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# The Park

## Magazine

**SEPTEMBER 2020**



## **GUILDFORD AREA BRANCH MEETINGS 2020**

**Meetings are held on the LAST Tuesday of the month**

### **IMPORTANT NOTICE**

**As we go to press the embargo remains on face to face meetings and exercise classes. This advice will be reviewed by Parkinson's UK on August 31st, In the meantime we will continue with zoom meetings.**

### **STAY SAFE AT HOME AND CHECK OUR WEBSITE FOR UPDATES**

**If anyone wants to join these meetings, who is not already on the list, please email our Secretary, Sharyn, on [sbullen@guildfordparkinsons.org.uk](mailto:sbullen@guildfordparkinsons.org.uk) and your name will be added.**

September 29th 2 pm Zoom meeting, including First Aid presentation by the Red Cross

October 27th 2 pm Zoom meeting

November 24th 2 pm Zoom meeting

The Christmas lunch has been cancelled. We hope it might be possible to hold a lunch to celebrate Parkinson's Day 11th April.

Cover photograph. Autumn at RHS Wisley.

## **The WAGS page**

**Due to partial Lockdown WAGs have not reinstated our face to face meetings, so for now we are continuing our zoom meetings which are held on the 2nd and 4th Tuesday each month at 7.30 pm.**

**Call details are:**

**Topic: WAG fortnightly catch up**

**Time: This is a recurring meeting**

**Join Zoom Meeting**

**[https://us04web.zoom.us/j/79388903846?](https://us04web.zoom.us/j/79388903846?pwd=Q0RQSndiYUpPSDEzY2VRZ3REVkdTQT09)  
**pwd=Q0RQSndiYUpPSDEzY2VRZ3REVkdTQT09****

**Meeting ID: 793 8890 3846**

**Passcode: wags**

**Please feel free to join us**

## From the Chair

When we published The Park in May, none of us thought that, by the time of the next edition, we would only just be coming out of lockdown. And that it would be harder coming out than going in! Over the past few weeks, as the “rules” have become more complicated, each of us has had decisions to take about how much to go out (if at all), whom to see, what to do and so on. The good news for many has been the opportunity at last to be reunited with friends and family. Those who live alone have had the hardest time – no number of Zooms, Facetimes, or Skypes could compensate for the lack of real human contact. The bad news is that, sadly, we are not out of the COVID-19 woods yet, and the future is uncertain. We are all going to have to live with the virus and accept that it may be with us for some time to come.

The impact on the Branch, like all local groups, is that face-to-face activities were suspended in March and have not yet restarted. Parkinson’s UK have advised that this should continue to be the case for the time being. This decision will be reviewed at the end of August, but we are not expecting, realistically, that we will be given the go-ahead to go back to “normal” in the Autumn. And even when we are, we recognize that many of you will not be ready for group meetings for some time. But we have started monthly Zoom meetings for members, which have worked surprisingly well. Some of you will want to return, in due course, to regular meetings in person. Others have found that virtual meetings conserve energy and effort. Maybe the future will be a mix of real events like the summer cream tea and Christmas lunch, interspersed with continuing virtual meetings. If you have views on this, do let us know.

Our **exercise classes** have continued via Zoom or regular on-line videos, thanks to our amazingly enterprising providers – Kim Wilson, Adam Poulter and Sue Buckland. And **Parkinsong Voices** have gone from strength to strength under Emily Bollon’s energetic drive and skill. We have discovered that using technology to facilitate activities at home has attracted some of you who could not previously get to the venues. Going forward, we will be thinking about how best to provide a more mixed programme of activities, so that those who want to return to classes can do so, and those who prefer to join in at home can also be catered for.

## **The Chair's Report (cont.)**

Some of you who are caring for someone with Parkinson's have told us that you have felt particularly isolated during lockdown, which made us think that we should try again to create a **forum for carers** to be able to exchange issues, views, ideas. As it can be hard for carers to attend face-to-face events, we thought we would try doing this on Zoom.

Myra Newnes Smith has already emailed round to see who would be interested and her message is repeated here (*see P26*) for anyone who missed the email. In addition, Myra is reminding all of you about the current respite care service funded by Surrey County Council and provided by Crossroads Care, and the additional top-up which the Branch can provide (*see P25*)

Finally, I am pleased to report that the **Branch's finances** remain in good order for the time being, thanks to the final instalments from the legacy money which have supported us for the past few years. This should see us nicely into 2021. But thereafter we may struggle, like all charities. Before lockdown, we had not begun to consider how best to raise funds in the future, but the state of the country and the economy post-COVID will have a big impact on local events which may have raised funds, and on local donors who may have been minded to support us.

We will continue to do our best for our members. My thanks go as ever to the members of the committee who have worked harder than ever in difficult times to keep Branch activities going and to keep in touch with as many of you as possible.

*Niki Tompkinson*

**Chair, Guildford and South Surrey Branch.**



## Our Branch Finances

I have now had the privilege of being the Treasurer for the 'Parkinson's Disease Society Guildford and South Surrey Branch' for just over 6 months, and this is my first Park article to you all. Financial matters and numbers are often quite dry and not everyone's cup of tea, so I will do my best to make this article as easy and light to read as possible.

The first, and perhaps most important, thing to note is that although we are part of Parkinson's UK, as a Branch we are independent financially. We receive no funding from Parkinson's UK. Therefore, all the monies we use to pay for the provision of the various exercise classes, choir events, social events, respite care and so on, have to be raised by the Branch.

These monies come from various sources such as donations by members and others, fundraising events, gifts, collections, legacies, and so on. In normal years we have been raising between £20,000 and £25,000 from these sources.

The good news is that despite the current Covid-19 restrictions, we have already received about £11,000 so far this year. I expect to receive at least another £2,500 from donations for our Choir's charity single (donations made on the Just Giving website -see P.16) and approximately a further £1,000 as a tax refund from HMRC. The latter is because a number of members have Gift Aided their recent donations to us, enabling us to get a further 20p back from the Government for every £1.00 donated. With several more months of 2020 remaining I am cautiously hopeful we can at least raise about £20,000 income for this 'lockdown' year.

The total annual cost of providing the various exercise classes, choir and other support has been about £55,000 to £60,000 over recent years. You will immediately appreciate this amount is significantly more than our current 'normal' annual income. The reason why we can cover costs at this level is because (and hopefully you are already aware) we were exceptionally fortunate 5 years ago to receive a significant 'legacy' sum. The 'legacy' funds are held at Parkinson's UK and we draw down an annual amount, which coupled with our own 'income', enables us to provide the wide range of activities currently on offer.

These 'legacy' funds were only for a 5-year term that ends this year. The Branch's prudent financial management over the years however means we should have sufficient funds to be able to continue provision of the current level of services into 2021 and hopefully beyond. That said, we may need to revise (*Treasurer speak for potentially increase!*) the members contributions for their participation in these services. Nothing on this has been decided yet on this matter, nor when any changes would be effective. This is because the current Covid-19 restrictions has meant that some of our normal service providers activities have been suspended and other services (such as exercise classes) have moved online in some manner or other.

No one know when we will get back to normal, with some commentators talking about getting used to a 'new normal' where more services are provided online, and other services conducted physically (face to face) but in a socially distanced way. Parkinson's UK and the Branch committee are monitoring the situation and we know it will be a while yet before decisions are made on what type of services will be provided in the future.

We are currently speaking with our service providers to get their initial ideas on what services they could offer for 2021, how they will provide them and what they think would be their charges. These discussions are obviously at an early stage, as we all await guidance from the government on what services are 'safe'.

Our local exercise and choir service providers did an excellent job at the start of lockdown quickly transferring their previous face to face classes into online formats, to continue to provide their services to those living with Parkinson's across our area. As a Branch, we also made the decision that from the start of lockdown we would pay the full amount of our service providers charges for their online activities to members<sup>1</sup> and advise those using the activities that they could 'donate' their previous payments to the service provider direct to the Branch. Thank you to all those who have done so.

As at the end of July we have spent approximately £35,000 so far this year on all our service providers. I anticipate our full year expenditure for this year will be around £60,000.

At the start of August, we have approximately £20,000 in our local Branch bank account and Parkinson's UK should be sending our 2020 final 'legacy' funds (£61,000) in the near future. We also should see the £2,500 from the charity single and £1,000 from the Gift Aid rebate before the end of this year, and hopefully a few more donations.

I am optimistic therefore that, allowing for payment of a further £25,000 of service providers costs until end year, we should start 2021 in a financially healthy position with at least £60,000 available in our bank.

I hope that this will reassure you all that the Branch is in a secure financial position to continue to provide the various services to you all into 2021, and perhaps beyond. However please remember after this year we must again raise all monies ourselves to pay for the services provided, we can no longer rely on the 'legacy' monies.

*Steve Heron*

Branch Treasurer

<sup>1</sup>We are aware that Surrey Hills Rehab have been in receipt of some small contributory payments direct from members. This is OK, the new online services and payment arrangements were put in place so fast at the end of March that this small deviation to our planned supplier payment change slipped through.

## **For our second zoom meeting we welcomed back Shaun Parry-Jones, solicitor, who first spoke to us in April 2018.**

**Lasting Powers of Attorney** – Shaun first spoke about LPA's.

When you create a Lasting Power of Attorney (LPA) you are appointing someone to make decisions on your behalf if and when you are no longer able to do so yourself.

An LPA can be put in place in relation to:

**Financial decisions** – these can be anything from paying a utility bill to selling your house for you.

**Health and care decisions** – these can involve day-to-day decisions such as what to wear, what to eat, where to go, who to meet, what activities to get involved in. More substantial decisions might be where to live, which care home to reside in. It is also possible to give your attorney authority to make decisions concerning your life sustaining treatment.



You can make an LPA in relation to either financial decisions or health and care decisions or you can make both.

### **When do they come into use?**

You can give your attorneys authority to make financial decisions for you whilst you have mental capacity. Your attorneys can only make health and care decisions on your behalf when you cannot make them for yourself. Each decision must be made on its own merits and your attorneys must make every effort to help you make the decision for yourself. It is then only when, on the balance of probabilities, your attorneys believe that you are not able to make your own decision that they can make a decision for you.



## How do I put an LPA in place?

Firstly, the requisite form needs to be completed which you then sign. Once you have signed the form an appropriate person is required to sign a certificate. They will be certifying that you understand the power that you are giving, who your attorneys are, why you have chosen them, that you have not been put under any pressure and that there is no other reason why you shouldn't make a LPA. Your attorneys will then be required to sign the form. Once completed the document needs to be registered at the Office of the Public Guardian.

## Shaun then went on to discuss the **Mental Capacity Act**

He explained that one of the key points of the Act was that everybody is deemed to have capacity to make a particular decision at a particular time unless it can be shown that they haven't. He went on to explain that before a decision is made on behalf of somebody all steps should be taken to assist them in making a decision for themselves. Shaun explained that there were five main cornerstones to the Act and, in addition to the two points made above, other important points to remember are:

1. A person's best interests must be taken into account
2. Just because it appears that somebody is making an unwise decision it doesn't mean it isn't a decision that they should be allowed to make
3. Decisions made on behalf of somebody who is struggling to make a decision for themselves must be made in the least intrusive way possible.

Shaun was keen to emphasise that putting in place a Lasting Power of Attorney empowers people and gives them the opportunity, whilst they still have capacity, to decide how their future is to be conducted and by whom rather than leaving it to others to decide.

It is very important that before taking any action or putting a Lasting Power of Attorney in place you ensure that you are clear on what you are doing, who you are appointing and that you have set up the attorneyship correctly. Whilst it is not a requirement to seek legal advice mistakes can be made and it would be wise to have guidance when putting in place Lasting Powers of Attorney.

## Lockdown and Parkinson's

Parkinson's UK commissioned the University of Lancaster to carry out a survey on what impact lockdown and coronavirus had on the lives and health of people affected by Parkinson's.

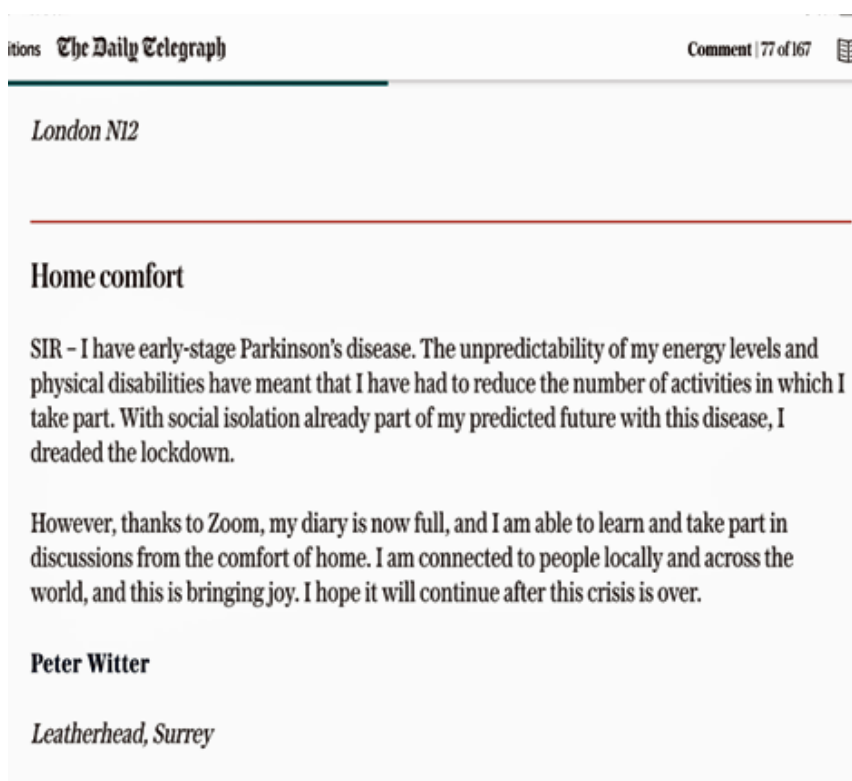
Over 2,000 people with Parkinson's and their family members, friends and carers across the UK responded to the survey about their experiences and it revealed: -

- 34% said reduced access to exercise had a big impact on their lives
- 34% also said that appointments with their Parkinson's Nurse or Consultant were cancelled and more than half were not offered a phone or online appointments
- of those who received social care and support at home before lockdown, 48% received less care during restrictions.
- many also felt their mental health and physical symptoms had worsened.

We are fortunate in the Guildford and South Surrey Group as our Committee worked with our providers to find the best way of enabling some exercise during lockdown as well as asking Emily to continue with her weekly choir meeting.

They have each described how they achieved this and it has been most successful.

Peter Witter, a Group member, had the following letter published in The Daily Telegraph.



The screenshot shows a letter published in The Daily Telegraph. At the top left, it says "The Daily Telegraph" and at the top right, "Comment | 77 of 167". Below this is a red line. The letter is titled "Home comfort" and is signed "Peter Witter" from "Leatherhead, Surrey". The text of the letter discusses the impact of Parkinson's disease and lockdown, and how Zoom has helped the author stay connected.

itions The Daily Telegraph Comment | 77 of 167

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*London N12*

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**Home comfort**

SIR - I have early-stage Parkinson's disease. The unpredictability of my energy levels and physical disabilities have meant that I have had to reduce the number of activities in which I take part. With social isolation already part of my predicted future with this disease, I dreaded the lockdown.

However, thanks to Zoom, my diary is now full, and I am able to learn and take part in discussions from the comfort of home. I am connected to people locally and across the world, and this is bringing joy. I hope it will continue after this crisis is over.

**Peter Witter**

*Leatherhead, Surrey*

## LOCKDOWN AND PD (Cont)

Our committee set up the regular monthly meeting by zoom and it was a great comfort to many of us to see familiar faces and hear familiar voices. Peter comments that he does Sue Buckland's Pilates sessions by video but misses the social aspects a zoom session would bring. I am more fortunate as I have a weekly zoom session with Amado of Foundation Physio, and this has been most enjoyable as well as beneficial.

My husband and I live in a cul de sac and our neighbour set up a **WhatsApp** group at the start of lockdown and almost everyone in the Close joined in. We were 'self isolating' initially and our sons were relieved to know people were making sure we were OK and getting anything, we needed.

Messages would fly round the network 'I'm going shopping, does anyone need anything' or 'I'm in Sainsbury's and they have flour (or some other hard to get commodity'). Does anyone want some'

In the fine weather we met for coffee, suitably spaced out, and we have celebrated four birthdays (including my husband's 85<sup>th</sup>) a retirement and VE day. We each took our own glasses and fizz was provided by whoever we were congratulating. It has become a very friendly and supportive network and I am sure the benefits will extend beyond lockdown. It even came in useful last week when there was a gas leak. It is not suitable for all groups as participants must reveal their mobile number and email address.

*Anne Folkes*



## **Another view of lockdown from Nick Hetherington:**

There is a saying, that you don't know what you have, 'till you lose it. That is the way it was in March this year. Edith was at the time in hospital and remained so for a few weeks after they had denied me access, worse still the staff rarely answered an out-side phone call so there was really very little contact until Edith was released home.

Interestingly, Edith thought she was constrained in the hospital but came to find that she was pretty much equally constrained at home.

My first post lockdown outing was to the supermarket, having found that first available "shopping delivery slot" would be months away. The shelves were bare, or just about. My diet became – whatever was available – back to when we were in Ghana in the mid 1970's.

Our immediate family are teachers – two remained "at the front" full time. Our younger daughter remained, for the first part, providing lessons from her home to those children being home tutored.

We were therefore basically off-limits to both those families.

We certainly felt socially isolated.

More recently our younger daughter returned to the school and we have had her dogs, during the day giving us the excuse to go for walks in the woods. Much more activity recently includes visits to National Trust gardens and common land.

All "work" has been from the keyboard and Zoom with a little time spent with a Chinese Ink brush in my hand.







**On the 4th July Motivation by Music re-released their charity hit single**

***'Spring of Life' for Parkinson's UK***

Motivation by Music (MbM) an organisation, founded by Emily Bollon who wrote the song, which connects people through shared musical experiences, are back with this extra special lockdown version aiming to raise a further £2000 which will go directly towards supporting activities and complementary therapies for people living with Parkinson's in the Guildford and South Surrey area.

**As we go to press they have already raised a further £2600 and rising!**

It is not too late to donate see the teams JustGiving page at [.www.justgiving.com/springoflifererelease](https://www.justgiving.com/springoflifererelease)

Rehearsals for the dedicated participants all took place over Zoom conference calls, and the 45 voices heard singing this uplifting song feature members from MbM Gospel Choir, Parkinsong Voices, Woking Community Choir, ToC Voices and Merrow Community Gospel Choir. Contrary to the original studio recording, participants have recorded themselves in their homes during the COVID-19 lockdown, and their smiling faces can be seen in a video.

Emily Bollon founded Motivation by Music in late 2014 since when she has brought fun and accessible gospel singing workshops to many organisations and founded several choirs including three years ago, the Parkinsong Voices.



Hilary Austin writes about the joy these sessions bring-

Emily is our Motivation, our motivator and our friend

During months from lockdown to now Emily has not missed a week of being there for the Parkinsonsters. Getting together on Zoom, meeting and greeting, laughing, and singing and at home whilst muted, we have carried on regardless.

Our numbers have increased by members from other parts of Surrey visiting the website which has made it interesting. With wonderful couple Bill and Shaun as our leaders and encouragers - both with lovely voices, we are flourishing.

Emily has managed to ring the changes from week to week. Each session is recorded and can be seen on Goggle during the week if you missed  
We have done quizzes with breakout rooms, so we make up teams. Also, people have been encouraged to make up a quiz with their life story and there have been some really interesting ones. We have our resident poet in Peter Taylor as well

All this is achieved only because Emily works nonstop for us. As soon as we have finished the synopsis is written up for those unable to attend.  
We progressed a week ago to a member's farm in the beautiful Surrey countryside to meet up, with social distancing. bringing our own food Not everybody could get there so Emily made certain the zoom continued for those who could not be there in person.

It was joyous open occasion and we were all so grateful to Richard and Clare for hosting us. All this would not be possible without our wonderful choir director who, in three years, has never stopped being there for us,

Three cheers for EMILY, a Friend and Gift to us

Our members who sing with Emily are well aware of the benefits of singing

It improves posture, movement, and muscle coordination,  
develops breath support for voice projection,  
enhances facial expression and clarity of speech  
and relieves stress and anxiety and lifts mood

### **All important factors in PD.**

The prospect of no choir meetings on lockdown was unthinkable and Emily describes how she rapidly set up an alternative means of allowing the sessions to continue

*The move from 3D to 2D was absolutely essential in ensuring that our Parkinsons Voices members felt safe, and remained connected, energized and uplifted as the coronavirus pandemic swept through the UK and caused our country to move into a season of lockdown, shielding and social distancing. We have felt incredibly blessed that these online sessions have enabled more and more people to engage with us - from further afield and within the comfort of their own homes! Every session is recorded and so even those unable to join us live, can join in with the recordings at their own convenience! Everyone is welcome and we guarantee to put a smile on your face! Please email our session leader, Emily, at [emily@motivationbymusic.com](mailto:emily@motivationbymusic.com) to show interest, and she will send you the Zoom link. We meet every Friday from 1-2pm!"*

## **Adam explains how Foundation Physio adapted to Lockdown**

Foundations Physio provide exercise classes in both Godalming and Haslemere as well as one to one home visits in the local area.

During the COVID-19 pandemic we have changed our practice in order to keep our members safe but remain mobile and maintain access to specialist physiotherapy advice.

Parkinson's UK have supported us to provide online one to one video calls in which we practice exercises and focus on your specific targets and goals. For those who do not use the online consultations we have created a YouTube channel (search Foundations Physio on YouTube) with weekly 30 minute exercise classes for people to follow. Focussing on a variety of topics, from balance, strength, PD Warrior type exercises and flexibility, the classes are designed for all abilities with exercises that can be adapted to suit.

We have also been proactive in calling those unable to access the video calls and running a coffee morning online to help people stay in touch.

If you haven't attended a class but wish to explore doing so, please do get in touch with us. We are very much looking forward to seeing everyone again as restrictions ease

**In the meantime don't forget to keep moving!**

Tel: 07817495791

Email: [admin@foundationsphysio.com](mailto:admin@foundationsphysio.com)

Website: [www.foundationsphysio.co.uk](http://www.foundationsphysio.co.uk)



## Great news from Cobham Band

Remember normality and going out to social functions? Your chance to do so again is coming! Some of us actively supported Cobham Band last winter as they had chosen the Guildford and South Surrey local group of Parkinson's UK as one of their charities for 2019/20. The proceeds from raffles and collections at their various concerts were shared with Cancer Research UK. Our share came to just over £700 which is a great contribution to our funds.

The band was so appreciative of the active support we provided that their committee will propose to members at their AGM in October to maintain the relationship for the 2020/2021 season, but this time to have us as their sole charity.

This is wonderful news but if confirmed, will mean we could do with more members of our group offering to attend their performances so that whenever possible we are visible, providing publicity and raising awareness about PD. They will obviously follow Covid guidelines and ensure everyone is kept safe as far as is reasonable. Updates will be given at the monthly meetings and on the website once dates and venues are known.

*Valerie Box*



## **Carers - Please read on - it could be just what you need!!**

Crossroads Care Surrey's core service of a regular weekly break of 3.5 hours for carers respite currently has a **short waiting list** for funding by Surrey County Council in our area! The half hour is for 15 minutes handover at the beginning and end. If your loved one has reached a stage that you feel it is unwise or unsafe to go out for a morning or afternoon and leave him or her alone this is an excellent service which I can personally recommend. It has enabled me recently to go out for 6-7 mile weekly walks with one of my daughters so I make no apology for bringing this service to your attention yet again!

The basic SCC service funding is once a week on the same day and time with the same support worker for continuity of care. Firstly a thorough assessment is undertaken in your home which is written up and sent to you for your agreement. Once the assessment is completed you are put on the list for SCC funding and the wait is usually about 4 to 6 months. It is possible to self-fund whilst on the list or opt to go self-funding for ad hoc days if a regular weekly slot does not suit your needs. The latter would need to be booked well in advance for whoever might be available.

Additional hours can be purchased at £22 per hour on Monday to Friday between am – 1pm but Weekend, Bank Holidays and Night hourly rates are more. There are also 10 hour packages for day or night that are more economical than the hourly rate.

**New members {and to remind longer standing members}** that we offer 3 hours extra per month for up to 10 people on a first come first served basis using the legacy money. **Please** contact me if you would like the extra three hours per month that we offer. The take up on this has been low so don't hold back!

The Support Workers are highly committed to their work and are trained for many caring tasks. These include personal care such as washing, dressing and toileting, continence management, some health procedures plus food and drink preparation. They are willing to play games, just chat or go out perhaps to a tearoom etc.

Crossroads Care Surrey enquiries Tel: 01372 869 970.

Please feel free to get in touch with me first if you would like an informal chat about this service. 01483 422440

*Myra Newnes-Smith*



## Helpful Tips!

We have had several new members over recent months so it seemed a good time to mention again some of the aids that members have found useful and to add a few more. All items are available online unless otherwise stated.

**Mighty Mug.** Is a mug with a lid that does not fall over when knocked if it is placed on a smooth flat surface. It is dishwasher safe on the top shelf. It comes in two sizes but be aware the larger size may not fit on the top shelf of your dishwasher. Check [themightymug.com](http://themightymug.com)



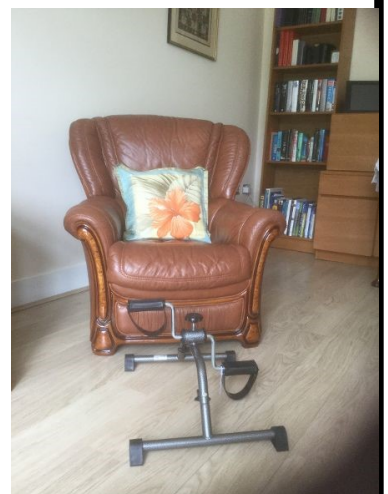
**Metal straws** are great for hot drinks and the angled ones are particularly useful if drinking from a cup is difficult. They come with cleaning brushes

**Handy Bar.** This fits on the D shape which most cars have on the door frame and is a very useful aid for getting out of the car. It includes a seat belt cutter and glass breaker for emergencies.



**Foot Pedals.** These are a neat little gadget enabling one to exercise whilst sitting in a chair. A non-slip mat may be required under them.

**Etac Satin sheet two directional.** This can help if moving up the bed is difficult. It is machine washable on a high temperature. It fits over a single bed with elastic straps at the corners. They are expensive so it is worth having a discussion with an NHS occupational therapist. Etac make many other aids for the disabled see [www.etac.com](http://www.etac.com)



## Helpful Tips!(cont.)

**Fridge bottle.** This is available from the local Lions groups but I do have two spare if you have difficulty getting one. A form is provided for you to fill in essential information for the emergency services. This should be put in the bottle along with an up-to-date repeat prescription and placed in a fridge door compartment. One of the stickers provided, to alert the emergency services of the bottles existence, is placed on the fridge door and the other at eye level on the inside of the front door.

**Velcro to replace buttons.** Many of our members have difficulty doing up shirt, trouser buttons etc. Hannah Taiani (mobile 07912286594 – [hannahitaiani@gmail.com](mailto:hannahitaiani@gmail.com)) has been used by one of our members to replace buttons.

**Outings.** In previous Park editions I have highlighted places locally and far afield where you can hire (borrow for free in many places) a Tramper which is an all-terrain mobility scooter. No experience is required and they are available at Wisley and Hatchlands for example. It is best to book in advance everywhere to avoid disappointment. Beamer, the company that makes them in Salisbury Wiltshire, has a list on their web site of places throughout the country where they are available. [www.tramper.co.uk](http://www.tramper.co.uk)

National Trust - Sheffield Park in East Sussex has a double seated mobility scooter so a carer can do the driving.

**West Wittering Estates Sandcruiser Wheelchair.** This was featured in The Park of September 2019. Two adult wheelchairs to borrow for use on the beach – £20 deposit required. Tel: 01243 514143 Monday to Friday 9-4pm.

Information provided by Myra Newnes Smith

An important message from our Membership Secretary;

## **Branch Email Communications**

The main channels of communication to members are The Park, published 3 times a year, and the branch's website: [www.guildfordparkinsons.org.uk](http://www.guildfordparkinsons.org.uk).

Occasionally, however, email campaigns are used when the committee wishes to share information at short notice with as many members as possible. Each of the approximately 250 members who have provided an email address is therefore contacted.

It appears that 1/3 of emails in each campaign are not opened. This means that about 80 members are missing branch communications that may be of interest. Members are advised to check their Junk mailboxes regularly for messages from "guildfordparkinsons.org.uk".

Approximately another 100 members may have email addresses that have not been shared with the branch. If they do not want to miss the latest communications, they can update their details by contacting

[membership@guildfordparkinsons.org.uk](mailto:membership@guildfordparkinsons.org.uk).

Providing an email address will not affect the way in which The Park is received. Paper copies will continue to be posted to those members who have indicated this as their preference, and emails will be sent to members who are happy to read The Park on the website.

## IMPORTANT MESSAGE

NEW way of contacting your Parkinson's Local Adviser

Dial the freephone number for Parkinson's UK

0800 800 0303.

If you have already met JACKIE WINGRAVE or the PLA for your area  
mention their name and ask to be referred,

If you have not previously met a PLA just ask for a referral.

(Monday -Friday 9am-7pm, Saturday 10 am – 1pm)

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

(The helpline advisers can provide information and support in an  
emergency)

### Calling all carers.

Many of you, our members, have caring responsibilities for someone with Parkinson's. We have, in the past, held regular carers' lunches but these were not always well attended. We know that it is not always easy or convenient for carers to get out to attend such events. We have noted that some other Branches are now setting up "virtual" carers' meetings (eg via Zoom), which have proved popular, and we wondered if there would be interest in one for Guildford and South Surrey. Frequency and format would have to be agreed – monthly meetings of around 1 hour with time to talk and exchange notes, combined with occasional speakers on a topic of interest, could be possible, for example.

Interested? If so, please reply to me by with any ideas you would like me to take into account.

[mnsmith@guildfordparkinsons.org.uk](mailto:mnsmith@guildfordparkinsons.org.uk) / 01483 422440

*Myra Newnes Smith.*

## Committee Members

### Chair

Niki Tompkinson

[ntompkinson@guildfordparkinsons.org.uk](mailto:ntompkinson@guildfordparkinsons.org.uk)

### Vice Chair (and Referrals and Activities)

Hilary Austin [hillawrie@gmail.com](mailto:hillawrie@gmail.com)

### Treasurer

Steve Heron [sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk)

### Membership Secretary

John Oldham [joldham@guildfordparkinsons.org.uk](mailto:joldham@guildfordparkinsons.org.uk)

### Secretary

Sharyn Bullen [sbullen@guildfordparkinsons.org.uk](mailto:sbullen@guildfordparkinsons.org.uk)

### Committee members

Myra Newnes-Smith (Carers' issues)

[mnsmith@guildfordparkinsons.org.uk](mailto:mnsmith@guildfordparkinsons.org.uk)

Margaret Westwood (Minutes secretary)

[westwood.m@talktalk.net](mailto:westwood.m@talktalk.net)

Anne Folkes (Editor of The Park)

[afolkes@guildfordparkinsons.org.uk](mailto:afolkes@guildfordparkinsons.org.uk)



## **Useful Information**

### **Parkinson's Local Advisers see P.22**

Guildford, Runnymede, Surrey Heath, Waverley and Woking

*Jackie Wingrave 0800 800 0303*

Reigate, North Tandridge and East Surrey

*Nicky Lawrence-Gravestock 0800 800 0303*

Mole Valley, Dorking, Kingston, Spelthorne, Elmbridge, Epsom  
and Ewell

*Emma Southwell 0800 800 0303*

Mid Sussex, Tandridge, Horsham, Crawley and East Grinstead

*Carol Coupe 0800 800 0303*

### **Parkinson's Nurse Specialists (NHS)**

Milford Hospital Assessment Unit

*Amanda Dodson 01483 782750*

Email: [rsch.gw.ms.parks@nhs.net](mailto:rsch.gw.ms.parks@nhs.net)

North Surrey. Farnham Hospital Outpatients

*Rose McKinley 01483 783481*

Email: [rsch.gw.ms.parks@nhs.net](mailto:rsch.gw.ms.parks@nhs.net)

### **Parkinson's UK Helpline Service 0808 800 0303**

Lines open: Monday to Friday 9.00 am–8.00 pm

### **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 to stay informed of classes, events, meetings and much more on our own Guildford website..