

Dear All

Hope you are having a good summer. A few things to bring to your attention this month:

- **Summer Family Picnic – 7 August 12.00 – 18.00** at Great Halfpenny Farm, Chilworth. All members, friends and families very welcome. Tickets are still available to buy in advance. Full details on the [website](#), or contact Steve on sheron@guildfordparkinsons.org.uk. The advance weather forecast looks to be good for the day. Please bring cash with you as there are Cream teas to buy, a Tombola to gamble on and Pimms to make a donation for. More Tombola prizes needed – contact Valerie on valeriebox@outlook.com
- **Members meetings.** Apologies to anyone who tried and failed to log on to the July Zoom meeting. We had a couple of technical “issues”. No members’ Zoom for August. (Come to the picnic instead!) Next members’ meeting will be on **28 September** at 2pm at Shalford Village Hall. A return to “in person” meetings with Bowling on the Green and cream tea.
- **Working Age Group.** Next meeting on **Wednesday 18 August from 7pm** at The Withies, Compton. No speaker or activity this month. **Wednesday 15 September** – Nordic Walking. All welcome. Further information from Sharyn Bullen on sbullen@guildfordparkinsons.org.uk
- **The 100 Club.** The first draw took place at our Zoom members’ meeting on 27 July, courtesy of Nick Hetherington’s phone’s “random number generator”. The winners were Joanna Brough (£30), Barry Butcher (£10) and Laura O’Connor (£5). Congratulations to the winners! More lucky numbers available from Nick at nhetherington@guildfordparkinsons.org.uk. The next draw will be on Tuesday 31st August.
- **World Parkinson’s Day.** This event is in the past (11 April) but one of the events co-hosted by our July Members’ Meeting speaker, Clare Addison, is still available on YouTube <https://www.youtube.com/watch?v=c5xEX55CWA> and is well worth watching, especially for those of you who missed Clare’s talk.
- **First Steps Programme.** Clare recommended this – it is available via Parkinson’s UK’s website and is a 2-3 day programme designed for the newly diagnosed. It has been well received by all those who have attended it.
- **Fundraising – a special challenge!** Millie Olsen, aged 10, granddaughter of our members Roger and Myra Newnes Smith, has taken on the challenge of walking with her family up the three highest peaks in Great Britain – Snowdon, Scafell Pike and Ben Nevis. She is raising funds for Parkinson’s, with the proceeds to be split between Head Office and our Branch. If you would like to follow her wonderful attempt – and maybe encourage your friends and family to donate – then you can do so on: https://uk.virginmoneygiving.com/Millie_Three_Peaks

Best wishes to you all

Niki