on mnsmith@guildfordparkinsons.org.uk.
- **Newly diagnosed** drop-in group. Last Wednesday of the month i.e. **30 June from 6-7pm**. Names to Sharyn as above. Anyone newly diagnosed should also consider the First Steps Programme run by Parkinson's UK. You can find out more about the programme on the [First Steps webpage](#).
- **Fundraising**. The 100 Club is now viable! Many thanks to those of you who have bought a number (or several!) – more are available from Steve Heron on sheron@guildfordparkinsons.org.uk. And thanks to Nick Hetherington for agreeing to run it from now on. The first draw will be at the July members' meeting.
- **Movement For Good**. There is an opportunity for the branch to receive an award of £1000 from Ecclesiastical Giving who are giving 500 charities £1000 each. The charities are chosen at random from all the nominations so the more times the Guildford and South Surrey branch of Parkinson's UK is nominated, the better our chances of being one of the lucky 500. Please follow this link before Sunday 13th June and you will find a nomination form with the charity details already filled in. You may have to scroll down quite a bit. Complete your details as required on the form and submit <https://www.movementforgood.com/>. This could be very easy money and as you know, we need to raise funds to pay for branch activities when the legacy runs out later this year. If you get contacted as a winner, please pass the organisers onto our Treasurer, Steve Heron, sheron@guildfordparkinsons.org.uk
- **Exercise classes**. Very many thanks to our wonderful and very professional providers of exercise classes – Kim Wilson of Surrey Hills Rehab, Adam Poulter of Foundations Physio and Sue Buckland of Pilates Perfection. All these classes are gradually moving back to “in person” whilst still making provision for those who prefer to stay on-line for the time being. See our website for contact details if you want to know more about our classes. **For new members** – the Branch will pay for an initial

assessment to ascertain your abilities and needs and then subsidise your attendance at a suitable class.

- **Speech therapy/communications.** Our new “Loud and Clear” classes are now up-and-running, on the first Monday and Wednesday of each month at 3.30pm. They have proved very popular, hence the second class. There are just one or two spaces left so if you are interested then please contact me on ntompkinson@guildfordparkinsons.org.uk. **AND.....**don't forget that singing is good for you in every respect. Our very own Parkinsons Voices continues to meet every Friday on Zoom (but with plans to return to “in person” later in the summer), so do contact Emily Bollon on emily@motivationbymusic.com if you would like to join.

Finally – what about the future?

- **Summer family picnic** – plans are being hatched even as I write. Watch this space – but keep **Saturday 7 August** free!
- **Return to Shalford Village hall** – we hope that members will be able to meet monthly at Shalford as before from September. Again, watch this space. We are also very aware that some of you will wish to continue to meet on-line, so we are working on that too. It would be a shame to abandon Zoom altogether now that we have all acquired the skills and it has served us well.
- **Christmas lunch** - booked for **7 December** at the Guildford Rugby Club. All welcome – with one guest per member. Names to Margaret Westwood at westwood.m@talktalk.net.

All the very best

Niki