

Dear Member

As ever, I hope you are all well and feeling more optimistic about the future as the easing out of lockdown continues, and families and friends are increasingly getting together. A few events for you to note for this month:

- **Carers' Group – 17 May 2pm** on Zoom. New names to Myra Newnes Smith on mnsmith@guildfordparkinsons.org.uk
- **Working Age Group – 19 May 7pm on Zoom or 7.30pm in person at The Withies.** Tables for the latter will need to be booked by **14 May**, so **contact Sharyn Bullen** at sbullen@guildfordparkinsons.org.uk **if you want to go.**
- **Branch Members' Meeting – 25 May at 2pm** on Zoom. Anne Folkes will speak about the history of Guildford Hospital. Any new names to Sharyn Bullen.
- **Newly diagnosed group** – an informal drop-in session **26 May from 6-7pm.** Join in at any time for as long as you like. Names to Sharyn as above.
- **Dance for Parkinson's.** This new FREE class will be start in the Borough Hall in Godalming GU7 1HY on **26 May 2021, 2-3pm (with tea, biscuits and a chat after) at Borough Hall, Godalming. These classes will be socially distanced.**
- **Loud and Clear** – communications group – **2 June** on Zoom. This new class is now oversubscribed. Once established, and depending on continuing interest, we may consider an additional group.

Looking ahead to the future:

- **Return to exercising in person.** After a year of on-line exercise classes, we are talking to our providers about a return to in person classes. The plan is for these classes to restart in **late May/early June.** Your provider will get in touch with you to explain what will happen next.
- **New to the Branch and interested in joining an exercise class?** Do get in touch with either Kim Wilson of Surrey Hills Rehab of Cranleigh (kim@surreyhillsrehab.co.uk or 07976 849903) or Adam Poulter of Foundations Physio (adam@foundationsphysio.com or 07719 327677) to ask about classes and arrange an initial assessment. *NB Assessment is fully funded by the Branch, and classes are subsidised.*
- **Future social activities.** Many thanks to those who gave me their views on whether a return to in-person social activities would be welcome, or whether we should continue with our monthly Zoom meetings. Opinions were split down the middle so we have decided to continue with Zoom until after the summer, but make plans for a return to meetings at Shalford again in the Autumn. *If possible*, a repeat of the ever popular “bowls on the green” followed by tea afterwards might be arranged for **Tuesday 28 September** as our “inaugural” meeting. We will also look at the possibility of retaining some sort of monthly on-line gathering for those who wish to stay at home. Whether this would be separate or would combine in-person meetings with Zoom remains to be seen. This may depend on volunteer resource as well as well as technology. **Watch this space!**
- **Christmas lunch.** We have made a provisional booking at Guildford Rugby Club for a Christmas lunch on **Tuesday 7 December.** But we need to know approximately how many would be interested. Please email Margaret Westwood on westwood.m@talktalk.net to let her know if you (plus a guest) would be likely to come.

Fundraising:

- Kim Wilson and her team of exercisers from the Surrey Hills Rehab class raised a magnificent **£5775** for the Branch with their Surrey 3 Peaks Challenge.
- Valerie Box and others ran a very successful cake stall at the Secrett's Farmers Market last month, **raising £366 and Valerie's Table Top sale the previous week raised £566.**
- It has been suggested that a **Golfers' Day** could be a good event for raising money. Do we have any golf enthusiasts who could rise to this challenge and help to organise it? Contact **Valerie Box** on valeriebox@outlook.com
- **100 Club. We still need more members, their friends and family to sign up.** This would be a monthly fundraising activity where you could be the lucky one to win a prize! We have quite a few members who have expressed interest to our Treasurer Steve Heron on sheron@guildfordparkinsons.org.uk but we need more of you before we can start this monthly lottery. You can choose to have just one number each month or pay for more and improve your chance of winning. **Don't be shy! Please email Steve today to say you will join!**

And finally.....:

- **Active members.** We have done a bit of analysis and calculated that about 40% of our membership of around 360 attend one or more of our activities regularly. That raises the question of whether there is more we could do for the other 60%. Feedback welcome from the "silent majority"!

Niki Tompkinson