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The Park

Magazine

MAY 2018



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GUILDFORD AREA BRANCH MEETINGS 2018

- | | |
|-----------------------|--|
| May 22nd | Ruth Calder and Louise Neave Mount Alvernia
Physiotherapy Dept.
Alter G, Hydrotherapy and PD Warrior
Dr. Will Young Brunel University Lecturer in Ageing Neuro-
-science |
| June 26th | Di. Cheeseman Age UK
Jenny Pringle Crossroads Care |
| July 17th | Tea dance at the Guildford Golf Club (see
advertisement)
High Path Road, Guildford |
| July | Proposed visit to Denbies Vineyard in Dorking with
Reigate group
Date to be announced |
| August | Informal get together TBA |
| September 25th | Bowls on the Green with Shirley. Beginners welcome
Followed by Cream tea |
| October 23rd | Quiz and games afternoon. |
| November 27th | Katherine Crawford Director PUK Support and Network
services |
| December 7th | In the mood- Christmas Lunch New Venue See
September The Park |

THE 33rd ANNUAL GENERAL MEETING OF THE
PARKINSON'S UK GUILDFORD and SOUTH SURREY
BRANCH

Tuesday 27 February 2018

The Chairman, Mr Syd Abraham welcomed Mr Alastair Jack from PUK

and Mrs Amanda Dodson, PD specialist Nurse, to the AGM which was very well attended. Syd described 2017-18 as a year of increasing commitment to extending and improving the support offered to Members and their carers. He extended warm thanks to the Committee and other leaders of groups and activities for their unstinting hard work over the year.

The Branch had entered into an arrangement with Age UK to enable the sharing of some social and support services. Looking forward he hoped to make technological aids more widely known and understood and to extend social activities. He reminded members that booking was open for the Dinner and Dance at The Harbour hotel on Friday 13 April 2018. He urged members to “have a go” at joining the exercise groups, the choir and the IT course. This was (from his own experience) extremely useful enabling those attending to learn about computing and acquire new skills in a friendly small-scale environment (Full details are on the website and published in The Park.)

The Acting Treasurer Sophie Cordice had taken over the role upon Jon Hewitt's resignation. She presented a very satisfactory financial position even though donations were slightly down on the previous year.

Turning to the business of the Elections of Officers and the Committee for 2018-19, it was noted that two members of the Committee, Elizabeth Fuller and Mike Brett, had withdrawn following the Redhill-Reigate Branch separation. John Hewitt and Ian Watson resigned earlier in the year, and David Peacock, who had for many years edited The Park, was resigning owing to ill health.

Please note. Syd Abraham has since stood down as Chair of the Guildford and South Surrey Branch, with effect from 1 May. Many thanks to him for his hard work and enthusiasm. His place has been taken by Niki Tompkinson, who is looking forward to meeting many of you at future events.

Syd Abraham recorded his appreciation of the support all these Members had given in their service to the Committee. The other serving Members of the Committee were eligible for re-election, so Mrs Angela Campling, Mrs Myra Newnes-Smith and Mrs Margaret Westwood were duly nominated en bloc. Syd Abraham was re-elected as Chairman, Mrs Hilary Austin was re-elected as Vice Chair, Sophie Cordice was elected Treasurer and John Oldham as Hon Membership Secretary.. The vacant post of Hon. Secretary remains unfilled. The Chairman stressed that the Branch needed more volunteers to come forward and help support new ventures.

Once the formal business of the meeting was concluded the Members then enjoyed a splendid afternoon tea, a raffle and a highly informative and entertaining talk by Amanda Dodson.

Amanda is the specialist nurse for Parkinson's currently provided contract with Virgin Care but shortly to be taken over by the Clinical Commissioning Group to cover Guildford, Haslemere and Horsley. Amanda looked back over her long career in nursing and described some of the changes over the years. Photographs of Amanda as a young nurse (she qualified as an SRN in 1981) reminded us of how nurses used to look - with neat blue uniform dresses, perky caps, frilly sleeve cuffs and stiff white aprons! We enjoyed the stories of fierce matrons, the rules of bed making with "hospital corners" and the acquired technique of thermometer-shaking.

Amanda outlined her experience in different branches of nursing, her "mum" break, and then her return to nursing, training to work as a specialist in the Community. She made clear that the role of the specialist nurse was vital in the management of Parkinson's as she can help and advise carers when small changes occur. Parkinson's is a disease that progresses slowly, so it is very important to report any sudden new developments -e.g. more rigidity, increased tremor. These could be symptoms of an underlying problem - possibly a urinary infection. It made us all appreciate the importance of maintaining contact with a PD nurse when living with Parkinson's.

Thank you Amanada

Margaret Westwood



**Parkinson's Collecting at Tesco,
Geoffrey Miller, David Peacock, Hilary Austin & Syd Abraham**

Many of our members helped with the Tesco's collection for Parkinson's Guildford and South West Surrey Group.

The day was very successful, with a collection of over £300. Our thanks go to Tesco's for the hospitality and the ease of collection as opposed to the high street.

Our thanks to those who took part.

GUILDFORD PARKINSON'S UK LOCAL GROUP CELEBRATE WORLD PARKINSON'S DAY

The Guildford local group of Parkinson's UK celebrated Parkinson's Awareness Week and World Parkinson's Day (April 11th) in style. On Friday 13th over 100 members and friends gathered for a dinner dance at the Guildford Harbour Hotel. The evening started with a performance of a specially developed "Haka" by members of a bespoke Parkinson's exercise class. Strong movements and vocal strength are often lost during Parkinson's so the Haka, known to the group as Parka, was a good exercise to preserve and demonstrate these strengths.

Celebration continued with cake galore on Sunday 15th when members and friends stocked and ran the charity tea tent at Milford Farmer's Market, held at Secrett's Farm Shop. A dazzling display of cakes, including some for restricted diets, tempted even the strongest willed to take a look and the stall raised £220 for the local group



Parkinson's is the second most common degenerative neurological condition after Alzheimer's and affects 1 in 350 adults in the UK. 1 in 10 are diagnosed before they are 40. There is no cure nor as of yet anything that slows down it's progression. Anyone interested in finding out more about the condition, it's effects, the research to find a cure and the local support should contact Hilary Austin, hillawrie@googlemail.com or refer to the group's website, www.guildfordparkinsons.org.uk. Any group or organisation who would like to learn more about the condition, it's effects, the research to find a cure and the local support group should contact Valerie Box, vbox@parkinsons.org.uk, the volunteer speaker for Surrey and West Sussex, who will happily come and talk to the group.

Working Age Group

Still meets regularly at The Parrot at Shalford on a Tuesday evening
Next meeting July 3rd 7.30— 9.30 contact Keith Black

A great turnout of 2 tables for the Dinner Dance

Parkinson's Disease Support Group

Meets on the second Tuesday of the month at Loseley House
12.30 for Communion

Bring Sandwiches, coffee, and cake provided



*Mary's Journey
The Crib, the Cross and the Cenacle*

Dinner & Dance



Dinner & Dance Guildford Harbour Hotel 13th April 2018

Thank you all very much for coming along and supporting the dinner and dance which marked the memory of Florence Pite and her generous legacy to the group. It also marked Parkinson's Day.

From the many compliments and thanks, everyone enjoyed the occasion which made the whole undertaking so worthwhile. 130 people attended which is a record number by far of any events we have had. It was heart warming to hear several comments like "I can't remember the last time we got on the dance floor" or "I can't believe I was up and dancing".

The event started with a drinks reception. Then, before dinner, we had the surprise of the Parka. This was the brainchild of Melanie Martin and Sam Goodwin who run the PD Warrior group. The Parka is the Parkinson's version of the famous Maori war dance the Hakka performed by New Zealand before many sporting occasions. The Parka bore well in any comparison with the Hakka. Some felt so intimidated that an extra glass for wine was called for to calm nerves; at least that was what was said!

Huge thanks to Mel, Sam and all those who performed. For those of you looking for a way of exercise and really getting something out of it, give the classes that Mel and Sam provide a go. The results that they get are incredible.

After dinner was a live group. In all, a great time was had by all.

Julie Tearle presented a cheque for £200 for the Group and many thanks to her for this. Julie supports the group through giving a percentage of the sales of her unique handmade cards. Also present were our ardent supporters the Guildford Barbershop Harmony Club

As I am now leaving the group, I wish you all the very best for the future and hope that the group will continue to prosper, expand, grow and offer real support to the members.

Syd Abraham



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/12l0jq2wVoYkwTkbun5niDww) (<http://parkinsons.msgfocus.com/c/12l0jq2wVoYkwTkbun5niDww>).

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)

or phone (01483 68 6884) before **Wednesday 30 May 2018**.

A THANK YOU TO DAVID PEACOCK



David celebrating his
60th wedding
anniversary

At the AGM in February 2018 we accepted the resignation of David Peacock from the Guildford and South Surrey Branch Committee. David first joined the Committee as a co-opted member in 2011, and soon made his presence felt through his quirky sense of humour. He became editor of *The Park* in 2013 - and single-handedly compiled, edited and produced every edition from Issue 90 - 96 as regular as clockwork. (Until quite recently the stuffing and mailing of *The Park* was also in-house, undertaken by Ann and Dave Donovan.)

From his first edition, the hand of *EDP* (as he unassumingly styled himself) was clear. He introduced colour to lighten the black-and-white pages; he varied the type faces; and he always introduced something to make the reader smile. In Issue 92, *The Park*, he referenced a report, published in *Brain: a journal of Neurology*, which suggested that 1 -2 hours of housework a day could reduce the risk of Parkinson's by 43%. This was no mickey-mouse project - it was the work of Dr Karin Wirdfeldt in Sweden following 12 years of research involving 43,000 people. David typically added a footnote: "*Steady on, men. It only says COULD.....don't make any rash commitments until this finding is fully confirmed !*"

After Ian Watson took over as editor in 2016, David remained an active member of the Committee - that is, until his health began to go downhill. Nevertheless, he soldiered on and in fact missed only one meeting during his entire 7-year period of service. Everyone will miss him very much and we hope that now he has fewer demands on his time he will be able to enjoy his leisure pursuits - reading his favourite books!



Having received the book as a
token of thanks for his many
years of work for the Group.

Checklist set to help Surrey patients leave hospital feeling safe and supported

A new comprehensive 'discharge checklist' has been launched to help patients, their families and carers plan and prepare for leaving hospital, thanks to work by Healthwatch Surrey.

Designed to be used by patients, their families and hospital staff, the easy-to-use checklist will help people request and keep track of the information they should be given in hospital. Topics covered include symptoms to watch out for, changes to medication, help at home and planning for new living environments.

The Royal Surrey County Hospital is an early adopter of the checklist and will be using it with their older patients from next week.

Kate Scribbins, Chief Executive of Healthwatch Surrey said:

"We are delighted that hospitals and local decision makers are recognising the potential benefits of this checklist for patients, their carers and families. Improving communication will reduce the worry and anxiety many people feel in hospital and reduce the likelihood of a patient being readmitted which will help the NHS too."

Clare Tickner, Lead Nurse for Patient Flow and Discharge at Royal Surrey County Hospital NHS Foundation Trust said:

"It's been a really useful experience working alongside Healthwatch Surrey in the development of the discharge checklist.

"We are very excited to be the first to pilot it on our Older Persons Unit and anticipate that it will help patients and their relatives prepare for discharge.

"It's a great tool to prompt questions and make sure that everything is in place before any patient leaves hospital."

Ms Scribbins continued: "We are aiming to make the checklist widely available so that as many people as possible can benefit."

The checklist, entitled 'Leaving Hospital: What do I need to know?' was developed after a recent report from the local health and care watchdog found that the lack of clear communication is causing worry for patients when planning to leave hospital. The key issues included inadequate plans for transport home, relatives not receiving information about changes to care (e.g. new medication being prescribed) and even a patient being sent home without a house key.

General and Community hospital staff teams, patients at the Royal Surrey, volunteers and local charities including Age UK Surrey and Surrey Coalition of Disabled People have all contributed to the development of the checklist, which it is hoped will be adopted by hospitals throughout the county.

A copy of the checklist, together with a summary of the responses received from Hospital Trusts and local commissioners to the report 'It's difficult to know what to ask' is available to download from the Healthwatch Surrey website: www.healthwatchesurrey.co.uk



The Prostate Project is looking forward to the opening , in July 2018, of the brand new Urology Department.

Fundraising still required in the immediate future to complete our final target

Surrey University Research – Can you help?

Dr. Cecile Muller is still looking for volunteers who are carers/partners of folk with Parkinson's. It only involves a one hour interview at the university or it can be done by Skype.

The chocolate brownies on offer were delicious!

For more information see the January edition of The Park or contact Josie Niemira Tel: 01483 686884 or email j.niemira@surrey.ac.uk

PARKINSON'S AFTERNOON TEA



on

Tuesday 17th. July from 2.30 until 4.30

at

Guildford Golf Club
High Path Road, Merrow
Guildford, GU1 2HL
Cost £10 per person

We plan to have music, and those who would like to
may dance.



If you wish to join us, you will find a loose slip
enclosed with 'The Park' for your return along with a
cheque. We have a limited number of places, so if you
would like to come please return the slip with your
name and cheque as soon as possible.

Special Events for your Calendar

22nd May:

Ruth Calder

Deputy Physiotherapy Manager, BMI Healthcare

What is Alter G, how does it benefit Parkinsons Disease patients, how it fits with PD Warrior, case study.

What is Hydrotherapy, how does it benefit Parkinsons Disease patients, how it fits with PD Warrior, case study.

We will try to bring a laptop and YouTube video of Parkinson Patient on the Alter G.

Dr Wil Young PhD CPsychol

Lecturer in Rehabilitation Psychology (Ageing Neuroscience)

T +44 (0)1895 265449, F +44 (0)1895 266691

Brunel University London, College of Health and Life Sciences

Department of Clinical Sciences, Member of Ageing Studies Theme

Institute of Environment, Health and Societies

26th June:

Di Cheeseman Age UK known to be an excellent speaker who will keep us interested

Jenny Pringle is coming to talk about our new project with Crossroads Care

17th July:

Afternoon Tea Dance do not leave until the last minute to reserve your place with a cheque

25th September:

Cream Tea & Bowls always fun for everyone, even those who don't bowl

23rd October:

Members ideas for a quiz & games afternoon, don't forget to turn up

27th. November:

Katherine Crawford, Director of Support and Local Networks Parkinson's UK

we are proud to have one of the directors from head office visiting

Sue Buckland another one of our magnificent exercise ladies, introduction to her special pilates for Parkinsons

December 7th:

Christmas Lunch, Surprise venue save the date announcement in September Park

We will be bowling again 25th September 2018



We will have scrumptious cream tea again. The friendship of Shirley Williams has made our day possible again. Hopefully it will be a beautiful summers day and put this in your diaries, there will be no excuse not to bowl but conversation and new friends can be made.

Our Branch meeting on the 25th September will be another enjoyable day bowling at the Shalford Bowling Club next to the hall where our meetings take place.



PD Exercise Class In Full Swing



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

The Parkinsong Voices

Fridays at 1.00pm to 2.00pm

Binscome Church, Barnes Road, Godalming GU7 3RF

£3.00 each per session & Free Parking

There is never a good time for anyone to be diagnosed with Parkinsons but if you currently live in the Guildford and South West Surrey area, you are fortunate to have several different beneficial activities to attend, from keep-fit to speech therapy and IT. Every one of these activities is very good for you but the one that I believe benefits you most is singing!

According to Elizabeth Stegemoller's research, singing uses the same muscles as swallowing and breathing control, two functions affected by Parkinsons, and it significantly improves this muscle activity. The main symptoms of Parkinson such as tremor and slowness of movement are often the prime target for research but they are not the only life changing symptoms. Impairment in breathing and voice are also substantial hurdles that cause a significant drop in quality of life. Standard Parkinsons treatments do not target these aspects with the same level of success as the motor symptoms. The researchers found that after two months of singing for 60 minutes a week, there were significant improvements in pitch duration, vocal loudness and swallow control.

There is more than one way to have a workout. Vocal exercises done in the warm up prior to singing use muscles involved with swallowing and respiratory control, making them work better and protect against swallowing complications. These exercises help improve proper breath support and posture, encouraging intricate coordination of good strong muscle activity. Thus aiding good functional communication, cognitive status and quality of life. A very important additional benefit of group singing is the social bonding aspect and the feeling of belonging that other therapies cannot provide. It gives physical,

emotional and social support to people with Parkinsons.

I do not have Parkinsons but I attend the choir every week as a carer. The reason why I consider this a huge privilege for me is down to one person; Emily Bollon, the choir conductor. Emily has a lovely personality, the ability to make singing fun and she is immensely talented having already won three awards for her song writing and her business Motivation by Music. The number of regular singers grew gradually up to twenty members but unfortunately membership has recently declined for genuine reasons. Emily is passionate about music and passing on the benefits to Parkinson sufferers. We wouldn't find another Emily in a hurry – we lose her at our peril!

COME ON EVERYBODY HEAD TO BINSCOMBE CHURCH ON FRIDAYS AT 1.00PM. WE WANT PEOPLE WITH PARKINSONS AND THEIR CARERS TO EXPERIENCE EMILY'S EFFORTS TO ENCOURAGE EVERYONE TO ENJOY SINGING AND BENEFIT FROM IT!!



IT COURSES

The IT Department. Oakleaf Enterprise, 201 Walnut Tree Close, Guildford GU1 4UQ

Below are the details for the next IT course. These courses are intended as an introduction to IT and are delivered over a 6 week period.

Places limited to 5 per course. Cost £4 per session. All equipment is provided with support. To book, email: mail to: hillawrie@btinternet.com

Date and Course Leader	Timing		Subjects
5 th June 2018 Arbreen	09:45	Settle in	Security Malware Phishing Antiviruses Passwords Cleaner
	10:00	Start	
	11:00	Tea Break	
	12:15	Finish	
12 th June 2018 David	09:45	Settle in	Introduction to the Internet and the World Wide Web The Web Browser Searching the Web Power-Searching the Web Exercises and Videos
	10:00	Start	
	11:00	Tea Break	
	12:15	Finish	
19 th June 2018 Alan	09:45	Settle in	Email Webmail vs Local client Creating a Gmail® account Sending Receiving Folders Attachments Archiving Contacts
	10:00	Start	
	11:00	Tea Break	
	12:15	Finish	
26 th June 2018 Bob	09:45	Settle in	Introduction to Microsoft Office Microsoft Word® Microsoft Excel® Microsoft PowerPoint®
	10:00	Start	
	11:00	Tea Break	
	12:15	Finish	
3 rd July 2018 Arbreen	09:45	Settle in	Skype Social Media Q&A
	10:00	Start	
	11:00	Tea Break	
	12:15	Finish	
10 th July 2018 David and Alan	09:45	Settle in	Photographs Maps
	10:00	Start	
	11:00	Tea Break	
	12:15	Finish	

Guildford Cathedral Abseil for the Park

By popular demand, on Saturday 12th May 2018 Parkinson's UK organised another exciting challenge - a 160ft abseil down the iconic Guildford Cathedral! Once participants had climbed the 249 steps to get to the top of the Cathedral Tower they got to experience the beautiful panoramic views of Guildford before making their descent. Despite the rain the views were spectacular, the challenge was terrifying, the cause rewarding. They were Darren Dunkley, Working age group member and Lin Woolmington who was helped to the top by Lily Coombs inimitable fundraiser for the south east region.



Are you aware of the ‘Lions Message in a Bottle’ scheme?

This is a voluntary scheme for anyone living at home who might be reassured to know that essential information would be readily available to the Emergency Services should they suffer an accident or sudden illness.

A form is provided to be filled in by yourself or your carer, and is then placed in a plastic tub and put in the fridge. Vital information such as illnesses, medication and contact numbers / addresses should be included. Stickers are provided to place on the fridge door and inside the house entry door to alert the Emergency Service of the tub’s existence.

To obtain a tub or for further information contact your local Lions Club-

Cranleigh & District 08458332711 Godalming & Villages email cyrilnetley@talktalk.net

Guildford Lions Club 0845833288

Are you in need of a break from caring?

Crossroads Care can provide respite breaks in your loved one’s own home. Through Crossroads, funding for 3.5 hours a week respite care is available from Surrey County Council but there is a waiting list for this service.

As from April we are now able to offer an additional 3 hours per month to those receiving respite care through Crossroads for up to ten people per year. We regret it is not available through other agencies.

A representative from Crossroads Care will be at the June 26th meeting at Shalford Village Hall so do come along to learn more about their service.

If you wish to explore this offer please call or email Myra.

Email myra@newnes-smith.com Tel: 01483 422440

STOP PRESS: NEW DATA PROTECTION RULES AFFECTING EVERYONE!

Many members will know that new regulations are coming in to give all of us greater protection when our personal details are stored by organisations. Charities like Parkinson's UK, and the local Branches, are no exception to this and will have to ensure that membership lists and other personal information are stored securely, and that individuals have consented to their data being used for defined purposes. All Parkinson's members will be contacted in the near future, either by Parkinson's UK and/or by the Branch, asking for consent to continue to communicate via e-mail or other means. It is important that you respond to any messages received, or you will find that your name will be deleted from membership lists and you will no longer receive important communications from us – like this newsletter! Parkinson's UK and the Branch will try to avoid any duplication of effort, but we apologise in advance if you get more than one request from us for your consent. Please bear with us and reply to any messages received from us.

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

Useful Information

Parkinson's Local Advisors

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

Reigate, North Tanridge, Sutton and East Surrey
Nicky Lawrence-Gravestock: 0344 225 3743

Mole Valley Dorking, Kingston, Spelthorne, Elmbridge, Epsom and Ewell
Emma Southwell: 0344 225 3772

Mid Sussex, Tanridge, Horsham, Crawley and East Grinstead
Carol Coupe: 0344 225 3668

Parkinson's Specialist Nurses i.e. NHS

South West Surrey, Milford Hospital: Amanda Dodson: 01483
782750

North Surrey: Rose McKinley: 01483
783481

Farnham Hospital Outpatients Dept. Hale Road, Farnham GU6 9QL, East
Surrey: 01483 733890

Parkinson UK Helpline Service: 0808 0303
Operating Hours: Monday to Friday 9.00am until 8.00pm

National Website

www.parkinsons.org.uk

Local Website

www.parkukguildford.org.uk

Don't forget to stay informed of classes, events meetings and much more
on our own Guildford Website