

Hi-de-hi fellow members....

I wonder what percentage of you instantaneously recall the expected reply* and how many are scratching their heads thinking I am completely bonkers. I suspect I'll find out from the Friendship Groups and other social gatherings just how many of you were brought up on the 80's sitcom featuring Gladys Pugh and her trusted xylophone.

Anyway, back to the present. I hope all of you are having a great Easter and enjoying the weather. I'm a great lover of the Spring and if I'm honest it's my favourite season – there is just so much to look forward to, whether that be warmer weather or lighter nights. My wife and I typically visit the Lake District (spooky similarity with Niki) just before the prices of self-catering accommodation go through the roof for the Easter school holidays. This year our two grown sons joined for 'a free holiday'. We had a great time with such a variety of weather from 20+ degrees blazing sun to large hail! I will not bore you with the details today but being pushed by my sons, who were able to create safe but challenging environments (e.g. canoes on Derwent Water), I realised I am capable of more than I imagine and I'm becoming increasingly risk-averse.

The only downside of the holiday timing is that I missed both the Guildford Chamber Choir and Paul Mayhew-Archer and his Incurable Optimist show. I've heard rave reviews about both.

I'd like to leave you to ponder a quote I found in a book in the Lake District Cottage – 'When we are no longer able to change a situation, we are challenged to change ourselves.'

The website provides more details about the activities we know about but please find some highlights below :

- **Crispian** Steele-Perkins Trumpet Concert at Barrow Hills School, Witley. This will be held on Saturday 21 May, with tickets priced at £15.00 per adult. Contact your Treasurer for tickets: sheron@guildfordparkinsons.org.uk
 - **Summer Picnic** - This will again be held on Saturday 30 July at Great Halfpenny Farm, Halfpenny Lane. It is a fabulous location. Tickets are priced the same as last year, £5.00 per adult, £3.00 per child and £15.00 for a Family Ticket (2 adults and up to 3 children). Contact your Treasurer for more details sheron@guildfordparkinsons.org.uk
 - **Loud and Clear** online monthly speech maintenance classes - we still have 2 spaces available on our subsidised first Monday in the month classes. If you are interested,
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please contact our Treasurer

- **100 Club** - Change to our Branch Banking arrangements. When we started our 100 Club last July, many who joined at that time paid an annual subscription and this will run out with the June 2022 100 Club Draw. We are now changing our Branch banking to Barclays and we would therefore be grateful if those of you who have a Standing Order for your annual subscription could change it to the below Barclays account details:

Account name: Parkinsons Disease Society of the United Kingdom

Sort Code: 20-00-00

Account No: 03859762

Please enter as much of the new account name that your bank allows when changing the 'recipient' account name details online. Also, note for these purposes there is no apostrophe in Parkinsons. Do not worry that there is no mention of Guildford in the new account name, these funds come directly to us. Please also remember to cancel your standing order to our old HSBC account. Could you email our Treasurer to let him know when you have made the change sheron@guildfordparkinsons.org.uk. Further reminders will be sent out in May and June to make sure no one misses this important message.

Remember to stay Physically Active, Intellectually Active & Socially Active ...

Bye for now

David
