

Hi Folks,

It wouldn't be a normal monthly newsletter from me if it did not start with a reminder of the 3 key elements we can do to help ourselves:

1. Keep physically active
2. Stay intellectually challenged
3. Remain socially connected to others

In terms of staying physically active, some people may take this to excess. I am of course talking (tongue-in-cheek) about Gary Shaughnessy, the Chair of the Board of Trustees of Parkinson's UK.

Gary was diagnosed with Parkinson's in 2015 and ever since has taken on significant challenges to promote Parkinson's. This year, between 22 and 25 June, Gary took part in Arch to Arc, the Toughest Triathlon in the world – he ran 83 miles from London to Dover, rowed more than 21 miles across the English Channel, and cycled 186 miles to Paris. Only 46 athletes had previously successfully completed the full challenge.

I personally cannot comprehend the enormity of the Challenge. I would consider having to drive 83 miles a significant challenge!

I can only say I am truly in awe of Gary who, with fund matching, should raise over £50,000 for Parkinson's UK.

Finally, in place of the usual joke, I'd like to pull out some of the bits I've read about Gary that amused me:

- He started his run at 2.00 am so had run a marathon before being able to have a break at an eatery that was not a 24hr McDonalds.
- He stopped at Ospringe Church of England Primary School near Canterbury around 57 miles into his run, where children lined the fence cheering his arrival. He then popped into the school for a Q&A, and they did a lap of the playing field as part of the school's 'Daily Mile'.

On the local Branch front, we have an exciting collection of activities planned for the second half of the Year. Please support these as they are good for individuals (counts towards your social interaction efforts) and assists with fundraising which we all know benefits everyone in the locality with Parkinson's.

- Summer Picnic - This will again be held on Saturday 30 July at Great Halfpenny Farm, Halfpenny Lane, starting at 1.00 pm. 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
- Incurable Optimist Show - We are proud and delighted to be hosting the comedy writer and producer, Paul Mayhew-Archer, who will perform his one-man show on Saturday 17 September at Kings College School, Guildford, starting at 7.00 pm. Tickets are £15, (child £5) if bought in advance, or £20/£7.50 on the door and are now available from your Treasurer. Volunteers are needed to serve drinks and help with the raffle: please contact valeriebox@outlook.com with all offers of help or any questions about the event. This is a good evening out for those with or without Parkinson's. We would like to sell around 200 tickets so do encourage everyone you know to come.
- Loud and Clear online monthly speech maintenance classes - we still have 2 spaces available on our subsidised first Monday in the month classes and 1 for the first Wednesday class. If you are interested, please contact our Treasurer
- Parkinsons Voices - There are a number of spaces currently available for our Friday lunchtime popular classes. If you are interested, please contact our Treasurer.

Finally, if the term "WordPress" means anything to you can you contact me at dlowther@GuildfordParkinsons.org.uk

Regards, David



Copyright © 2022 Guildford Parkinson's, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Grow your business with  **mailchimp**