

Dear All

A very Happy New Year to everyone. I hope that the “festive season” was as festive as you wanted it to be, and here’s keeping our fingers crossed that 2022 will at last see greater normality than the previous two years. It was great to see so many of you at the Christmas lunch in early December. The January edition of *The Park* is about to issue – there is lots to read, and I hope you enjoy it. Congratulations to our Editor, Anne Folkes, for a superb job as ever.

In the meantime, a few reminders for the coming month or so. *(NB All meetings described below are planned to take place in person, but may move to Zoom if Government and/or Parkinson’s UK advice changes in response to the continuing pandemic. We will keep you informed as appropriate.)*

- **Members’ Meeting – Tuesday 25 January 2.00 pm Shalford Village Hall.** Our invited speaker (a local pharmacist) has had to drop out because of giving COVID boosters (hard to argue with that!) but we are fortunate that Valerie Box, well known to many of you, has offered to share some of her experiences talking to local groups about what it means to have Parkinson’s. We are hoping to be able to live stream this talk via Zoom, for those of you who prefer to stay at home. Names to Sharyn Bullen (sbullen@guildfordparkinsons.org.uk)
- **Members’ Meeting/AGM – Tuesday 22 February 2.00 pm.** This is the time for the committee to report to you on the year’s work and events, and for you to re-elect us (or throw us out!) As you know, I will not be standing as Chair again this year, but I am so pleased that **David Lowther** has volunteered to take over from me. He is busy getting up to speed with what we are doing, and thinking about the future. John Oldham, our Membership Secretary, is also standing down and his place is being taken by **Keith Black** (well known to many of you for running the WAGs for many years.) And our team is also being augmented by **Debbie Gaskell** who is working to improve our website and advise us on our communications. More of all this next month. Again, the plan is to hold the AGM at Shalford but to also cover it on Zoom. *We will update you on this in due course.*
- **Other social meetings.** All members are welcome to join the monthly afternoon social meetings at Shalford (last Tuesday of each month from 2.00 – 4.00 pm) as detailed above. In addition, we have a long-standing Working Age Group, who have been meeting socially monthly, in the evening, for so long that most of them have long passed into retirement! Mindful of the Trades Description Act, WAGs will in future be known as the **Friendship Group** and will continue to meet on the **third Wednesday of every month at 7.00 pm** (next ones are **19 January, 16 February, 16 March**) at The Withies, Compton for an informal get-together. Anyone is welcome to join them. Please contact Keith Black (kblack@guildfordparkinsons.org.uk).
- **Exercise activities** – classes have restarted after Christmas, but if you are unsure as to dates and times for this year, please contact your provider (Kim Wilson, Adam Poulter, Sue Buckland). “Dance for Parkinson’s” are restarting on 12 January in Godalming (*These are still free; anyone interested should contact our Treasurer, Steve Heron for details.*)

- **Speech and singing.** 'Loud and Clear' monthly speech classes on Zoom have restarted and existing members have been reminded. If anyone new would like to join, please contact Steve Heron (sheron@guildfordparkinsons.org.uk). Parkinsong Voices, run by **Emily Bollon** (emily@motivationbymusic.com) restarts on 21 January at 1.00 pm at Binscombe Church Hall. New members welcome – please contact Emily direct, copied to Steve Heron.
- **Support groups.** Newly diagnosed (sbullen@guildfordparkinsons.org.uk) and carers' (mnsmith@guildfordparkinsons.org.uk) will continue monthly on Zoom as before.
- **Future fundraising events.** Two dates for your diaries:
 - Guildford Chamber Choir at St Nicholas Church Guildford. **Saturday 26 March.**
 - Crispian Steele-Perkins Trumpet Concert at Barrow Hills School, Witley, **Saturday 21 May.**

Finally, I am sorry to have to inform you of the sudden death on 10 December of one of our members, Rosemary Bailey. Rosemary was a regular at our Shalford meetings and other events, which she very much enjoyed. Our condolences go to her daughter Jane and the rest of her family. Jane has asked for details of Rosemary's funeral to be passed to you - All Saints, Onslow Village at **1.45 pm on 27 January 2022**, with a wake following at the Withies. Should any of her friends from the group wish to attend they are more than welcome.

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