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# The Park

## Magazine

JANUARY 2018



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**GUILDFORD AREA BRANCH MEETINGS 2018**

- |                       |  |
|-----------------------|--|
| <b>January 23rd</b>   | <b>Debbie Hustings</b> Partnership Manager (Carers)<br>NHS Guildford, Waverley East Surrey & Surrey<br>Downs Clinical Commissioning Groups |
| <b>February 27th</b>  | <b>AGM Amanda Dodson</b> NHS Clinical Nurse<br>Specialist for Parkinson's for South West Surrey  |
| <b>March 27th</b>     | <b>Mark Goodridge</b> Chairman of Trustees Parkinson's<br>UK   |
| <b>April 24th</b>     | <b>Shaun D. Parry-Jones</b> Solicitor Cranleigh  |
| <b>May 22nd</b>       | <b>BMI Mount Alvernia Team.</b> Hydrotherapy,<br>Physiotherapy and Anti Gravity machine.   |
| <b>June 26th</b>      | <b>TBA</b>   |
| <b>September 25th</b> | <b>Cream Tea and Bowls</b>   |
| <b>October 23rd</b>   | <b>TBA</b>   |
| <b>November 20th</b>  | <b>Katherine Crawford</b> Director PUK Support and<br>Network Services   |

## **Chairman Writes**

### **CHAIRMAN'S REPORT PARKINSON'S GUILDFORD AND SOUTH SURREY GROUP AGM of 27th. February 2018**

I have incorporated, for this edition of the Park, the Chairman's writes piece together with the chairman's report for the AGM on 27th. February, 2018.

Thank you all for coming today. The last year has seen a huge amount of change within the Group. We have had to split from Reigate to conform to Parkinson's HQ rules.

Reigate has now formed a very successful group in their own right. Some members of the committee who were from Reigate have therefore had to step down from their roles.

I am sure that we would all like to place on record our thanks for all they have done for the group, in some cases for a number of years. This past year has been enormously successful for us as a group. A measure of just how much can be seen by the significant increase of those attending branch meetings. This has more than doubled and are nearly 3 times those attending previously. This is despite the split from Reigate. Please attend if you can. Next year offers a number of high profile speakers from Parkinson's HQ including the President and directors, which offers you a significant opportunity to get your views across.

The group has moved on very significantly in a number of areas in providing support care and activities, as can be witnessed by the publication of the list of services recently sent out. This is already in need of update for next year. Most of this is possible due to a very generous legacy by Florence Pite to the Group. This has given us the ability to be able to look at and offer services on a level that perhaps no other Group in the Country is able to do. However this is not only due to the legacy, but also because of the amount of hours that the committee has put in.

To be realistic, if we want the group to progress, more volunteers are needed. It is simply that the committee cannot do more than what they are doing, and we want to progress further for everyone's benefit. Please look at what you can do to help. No offer of help is too small. You can simply elect to be an ad hoc volunteer, contacted as and when needed, to see if you are able to help. We really need people in some key roles, which are advertised on the website.

At the moment we have some committee members who are working full time in undertaking many more than a single role. Although they are very willing, help is needed.

We have a tremendous group, and a wonderful opportunity to make things happen, and to make it very special for our members. Please help if you can, to make this occur. We would be happy to work with you in finding a role that is suitable. If you know of any family or friends who can help, the same applies.

Last year's introduction of a website has been significantly improved recently due mainly to Mike Searle. It is specific to the group in providing useful information, events, and up to date medical research information. Our first edition of the New Park Magazine was extremely well received, and this is thanks to John Luff in the main. Both of them fully deserve our thanks for the brilliant job they are doing.

All the services that we envisaged putting in at the AGM of last year have been done, and in fact a few additional ones as well. This year we have some very ambitious plans. Help for carers and with care. First Aid courses, introduction to a transport service, and implementing an IT course, which is designed to help with IT basics and helping you to keep in touch with your loved ones. Let us know if there are any additions you would like to see, and we will do whatever is possible to meet demands.

We are also looking at how we can introduce really special events, and one such is planned for 13th. April. It is to celebrate Parkinson's day and to honour the memory of Flo Pite.

Fuller details of all this are in the latest issue of the Park and on the web site. Let's all work together to make 2018 as much fun for the group as possible, and a year to remember.

Best wishes

Syd Abraham

Chairman



# **PARKINSON'S UK Guildford and South Surrey Branch**

## **ANNUAL GENERAL MEETING**

Tuesday 27th February 2018 at 2.00pm

@ Shalford Village Hall Upper Level

### **AGENDA**

1. Welcome by the Chairman
2. Apologies for absence
3. Approval of the minutes of the meeting held on 28th. February 2017
4. To receive and approve the report of the Hon. Treasurer and the accounts for the year ended 31st December 2017
5. To receive the report of the Committee for the year 2017
6. To elect a President
7. To elect a Committee to serve until the Annual General Meeting (2018 - 2019)

#### Current Members of the Committee

Mr. Syd Abraham

Mrs. Elizabeth Fuller

Mrs. Hilary Austin

Mr. John Hewitt

Mr. Ian Watson

Mr. Mike Brett

Mrs. Angela Campling

Mrs. Margaret Westwood

Mr. David Peacock

Mrs. Myra Newnes-Smith

Due to regional changes Mrs. Elizabeth Fuller, and Mr. Mike Brett have stepped down.

Mr. John Hewitt has resigned as Treasurer and been replaced by Miss Sophie Cordice.

Mr. Ian Watson has resigned from the committee.

John Oldham has become Membership Secretary and has to be officially elected.

All other Members are eligible for re-election. Nominations must be made and seconded by members of the Parkinson's UK and the Branch.

8. To elect Officers to serve until the next AGM:

Chairman, Vice Chairman, Honorary Treasurer, Honorary Secretary

Hon. Membership Secretary, Honorary Social & Events Secretary

9. Any other business.

## Let them eat cake

Following the successful event in March 2017, Valerie Box has booked the charity tent at Milford Farmer's Market for April 15th. 2018. The market is held at Secrett's Farm Shop in Milford between 10am and 1pm and our tent in March raised £300 - the highest amount raised by any charity that has run the tent.

Valerie would like to beat this record in April, when the event will be close to or in Parkinson's Awareness week. She needs help with making or selling cakes. Anyone who can help in any way is asked to contact Valerie on [01428 682678](tel:01428682678) or email her at [valeriebox@outlook.com](mailto:valeriebox@outlook.com). Sellers do not have to commit to the whole morning. An hour or so is still a great help.

Set up is from 9.30am which is when the cakes need to be delivered, to create an eye catching and mouth-watering display.



**“Let them eat cake”** is the traditional translation of the French phrase *“Qu’ils mangent de la brioche”*, supposedly spoken by “a great princess” upon learning that the peasants had no bread. Since **brioche** was a luxury bread enriched with butter and eggs, the quote would reflect the princess’s disregard for the peasants, or her poor understanding of their situation.

While the phrase is commonly attributed to Queen Marie Antoinette, there is no record of her having said it. It appears in book six of Jean-Jacques Rousseau’s *Confessions*, his autobiography (whose first six books were written in 1765, when Marie Antoinette was 9 years of age, and published in 1782). The context of Rousseau’s account was his desire to have some bread to accompany some wine he had stolen; however, feeling he was too elegantly dressed to go into an ordinary bakery, he recollected the words of a “great princess”.

*Enfin je me rappelai le pis-aller d’une grande princesse a qui l’on disait que les paysans n’avaient pas du pain, et qui repondit: Qu’ils mangent de la brioche.*

Rousseau does not name the “great princess” and he may have invented the anecdote, as *Confessions* was, on the whole, not a very reliable autobiography.

## Shalford Bowling Club Event 26th September 2017

Our Branch meeting on the 26th. September was a hugely enjoyable day of bowling at the Shalford Bowling Club next to the hall where our meetings take place.



The event also had a scrumptious cream tea which consisted of home made scones, jam and clotted cream. This was all possible due to the generosity of Shirley Williams in organising and letting us use the green.

The cream tea was down to our Vice Chairman

Hilary Austin. I am sure that our thanks go out to both of them, as without them such a lovely day would not have been possible.

The day was a beautiful summer's day which made it perfect .

The bowling green was filled with people having a great time, and laughter was heard from all over.

We hope you will put this down in your diary for next year, and that we are lucky enough to have the beautiful weather we enjoyed





The Guildford Parkinson's Working Age Group recently had a special invitation from Darren to see his cows on the farm.

The day was in a lovely relaxed setting with some special guests, as can be seen in the photos.

A very enjoyable day all round was added to by the ability to relax and enjoy the facilities at the cafe later on. many Thanks to Darren for the very kind invitation





# Florence Pite Memorial and Critical Path Conference

The Florence Pite Memorial this year was held on the 15th. November 2017, at the Institute of Architects in London. It should perhaps be said that Florence in fact liked to be called Jill.

The subject matter was the Critical Path Project. The background to this is that the Critical Path Project was founded in the main initially by the legacy left by Florence Pite.

It perhaps only got off the ground due to this major contribution. I has grown into involving, at the last count, 9 major pharmaceutical companies and some universities. It also now has on board the Michael J. Fox organisation.



In short, the project is highly data driven. It is aimed at getting drug companies to work together on the latest medical research and the sharing of information. It is also aimed at cutting down substantially the time taken in getting drugs to market and identifying better testing procedures.

It is further looking at standardising how presentations to the Drug Authorities can be presented so that the time taken getting approval is significantly reduced.

Part of the project is looking at how the progression of Parkinson's can be monitored, so that the most effective medication is available at the relevant stage of the condition.

All this offers very exciting potential for the future and has been greatly helped by the legacy from Florence Pite and the Guildford and South Surrey Group, choosing to support this venture at its conception.

Lecture link: <https://www.youtube.com/watch?v=qRyNrQSkhII>

## Florence Pite

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Known to her friends as Jill, Florence Phoebe Mary Pite was born in Worlingham in 1929. The family moved to live near Haslemere, Surrey in June 1942. A talented pianist, violinist and organist, Jill's abiding love was music. She and her family were faithful members of Lynchmere Church for more than 60 years.

Following her mother's death in 1980, Jill and her brother Ben continued to live in the family home until Ben's death in 2006. Jill was diagnosed with Parkinson's in 1995 and, in spite of help from carers, neighbours and friends, she found it difficult to live on her own. Jill moved to Moorhouse Nursing Home, where she lived until her death in 2014.

Jill chose to support the Guildford and Surrey Branch of Parkinson's UK with a generous legacy which will go on to enhance the lives of others with the condition. Jill's gift has enabled this lecture to happen today and in the future.

Parkinson's UK is so grateful for the generosity of Jill and her family. Kind gifts like this help fund over a third of all we do each year, helping support people affected by Parkinson's.

**If you'd like to know more about leaving a gift in your Will to Parkinson's UK, please get in touch with Christopher Brodrick, Legacy Manager, on 020 7963 9344 or visit [parkinsons.org.uk/legacy](http://parkinsons.org.uk/legacy)**



# TAKE PART

## How others can help people cope when caring for a spouse or partner with Parkinson's



Josie Niemira and Dr Cecile Muller from the University of Surrey are investigating how relationships are affected and may change for people who care for their spouse or partner with Parkinson's. The aim of the research is to understand how friends and family can be a support system for someone in a care-giving position. The research hopes to inform NHS plans to support carers.

### What is involved?

A one-off 1 hour interview, either by Skype or face to face at the University of Surrey, Guildford. For more information please download the [information sheet \(http://parkinsons.msgfocus.com/c/12l0jq2wVoYkwTkbn5nIDww\)](http://parkinsons.msgfocus.com/c/12l0jq2wVoYkwTkbn5nIDww).

### Who do the researchers need?

15 caregivers to a spouse or partner with Parkinson's who are over 40 years old. Also if possible someone that has supported you and would be happy to be interviewed.

### Interested in taking part?

Please contact Josie via email ([j.niemira@surrey.ac.uk](mailto:j.niemira@surrey.ac.uk)) or phone (01483 68 6884) before **Wednesday 30 May 2018**.

# Path Finder

Walk With Path Ltd.  
www.walkwithpath.com  
info@walkwithpath.com  
@walkwithpath



## Falls Prevention and Walking Enhancement



**Path Finder**, as seen on the BBC and in New Scientist, is a new generation multi-award winning product that enhances movement and prevents falls. It combines visual technology along with our natural neurological functions to achieve this. Its use is wide ranging from physiotherapy to improving daily life for individuals with neurodegenerative conditions. The easy to fit aid straps onto the shoe and provides a visual cue to help anyone with unsteady and irregular gait.

**Path Finder is available to buy via  
[www.walkwithpath.com](http://www.walkwithpath.com) or 0203 865 7181**

Path Finder comes with a money back guarantee within 14 days if not fully satisfied. For further information, see our terms here: <https://www.walkwithpath.com/terms>.



Path Finder works by projecting a horizontal line on the ground in front of the user at a set distance from the feet. The wearer is given a visual cue to step across and therefore an external stimulus is created to trigger walking. A single visual cue is projected from each foot, in turn, thus producing a static cue. Path Finder is produced by Walk With Path Limited (WWP).

In **Parkinson's disease** (PD), for example, sufferers commonly encounter 'Freezing of Gait' (FoG), a symptom causing an individual to feel as if '**frozen**' to the ground. Path Finder has been validated in a population with PD, where the visual cue was able to reduce FoG significantly. The study was undertaken by an academic partner of WWP in The Netherlands, and is due to be published.

Path Finder has been granted a UK patent, and its international patent applications are pending.

Video of User Demonstrating Walking Test: <https://www.youtube.com/watch?v=okaeWC7poxM>

## Parkinson's Australia

I have just returned from a five week holiday in Australia, visiting my younger son Stuart (now an Australian Citizen) and his family. Having a few days on my own, I thought it might be a good idea to contact a Parkinson's group there, to see if we could swap any news or ideas.

Having made several phone calls to a Parkinson's telephone number I found on the internet, I eventually managed to get an appointment to see Victor McConvey, a Clinical Nurse Consultant at his office in a Melbourne suburb called Surrey Hills.

Arriving at these Parkinson's Offices I realised that this was the Head Office for the State of Victoria, and not the type of support group I was looking for.

Mr. McConvey was, however, extremely helpful, giving me a number of their publication "Inmotion", and details of a Support Group leader, Judy Russell, in another suburb called Camberwell. I later phoned Judy, and we arranged to meet up the next day.

Judy had taken over the running of the Camberwell Support Group just 6 months earlier, when their membership had dwindled to single figures, and told me that she had managed to get this number increased to 40 and wasn't going to stop there.

I found her to be dynamic in character, and very keen to have a corresponding relationship with our Guildford & South Surrey Branch

Some of the activities Judy is involved in include 'A Walk in the Park', the largest fundraising event for Parkinson's Victoria, 'Parkinsons' music therapy.



We look forward to hearing from Judy, and trust that we can establish a lasting relationship to the benefit Parkinson's members in both of our Countries.

*John Luff*

## IT COURSE

Below are the details for the two IT courses that will commence on February 6th. and 17th. April. These courses are the same and are intended as an introduction to IT.

**First Course Tuesday 6th. February 2018 at 9.45am to 12.30pm**

**Second course Tuesday 17th. April 2018 at 9.45am to 12.30pm**

**at Oakleaf Enterprise, 201 Walnut Tree Close, Guildford GU1 4UQ**

All equipment will be provided. There is some parking on site but very limited.

**Places limited to 10 on course. Cost £4 per session. All equipment is provided with one on one support.**

We have taken into account the fact that a short break will be needed and that the start is a prompt 10 o'clock, hence the 9.45 am advert. There is wheel chair access.

To book, email: [sydney.abraham@hotmail.com](mailto:sydney.abraham@hotmail.com)

### **Course Outline**

#### **emails**

- Gmail setup account
- Sending and receiving
- Archiving
- Attachments

#### **Google Power Search**

- How to Google search using special characters
- Google Menus
- Google Maps

#### **Security**

- How to identify phishing emails
- Identifying free and paid anti virus and malware
- Passwords
- Software updates

#### **Skype**

- Account setup
- Messaging
- Settings

## Christmas Lunch 2017

Our Christmas lunch this year was held at the Guildford Golf Club, and many thanks to them for producing a lovely lunch and great service. We had record numbers attending this year with 90 booking, and sorry we had to disappoint several others, as we could not accommodate everyone. The fact that we had over per cent attending or wanting to attend more than last year, is a testimony to how the Group has grown over the last 12 months. In addition to this, there was a charge this year, and last year it was free.



The raffle this year was very well supported, WalkWithPath were kind enough



to donate one of their ground breaking products, Pathfinder, aimed at avoiding falls and enhancing walking. In trials it has also been used to free 'freezing of gait' (FOG) We also had two hair and beauty gift vouchers from the Retreat in Farnham, worth over £75 each. Thankyou to them and to all

the other individuals who contributed some great prizes. The day was a happy day with people being able to enjoy themselves in a nice setting that is the Golf club, so thankyou all to those who came and so well supported the event. Many thanks to Hilary Austin, Angela Campling and Margaret Westwood for all their hard work in organising the event.







**Hilary Austin receiving Path-finder from Walk with Path.**

**To see a Christmas video message from WalkWithPath click onto the following link:**

<https://youtu.be/1zoRJ5C9hjk>

## **Special Events for your Calendar**

### **27th. March: Mark Goodridge - President of Parkinson's UK**

We are pleased to announce that Mark Goodridge will be attending the March meeting on 27th. March at Shalford Village Hall, 2pm, Upper Level Building. This is your opportunity to meet Mark and raise questions.

### **13th. April: Dinner and live music featuring the Thamesmen in memory of Florence Pite and to mark Parkinson's day.**

This is a special event we are holding at the Harbour Hotel in Guildford, full details of this and how to book are enclosed with this edition of the Park.

### **27th. November: Katherine Crawford, Director of Support and Local Networks Parkinson's UK**

We are pleased to announce that Katherine Crawford has agreed to attend the Branch Meeting on 27th. March at Shalford Village Hall, 2pm, Upper Level Building. This is your opportunity to meet Katherine and find out more about how her team operates.

## Chairman's visit to PD Exercise Class



I recently had the pleasure of being asked to attend the PD Warrior Exercises run by Mel Martin and Sam Goodwin at the Godalming Leisure Centre in Summer Road. From what I saw I cannot recommend it more highly. I was taken aback by the professionalism, care given and quality of the workouts.

All levels seemed to be catered for and the results in improving coordination, balance and stamina were really surprising.

If you are thinking about doing something in the way of trying to improve any of the things mentioned above, I am sure Mel and Sam would be pleased to try and help. The classes are fun and both of them give so much in thought and caring.

If you would like to join any classes please contact Hilary Austin on [01483 422543](tel:01483422543) or email: [hillawrie@gmail.com](mailto:hillawrie@gmail.com)

## Grins and Snickers

I was in the six item express lane at the supermarket recently quietly fuming. Completely ignoring the sign, the woman ahead of me had slipped into the check-out line pushing a trolley piled high with groceries. Imagine my delight when she beckoned the woman to come forward, looked into her trolley and asked sweetly, "So which six items would you like to buy.?"

Because they had no reservations at a busy restaurant, my elderly neighbour and his wife were told there would be a 45 minute wait for a table. "Young man we're both 90 years old," the husband said. "We may not have 45 minutes". They were seated immediately.

The reason why Politicians try so hard to get re-elected is that they would 'hate' to have to make a living under the laws they have just passed.

All eyes were on the radiant bride as her father escorted her down the aisle. They reached the alter and the waiting groom. The bride kissed her father and placed something in his hand. The guests in the front pews responded with ripples of laughter. Even the priest smiled broadly. As her father gave her away in marriage, the bride gave him back his credit card.

Women and cats will do as they please, and men and dogs should relax and get used to the idea.

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say ?" Harry said "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man". Bill commented "I would like them to say I was a wonderful teacher, a servant of God, who made a huge difference to people's lives..." Fred said "I'd like them to say, Look he's moving !"

Smith climbs to the top of Mt. Sinai to get close enough to talk to God. Looking up he asks the Lord, "God, what does a million years mean to you?" The Lord replies "A minute". Smith asks "And what does a million pounds mean to you ?" The Lord replies "A penny" Smith asks "Can I have a penny ?" The Lord replies "In a minute"

John was on his deathbed and gasped pitifully, "Give me one last request dear" he said. "Of course John" his wife said softly. "Six months after I die", John said, "I want you to marry Bob". "But I thought you hated Bob". she said. With his last breath John said, "I do!"

.....and now for something completely different.

*Where I live, in the village of Thursley, we are constantly looking for new ways of raising money toward the restoration of our ancient Village Hall.*

*It was decided that a Scarecrow Trail should be arranged for Halloween. Villagers were invited to enter a scarecrow with a prize to be presented to the scariest model.*

*This was a challenge that Warren Park craft club could not turn down and here is their entry. (apologies to Steven King)*



## CARERS LUNCHESES

These have been held once a month, alternating between the second Tuesday and second Thursday. However, as there has been a poor uptake for lunches on a Thursday, they will now be held on the second Tuesday each month, but none in July and August.

Lunches are held at [The Refectory in Milford](#) between 12 noon and 2.00pm.

Please feel free to drop in and leave at whatever time suits you.

Dates: [January 9th](#), [February 13th](#), [March 13th](#), [April - none](#), [May 8th](#).

Please note reminders will not be sent out in future, so please put the dates in your diaries!

Please notify Myra by the prior Sunday if you plan to attend.

[myra@newnes-smith.com](mailto:myra@newnes-smith.com)

Telephone: 01483 422440

### Life

hacks

If you are in an area where you should have mobile phone service but don't, put your phone on airplane mode and then switch back. This will cause your phone to register and find all towers in your vicinity

# Dave and Ann Donovan

Ron and Maureen Wride write about their friends, Dave and Ann Donovan, who will be missed by all those who knew them at Shalford through all the 20 years or more they have been attended.

Dave and Ann looked after the afternoon teas and contributed to the Group in many other ways.

Ann being a music teacher, arranged for programmes of carols and light music, where everyone enjoyed them for an afternoon with tea in the interval.

Dave told me that it was their idea to introduce labels so that everyone could learn each other's names.

We wish them all the very best as they move to be close to their caring family.

We shall miss them.

## **Guildford Cathedral Abseil for the Park**

Back by popular demand, on Saturday 12th. May 2018 Parkinson's UK will be organising an exciting challenge - a 160ft abseil down the iconic Guildford Cathedral! Once you have climbed the 249 steps to get to the top of the Cathedral Tower you get to experience the beautiful panoramic views of Guildford before making your descent. The views are spectacular, the challenge is terrifying, the cause rewarding. Who is up for it?

All our abseilers receive a fund raising pack, sponsorship forms and t-shirt. We'll support you though your fund raising and be there on the day to cheer you on.

Registration is £25 and we ask that anyone taking part tries to raise at least £150 in sponsorship. Minimum age to abseil is 8 and under 16s will need to be accompanied by an adult.

Please do help us to spread the word about this fantastic abseil opportunity to all your friends, family, schools and companies locally!

For more information or to book visit [www.parkinsons.org.uk/events/guildford-cathedral-abseil](http://www.parkinsons.org.uk/events/guildford-cathedral-abseil), ring 020 7963 3912

or email [fundraising@parkinsons.org.uk](mailto:fundraising@parkinsons.org.uk)



## **Useful Information**

### **Parkinson's Local Advisors**

Runnymede, Surrey Heath, Waverley & Woking: Jackie Wingrave  
0344 225 3669

East Surrey: Nicky Lawrence-Gravestock 0344 225 3743

Mole Valley & Dorking: Emma Southwell 0344 225 3772

Mid-Sussex: Carol Coupe 0344 225 3668

### **Parkinson's Specialist Nurses**

South West Surrey: Amanda Dodson 01483 783481

Rose McKinley 01483 783481

Farnham Hospital Outpatients Dept., Hale Road, Farnham

GU6 9QL

East Surrey: Fiona Watchman 01483 733890

**Parkinson's UK Helpline Service - 0808 0303**

**Operating Hours: Monday to Friday 9.00am to 8.00pm**

### **National Website**

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### **Local Website**

[www.guildfordparkinsons.org.uk](http://www.guildfordparkinsons.org.uk)

Don't forget, you can stay informed of classes, events, meetings and much more at our Guildford website.