

Hello fellow members,

Welcome to the latest members email that documents my journey as new Chair of the Branch and the random thoughts and observations I make as I go along.

I've picked up on two topics since we last communicated ...

Smile Please!

My work as a software professional has taught me that one should not be complacent but that one should attempt to advance oneself through continuous improvement. With this in mind, I thought I'd work on my favourite statement, which is:

We should all attempt to:

1. Stay physically active
2. Stay mentally active
3. Stay socially active

Accordingly, I've added a fourth element.

4. Smile and, where possible, enrich other people's lives

So what has spurred me to add a fourth bullet? The answer is that I met two people who I would entitle 'jolly' and who have 'a gift' when it comes to interacting with people:

- I met with Kim of Surrey Hills Rehabilitation Centre (SHR), one of our exercise partners at Cranleigh. SHR has excellent facilities and clearly works exceedingly hard to offer a top-class, super supportive environment.
- I joined Loud and Clear, our speech maintenance activity, which is run by Celia. We did exercises and read Pam Ayers poems. I've only been once but already know signing up for a term was an excellent move.

People like Kim and Celia are like 'Gold Dust' – you leave with a big smile on your face! While I may not be in their league, they inspire me to be a contributor, aiming to build a supportive environment for others. So, how does this manifest itself in daily life? It's simple - 'smile and the whole world smiles with you'.

Many hands make light work!

While smiling is good, being an active contributor to the Branch is better still. Our success is a double-edged sword – with over 100 members taking part in exercise classes alone, that represents a £4,000 per month subsidy cost. Turning it the other way around, we need to fundraise £4,000 per month... that's big fundraising!

While I know that not everyone is well enough to engage in helping to raise funds, we do urgently need some of our members – perhaps you? - to step forward and to organise or help organise one of our fundraising events. This could be your 'stay mentality active' activity?

So, for example, British writer and actor Paul Mayhew Archer is willing to perform at a fundraising event for us but we need someone to oversee the planning of the event, find a venue, organise publicity etc. Could you be that person? While all roles are valuable, having someone who is willing to 'pull it all together' would be awesome. Or perhaps you know one or two friends who would work with you as a team to organise an event? If everyone could do a small amount that would make a great difference.

If you think you could help, please send me an email (chair@guildfordparkinsons.org.uk).

Proof this is genuine...

So, just before the list of events to note in the diary, I better confirm this is from me and not some spam/scam-bot

"What did the number zero say to the number eight – that's a great belt you've got..."

Don't forget for the diary...

Our Branch Website (<https://www.guildfordparkinsons.org.uk/index.htm>) provides more details about the activities we know about but please find some highlights below. Contact your Treasurer for tickets or more details about the below classes: (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).

- **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 space on the first Wednesday class
- **Parkinsong Voices** – New members are always welcome to our weekly class held at Binscombe Church Hall, Barnes Rd, Godalming GU7 3RF. The class is usually held between 1.00 pm and 2.00 pm on a Friday.
- **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 have now changed 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 note:

- 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.

Regards, David

Membership Records update

I have been reviewing the data in our Branch Members' database and I need your help to ensure we are up to date.

A number of Members have unsubscribed from the regular Newsletter emails and I would like to clarify whether this is a request to unsubscribe from the Newsletter only or from both the Newsletter and the Branch membership. To this end, I will contact each Member in our database to confirm your details. Your response will be much appreciated.



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