

Dear All

By the time you read this, the clocks will have gone back and it will really feel like winter has begun. But not everything is dark and gloomy! Here are a few forthcoming events to be reminded of, all of which should keep you busy and amused.

- **New exercise class** in Guildford area. Responding to requests from a number of members to locate one of our exercise classes more centrally in our area, Foundations Physio have taken on a venue in West Clandon. This is a new class at West Clandon British Legion hall from 9.30 to 10.30 each Monday morning starting on 1st November. So far, only two people have signed up to take advantage of this, which will not make the class financially viable if more members do not join. Could anyone interested please contact Adam of FP on adam@foundationsphysio.com or 07719 327677.
- **Weekly Pilates Class** - Sue Buckland continues to run a weekly Pilates for Parkinson's Class each Wednesday also at the West Clandon British Legion Hall - 1.30 & 2.30pm. There are places available. This is more than just an exercise class - the tea and biscuits at the end of the session is really popular with both those doing the class and their partners! If you would like to join, contact Sue on sue@pilatesperfection.co.uk or on 07914 51257
- **Christmas lunch.** This is positively the last call for this event, to be held at the Guildford Rugby Club on **Tuesday 7 December at 12.00**. If you are not one of the 90+ people who have signed up so far, and if you would like to come, then contact Margaret on westwood.m@talktalk.net or [01483 504001](tel:01483504001) asap!
- **November members' meeting.** This will be our last meeting of the year and will be from 2-4pm on Tuesday 30 November at Shalford Village Hall. Our guest will be Sue Buckland of Pilates Perfection, well known to some of you. Sue will talk about her classes specially designed for people with Parkinson's. Be prepared for some gentle participation!
- **Christmas concert.** Many of you will remember Motivation by Music's amazing virtual Christmas Concert last year. One year on, we can now look forward to MbM's **Come Back Christmas Concert** at Guildford URC (83 Portsmouth Road, GU2 4BS) on **Saturday 11th December!** Some of our

Parkinsong Voices are taking part in this, funded by the Branch. Do attend if you can, or you can watch it on YouTube. Tickets are available at this shareable link: <https://mbmchristmas.eventbrite.co.uk>

- **100 Club.** The winners from the last draw were: 1st - number 50 Niamh O'Connor; 2nd - number 128 Sheila Fullbrook ; 3rd - number 89 Anne Folkes
- **Membership Secretary needed.** I'm sad to announce that John Oldham, who has been our Membership Secretary for the past 4 years, has decided to step down at the AGM in February. John has served the Branch and the committee so well, for which he deserves many, many thanks. This is one of those unseen but extremely important roles which is crucial to the smooth running of the Branch. The Membership Secretary processes new applications and maintains our database of members and their contact details, adding and deleting as required and reconciling our lists with those held by Parkinson's UK. The Secretary also sends out this monthly newsletter and any other bulk emailing requested by the committee. So, if you have a few hours to spare each week and are comfortable with IT tasks as described, then PLEASE do let me or John know if you could be interested.

Looking forward to seeing many of you at one or more of the above events.

Niki

Niki Tompkinson

SATURDAY 11TH DECEMBER
7:30PM

Guildford URC, GU2 4BS



Motivation by Music's
**COME BACK
CHRISTMAS
CONCERT!**

featuring MbM's Community Choirs
& award-winning songwriter, Emily Bollen

A CELEBRATION OF OVERCOMING



Tickets: <https://mbmchristmas.eventbrite.co.uk>