

Dear All

My last monthly update for 2021. We have had a bit of a rollercoaster year, thanks to COVID, but have also done really well in keeping our activities going and even starting some new ones and some additional support groups. My thanks to all the committee and other volunteers for everything they have done. Let us hope that 2022 is a little easier to manage!

A few specific things to bring to your attention:

- **Christmas lunch 7 December at 12.00 at the Guildford and Godalming Rugby Club.** We have nearly 100 of you attending this and we are looking forward to it. Arrangements are going ahead well and the food orders are in. Entertainment is being provided by Emily Bollon who runs our very successful Parkinsons Voices. Many thanks to Hilary, Margaret and their band of helpers for their hard work.
 - **PLEASE NOTE: those attending are asked to take a Lateral Flow Test in the 24 hours beforehand.** (NB This is a request not a requirement. You will *not* be asked if you have or not.) And you may wish to wear masks inside the venue while we are all “milling about” and to take them off when eating and drinking. This is all in line with Government guidance. If anyone still feels anxious about COVID, then of course it is for each of you to make your own decision about what you do.
- **Classes and activities.** Those of you who regularly attend one or more of our classes or other groups should already know about any changes to arrangements over the festive season. If you are unsure, then please contact the class leader. There will of course be **no Members’ Meeting in December.** The next one will be on **Tuesday 25 January 2022**, when our speaker will be Rebecca Huish, community pharmacist.
- **Pilates.** Some of you attended the Member’s Meeting this week when Sue Buckland of Pilates Perfection spoke about how she has adapted Pilates specifically for people with Parkinson’s, and then led a seated “taster session”. It was excellent! There are some additional spaces in Sue’s weekly class at West Clandon and there is also an on-line version which you can access from home. If you are interested then contact Sue on 07914 512573 or sue@pilatesperfection.co.uk
- **New Branch Chair.** As you all know, I am standing down as Chair of the Branch before the next AGM in February. I am delighted to say that David Lowther, whom some of you will know, has stepped

forward and volunteered to take over from me. He will gradually become more involved in the running of the Branch over the next couple of months and I will quietly slip away into the shadows! I shall miss you all, but know that I am leaving the Branch in very capable hands.

- **Membership Secretary.** I am sorry to say that John Oldham, who has been our Membership Secretary for more than 4 years, has indicated that he will not stand again at the AGM. We are very grateful for all that he has done, but are now looking for a successor. The role entails maintaining the data base of contact details for all of you, our members, updating it as new members join and old ones leave, and reconciling it with the records held by Parkinson's UK. The Membership Secretary keeps the committee informed and also sends out occasional bulk emails (like this one). If you would like to know more of what is entailed, without commitment, please contact John (joldham@guildfordparkinsons.org.uk) or myself.
- **100 Club draw.** This month's winners are 1st (£30) 103 Valerie Tanner; 2nd (£10) 157 Geoff Morling; 3rd (£5) Joanna Brough. Rumour has it that the Treasurer is in "Christmas spirit" (or has, perhaps, been imbibing Christmas spirit!!) and *may* be inclined to loosen the purse strings for the December draw, which will take place at the Christmas lunch.
- **On-line banking.** Our Branch Bank (HSBC) are now charging the Branch 40p for every cheque we pay into our account. Where possible could members switch to paying for any Branch services by Bank Transfer. Our Bank Details are on the [Branch Website](#) under 'Support Us' tab.

For those of you whom I won't see before Christmas, I would like to wish you a very happy and healthy Christmas and New Year. All best wishes,

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