

Dear All

It was great to see so many of you at our September Branch meeting a few days ago. Our first one back in Shalford Village Hall, and there was a very good turnout! Despite the weather misbehaving, which stopped us from enjoying the usual Autumn Bowls on the Green, the buzz in the room, while we ate a delicious cream tea, indicated that a good time was being had by all. Many thanks to Hilary and her team of helpers for organising it all.

A few notices for the coming month:

- **October Members' Meeting.** The next monthly meeting is on **26 October at 2pm**, Shalford Village Hall. Talk/demonstration of reflexology for Parkinson's.
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- **Christmas lunch.** This will be held at the Guildford and Godalming Rugby Club, Broadwater, Godalming on **7 December at 12pm**. If you would like to attend and have not yet put in your application, then do contact Margaret on 01483 504001 or westwood.m@talktalk.net.
- **Parkinsons Voices.** A reminder that this ever popular singing group has restarted at Binscombe Church Hall (GU7 3RF) **every Friday from 1pm – 2pm** and there are spaces! Have fun while giving your vocal chords an important work-out! What more could you ask for?! Classes are run by Emily of Motivation by Music (emily@motivationbymusic.com) and cost £4 per session (contact our Treasurer Steve (sheron@guildfordparkinsons.org.uk)).
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- **Exercise Class near Guildford starting November.** Currently all our exercise classes are provided in the south of our membership area and are not convenient for everyone. To remedy this Foundations Physio plan to provide one class each week from the start of November at West Clandon Royal British Legion Club. For more details please contact Adam Poulter on adam@foundationsphysio.com
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- **Support for Carers.** The monthly Zoom meetings for Carers are clearly meeting a need, and will continue for the foreseeable future. Some participants have started making their own arrangements to meet in person, now that restrictions have lifted. If you would like to join the virtual group or be put in touch with those meeting for a

coffee and a chat, then contact Myra on 01483 422440 or mnsmith@guildfordparkinsons.org.uk. In addition, Myra is starting to compile a list of “useful aids” and we hope to publish a leaflet in due course. If you have anything you can recommend to add to this list (often the simplest gadgets are the best), then do send them through to Myra.

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- **Fundraising.** Members Di and Doug Keir’s son, David, is competing in this October's London Marathon to raise funds for Parkinson's UK. He has a target to £5,000 and he has already raised £1,600. You can follow his progress on <https://www.justgiving.com/fundraising/david-richard-keir> . This is a great example of someone who is close to our Parkinson’s community “**doing his bit.**” **Tell your family and friends! Encourage them to do their bit too.**
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- **More fundraising!** The grandchildren of James and Sophie Fergusson wanted to raise funds for Parkinson's UK to help find a cure for their grandfather. They aimed to raise £100 by having a 'Bake Sale' outside their home. Amazingly they raised at least £1,750!! More details in the January Park.
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- **Woking Fishing Club.** They raised £440 from the Annual Competition on Saturday 25th September and have kindly donated this to our Branch Funds.
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- **100 Club Draw Results for Sept.**

1st Prize = No. 91 - Anne O'Connor

2nd Prize = No. 24 - Valerie Box

3rd Prize = No. 134 - Sheila Fullbrook
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- **Save the Date!** The Guildford Chamber Choir is holding its 2022 Spring concert on **Saturday 26th March in St Nicholas’ Church, Guildford.** They will perform Handel’s “Israel in Egypt” and the concert will be in aid of Parkinson’s. Further details in due course,

but music lovers among you might like to put the date in your diaries in the meantime.

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- **Hanging Gardens, Haslemere.** Our resident poet, Peter Taylor, has been publishing regularly in *The Park* magazine. Unfortunately, the one that appeared in the September issue was misprinted, so the correct version is below.

Best wishes

Niki Tompkinson

HANGING GARDENS, HASLEMERE

Those of Babylon, no record left,
if half as beautiful as those you've kept
they deserved inclusion in the glorious Seven,
the wonders of which we'll never know
sufficient for clever comparison; but enough to
win much more than accolades in words and gaze
than I, a devotee, might quickly assign
to their beauty, to your skill; I on my knees,
a supplicant, begging that when my body stops
your summer baskets will be somewhere near.
And, if we were to banish the final fear,
it would be you at my side and your assertions
as to the colour and shape of a malleable world
affirmed in a glance towards the fading sky.

As if this house was built with myriad
potential locations for your creations,
even though those unknown architects
could not have drawn an image of such
riotous conflagration. I say that you must
share a table with them as co-artisans,
unconsciously applauded by each of those
who pass through the gardens and,
in amazement, stop in their tracks and
forget the small thing they were about to say,
silenced by what the sun, with you,

has done to the colour in your floral arrays;
they know that they are forever blessed
and slip the sight into bursting hearts.

And should we dare to claim that,
in view of the perfection in each
cascade of summer hues, they define
the house that hosts the display – so displacing
name and number – and, when sprinkled on
our doorsteps, collected by the wind, there is
a representation, a promise of a beauty
to be scattered over this mixed wide world,
such claim would be endorsed by all, since
sight or sign of these bright delights
must mean hope at least for all who suffer
bravely on this Earth, that you pit against
the tide of so much that offends the eye,
an equal measure of what is yours alone.

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