

Dear All

It was so very nice to see a large number of you *in person* at the Summer Picnic last month. Many thanks to Steve Heron and a big team of volunteers for organising this event, and equally many thanks to Clare Price for hosting it. Let us all hope that the move back to normality continues.

Our newsletter The Park is about to issue, so I will keep this month's email update short and sweet. There are just a few things that I wanted to draw to your attention:

- **Resumption of Branch meetings** at Shalford Village Hall. The first **in person** meeting since before lockdown will take place on **Tuesday 28 September at 2pm**, with Bowling on the Green and a cream tea. No need to book in advance – just turn up!
- **Exercise classes.** As you know, these have restarted in person in Cranleigh (Surrey Hills Rehab) and Witley (Foundations Physio.) We are conscious that these two are both in the south of our area and doesn't suit all of you. Sadly, we lost our previous venues in Haslemere and Godalming but we are hoping that Foundations Physio will be able to find somewhere in Guildford before too long.
- **Loud and Clear.** These one-hour monthly communications sessions with a trained Speech and Language Therapist have proved to be very popular. There are a small number of places available on **the first Wednesday of each month at 3.30** on Zoom. Cost to participants is £4 per person per session, payable in advance. Please get in touch with me (ntomkinson@guildfordparkinsons.org.uk) if you would like to join or have any questions.
- **Christmas lunch.** This will be held at the Guildford Rugby Club, Guildford Road, Godalming GU7 3DH on **Tuesday 7 December at 12.00**. The lunch will be subsidised by the Branch and the cost will be £20 per person - each member may bring one partner/carer. Any additional guests are welcome but will pay the full price of £30. Price includes a three-course meal plus a glass of wine or soft drink. Further details and application forms are in The Park. Please contact Margaret Westwood (westwood.m@talktalk.net) if you have any questions.
- **Connect in Song.** We have been asked to pass on details about a new singing group starting this month in Effingham, which may appeal to anyone living in that area. The flyer below gives more details. This is not organised by us but we are promoting it in good faith. If anyone does decide to go, we would be interested in any feedback.
- **Dance for Parkinson's.** This popular class is restarting on **Wednesday 22 September 2-3pm**(followed by tea and coffee) at a new and larger venue: Godalming United Church, Bridge Road, Godalming, GU7 3DT. There is free

parking at the Church. There is currently no fee for the classes, as they are funded by Waverley Borough Council. The classes start seated and work their way up to standing and then moving in the space, adapting to the needs of the group. Kate, who runs them, says: *"We have had a great start to the course and lots of fun."* If you haven't been before and would like to try, contact Clare on iidconsortium@gmail.com

- **The 100 Club** draw took place on 24 August. This month's lucky winners were John Ballington (£30), Michael Cox (£10) and Peter Witter (£5).

Best wishes

Niki

Niki Tompkinson

A new monthly singing group for people with dementia or Parkinson's with their carer or partner

'Connect in Song'

St Alphege Church Hall, Lower Road, Effingham KT24 5JP
2.30pm First Tuesday of the month

Funded by **Community Foundation for Surrey**

For more information contact **Gill Walker on 01372 457987**
Kim Plumpton on 01932 586988 **GillianMWalker@gmail.com**

Supported by Churches Together in Effingham & Little Bookham