

Dear Member

As we have all become more familiar with emails and technology over this difficult last year, we have decided to trial a monthly mailing to all our Guildford and South Surrey membership to keep you up to date with what is happening across the Branch. This is not to replace our periodic Park magazine, instead to supplement it with brief reminders of important things, mention any updates to our regular programmes and any other items that are relevant. This is our first offering and we hope you find it useful.

Please do not hesitate to provide feedback, as we really need to understand what is most relevant to our membership. This first edition is to bring to your attention a few headline important items and other useful information.

We would like to bring to your attention the following:

IMPORTANT pieces of information:

- **Our Branch AGM will be held this year by Zoom, at 2.00pm on Tuesday 23rd February.** This is your chance to re-elect your committee (or propose others!). This members' meeting needs to be quorate (i.e. having a sufficient number of members present virtually to transact business), if we are to continue our work for you. Please attend! Please let Sharyn Bullen sbullen@guildfordparkinsons.org.uk know if you plan to attend virtually, and she will send you the Zoom link.
- **Monthly Members' meetings cannot meet in person at present and instead are via Zoom.**
 - **On 26 January at 2pm we have a guest speaker.** Jacintha Bennett, Community Engagement Officer for NHS Surrey Heartlands Clinical Commissioning Group, talking about her work of helping to improve health and care services.
 - **23 February – Branch AGM**
 - **The one scheduled for 30th March should be a cracker!** We are delighted that former local MP and Health Minister, Virginia Bottomley, has agreed to speak at this meeting. She has first-hand knowledge of Parkinson's and is very sympathetic to our work. It would be good to have a large turnout. Names to Sharyn Bullen on sbullen@guildfordparkinsons.org.uk, if you are not already registered with her as a regular attender.
- **For 2021 we are offering longer periods of Funded Respite Care. This was mentioned in The Park and is an opportunity for carers to have up to a week's respite care to the value of £1,500.** Details can be found on page 21 of The Park, and on our [website](#). Places are few for this opportunity and applications will be dealt with on a 'first come, first served' basis. This will be covered by the last of the Florence Pite legacy. More details from Myra Newnes-Smith on 01483 422440 or mnsmith@guildfordparkinsons.org.uk.
- **We are setting up a NEW (online) group for the newly diagnosed.** For more details see page 9 of The Park. The first drop-in

session is planned for last week in January (day/time to be agreed.)
Names to Sharyn Bullen sbullen@guildfordparkinsons.org.uk.

- **Exercise Classes, Pilates and Choir to remain online for at least the next 2-3 months.** With the latest Lockdown, there is no prospect of a return to in person exercise classes for the coming months. We will contact you when we are in a position to consider safely returning to 'in person' classes. In the meantime, our providers, Surrey Hills Rehab, Foundations Physio, Pilates Perfection and Motivation by Music are doing an excellent job providing their classes online. Further details from Steve Heron on sheron@guildfordparkinsons.org.uk

UPDATES:

- **Monthly WAGs meeting - correction from the Park.** These are held on the **3rd Wednesday** of each month at 7.30, not the 4th Wednesday as stated in the Park. Names to Sharyn Bullen sbullen@guildfordparkinsons.org.uk

FREE ITEM:

- **Nearly new electric recliner/riser chair – This item is virtually brand new, cost £1,400 and is available for FREE. Potentially it could be delivered.** The family of one of our members who sadly passed away last year is offering a beautiful HSL recliner chair FREE. Further details from Steve Heron on sheron@guildfordparkinsons.org.uk

Niki Tompkinson

Chair