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The Park

Magazine

JANUARY 2019



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GUILDFORD AREA BRANCH MEETINGS 2019

Meetings are held at Shalford Village Hall from 1.45 pm on the fourth Tues-
day

January 22nd 2019

Dr Natalie Riddell, a member of the

Surrey Healthy Ageing Research Partnership

February 26th 2019

AGM

Please bring your copy of The Park to the AGM

March 26th 2019

Di Cheeseman of Age UK Surrey

April 4th 2019

MILESTONES VISIT see page 20

April 23rd 2019

Parkinson's Pilates - Sue Buckland

May 28th 2019

The Drumheads with Sean Quinn

June 25th 2019

TBA

July 22nd 2019

Cream Tea

MONDAY

Chair's introduction.

I hope it is not too late in the month to say "Happy New Year" to you all, and that you had a peaceful and enjoyable festive season.

It is time for all of us to get back into our routines of diet, exercise and regular activities, and I hope that we will continue to see many of you at the events and activities which the Branch organises.

Looking back over the past year, the Branch has offered a steady stream of things "to do", a number of which are reported in this newsletter. I must pay tribute to the hard-working members of the committee who organise these activities tirelessly. In the early part of this year, we will be taking stock to see which activities have proved the most valuable and popular, so any views from you would be great to have at this stage. In the meantime, we will continue with our programme.

Branch meetings – these are planned for the 4th Tuesday of each month, with a range of speakers or other activities. (The afternoon of games last Autumn proved popular!) ***Any ideas or requests for a change of format? Let us know!***

Outings and other events. We have one or two ideas up our sleeves. The cream tea and bowls proved popular again last year and will almost certainly be repeated. And perhaps a trip in the Spring to "Milestones Museum" in Basingstoke. ***Any ideas or requests for other outings?***

Exercise classes. The benefits of exercise for people with Parkinson's (and without) are universally acknowledged, and we now have a number of classes in Godalming, Haslemere, Clandon and Badshot Lea that we help to organise and subsidise. We are hoping to start an additional one in Cranleigh too. ***Any views on what we offer at present?***

Speech therapy and singing. We continue to offer 8 week speech therapy courses for those who request it. And many have found that, of more lasting benefit, is the regular and joyful singing offered by Emily Bollon every Friday with her Parkinsongsters. ***Why not give it a go this year?***

Support for carers. Formal respite care is available from Crossroads Care. But we have also organised monthly lunches for carers in the past. We are conscious that it is not always easy for carers to get away for any length of time and are looking at other options, but ***do tell us what would make a difference to you.***

All the very best for 2019.

Niki



Our Chair Niki raised a series of questions in her introduction to the January issue of The Park.

If you have any ideas or comments to make please reply on the loose-leaf page in this issue either by email to Niki at ntompkinson@hotmail.com or bring your comments to the next meeting at Shalford. Thank you, the editor.

PARKINSON'S UK Guildford and South Surrey Branch
ANNUAL GENERAL MEETING

Tuesday February 26th2019 at 2.00pm

Shalford Village Hall, Upper Level

AGENDA

1. Welcome by the Chair.
2. Apologies for absence.
3. Approval of the minutes of the meeting held on February 27th2018 (see The Park May 2018 or the website www.guildfordparkinsons.org.uk).
4. To receive and approve the report of the Honorary Treasurer and the accounts for the year ending December 31st, 2018
5. To receive the report of the Committee.
6. To elect a Committee to serve until the 2020

Current members of the Committee

Niki Tompkinson	Margaret Westwood
Hilary Austin	Myra Newnes-Smith
Sophie Cordice	Anne Folkes
John Oldham	Valerie Black
Angela Campling	

Since the last AGM Syd Abraham has resigned as Chairman and been replaced by Niki Tompkinson, Valerie Black as Working Age Group representative and Anne Folkes as Editor of The Park. All other members are eligible for re-election. Nominations must be made and seconded by members of Parkinson's UK and the branch.

7. To elect Officers to serve until the next AGM -Chair, Vice-Chair, Honorary Treasurer, Honorary Minutes Secretary, Honorary Membership Secretary, Honorary Social and Events Secretary
8. Any other business.

FARM VISIT SEPTEMBER 15TH, 2018 BY RON WRIDE

First a group of us went to have lunch in the Milk Churn Café. (I recommend a visit and don't forget to buy the award winning Sussex Charmer Cheese made from the farm's milk.)*

The food was delicious and after a good chinwag we went off to the farm.

Darren who is one of our Working Age Group Members has the job of milking some of the 500 cows on the farm, but on this afternoon, he gave us the grand tour.



We were all surprised at how the cows seemed to know when to get on and off the revolving milking platform. After watching the milking we went to see the calves being fed, Darren told us how old they were and which ones they would sell on.

We were blessed with good weather

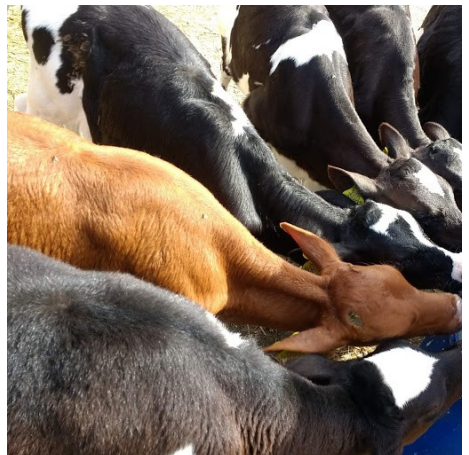
and I must say Darren gave us a wonderful afternoon.

My wellingtons still smell of the countryside!

*The Milk Churn, The Brickworks,

Kiln House, Rudgwick,

Horsham RH12 3DH



Bowls and Cream Tea—a report by Niki

On 25 September, the Branch meeting took place at Shalford Village Hall as usual – but this was a meeting with a difference! New members might not have previously noticed that immediately outside the Upper Hall is a bowling green, just waiting to be discovered. Old members remembered what a good time they had last year and many couldn't wait to have another go.

Thanks to Shirley Williams and her colleagues from the local bowls club, all equipment and sufficient training was provided for everyone who wanted to try their hand. And thanks to Mother Nature, the sun shone. Some of those who didn't want to bowl could sit outside in the sun and watch the rest of us trying not to make fools of ourselves. Initial nerves were quickly overcome as we were shown how to throw the weighted or “biased” bowls well to the *right* of the target (the jack) on the other side of the green – and then watched in wonderment as the bowl arced neatly to the *left* – and occasionally even hit the jack!

Having worked up a bit of an appetite, whether by doing or watching, we then went indoors and enjoyed a delicious cream tea. Perfect end to a lovely afternoon. Roll on next year!

As we were all having such a good time, no-one remembered to take any photographs! The eagle-eyed among you may recognise one of last year's.....



John Oldham writes about the Branch Meeting 23 October:

The October branch meeting was a change from the usual get-together. A quiz and games afternoon had been suggested by Hilary Austin and Myra Newnes-Smith as an alternative to the traditional presentations by guest speakers.

The members who attended enjoyed a team quiz and selection of games, and this gave them more opportunity to converse with fellow members than at a normal meeting.

The afternoon started with a 25 question quiz set by Myra. It covered several topics, and included questions such as:

Who wrote the music for “Rule, Britannia”?

Which 1945 musical includes the song “You’ll Never Walk Alone”?

From which country does Gouda cheese originate?

In the human body, which has more bones – foot or hand?

Who won Nobel Prizes for Physics in 1903 and Chemistry in 1911?

Two teams scored 22/25, could not be separated in the tie-break, and shared the first prize.

Following the quiz, a large selection of board games was available. These included cribbage (which your correspondent re-learned with Roger Newnes-Smith’s help), and Dobble (which is used as part of the brain stimulation zone at the exercise classes). *Dobble* is a speedy observation *game* where players race to match the identical symbol between cards. Reliant on a sharp eye and quick reflexes

The afternoon ended with tea and cake. Thanks to Myra for running the session.



Branch meeting 27 November – an update from Parkinson’s UK.-

Report by Niki

At our monthly meeting in November, Alastair Jack, our Area Co-ordinator from Parkinson’s UK, updated us on a number of issues and sought our views

Membership Alastair told us that Parkinson’s UK membership stands at 36,000, which is only about 25% of the 145,519 people estimated to have Parkinson’s. Why was this number so small, and what would encourage more people to join? Should there be different types of membership e.g. family membership?

Would more people be attracted to join if they got more than just a magazine for their £4?

A membership badge for example?

In reply, members made the following points:

Parkinson’s UK has a lot of useful information on its website etc. Perversely, this might prevent people from joining as they think they can get everything they need without.

Parkinson’s UK needs to be clearer about what *extra* they can offer people who join such as the therapeutic and other services that are available to members of the local Branches or groups.

A membership badge e.g. “I am a member of Parkinson’s UK” could send a gentle message to members of the public that the wearer was someone whose behaviour might be deserving of sympathy not scorn.

Membership levels are almost certainly affected by how the newly diagnosed are treated by their consultants. A smooth referral to a Parkinson’s nurse and a helpful steer towards Parkinson’s UK and the local branch at this early stage is far from the norm. *Insensitive treatment at the diagnosis stage seems to happen more often than not.*

Local Developments (cont)

Alistair also updated us on his own activities e.g. starting up Parkinson's Cafés, exercise classes etc in parts of Surrey where there were no Branches or Working Age Groups. This meant finding premises and encouraging local support.

Other points made by members included:

Levels of ignorance about Parkinson's among the general public remain high. Other conditions have a much higher profile and Parkinson's UK needs to do much more to raise awareness.

Guildford members are aware that they live in a privileged area (white, middle class etc) and benefit from the services on offer. But how did other areas fare? Parkinson's hits equally across the class divide.

Crossroads Care

Previous editions of The Park have informed members of the Surrey County Council funding of regular respite care breaks for carers through "Crossroads Care", and of the top-up hours available for 10 people per year, funded by the legacy to the Guildford and South Surrey Branch of Parkinson's UK.

Please note that Jackie Wingrave will no longer be handling the referrals for the Legacy funded extra hours as stated in the September edition of The Park.

If you are interested in the offer do please email or call Myra Newnes-Smith for information.

myra@newnes-smith.com Tel:01483 422440

She will then refer you on if you wish or put you on a waiting list if no spaces available. **There are spaces at present so don't hesitate to call her.**

Christmas Lunch 2018, report by Angela Campling.

On December 7th 2018, 88 of our members, families and carers joined together at 'Guildford Rugby Club,' to celebrate Christmas with a three-course lunch, the dining room look very festive and soon put everyone in a party mood, despite the grey skies.

This was a new venue for us, in a pleasant setting of trees which although bare of leaves were very attractive especially when lit up by a rainbow.



Once we had enjoyed the meal, Emily Bollon (who runs Parkin-songsters) entertained us with her guitar, and soon had us joining in with gusto as she played a series of well-known Christmas Carols & songs, then Peter Taylor from the WAG read us a very moving poem he had written.

We had many generous donations for raffle prizes which rounded the day off.

By the time we left for home the sun was shining to keep our spirits high.

Many thanks to the staff at 'The Rugby Club' for a great time.



NEWS FROM THE WAG

In 2019 the WAG (Working Age Group) will be getting together at The Parrot Inn, Shalford on the 3rd Tuesday of each month. 7:30 - 10:00. The dates are:

15 January

19 Feb (Val & Keith will be away)

19 Mar

16 April

21 May

18 June

16 July

20 Aug

17 Sept

15 Oct

19 Nov

17 Dec (to be confirmed nearer the time)

At The Parrot meetings the pub sets aside an area with big tables so people can have a drink, have a meal or just spend an evening chatting - there is a happy, sociable atmosphere. It is a time to share information and laugh, and form new friendships. We are hoping to invite guests to speak to us at times. New people will be very welcome to join us, either on their own or with a partner. The food at The Parrot is excellent!

The group are considering adding extra events as there has been interest in short walks for example, or getting together to play board games or to meet at interesting venues. No doubt these ideas will be discussed further in 2019.

Contact Val (val.black@ntlworld.com if you want to be on the mailing list for email reminders.)

A poem by Julie Wooderson - **Parkinson's!!!**

My tremoring hands,
My stumbling feet,
It's difficult now,
I don't feel complete,
But let me remind you,
I am still the same.
I just have a problem,
With part of my brain.
But I am not stupid,
Or crazy or daft.
I still need the same things,
I still need to laugh
So please don't forget me,
Don't leave me alone,
I'm still that same person,
So, don't let me go,
So please can I ask you to stay by my side
For this evil disease
Is my journey...
I can't hide
I'll stay with you,
Till my last breath takes me....
My family and friends you're my strength...love from me x



Julie was diagnosed with Parkinson's disease in 2016, in her late 40's whilst undergoing treatment for breast cancer and had attributed her tremor to the therapy.

Her problems led to her meeting many kind people who are now friends and with their support, exercise and singing are helping her and inspired her to write this poem Julie has found the choir particularly helpful and would recommend it to everyone.

A date for your diary

FRIDAY DECEMBER 6TH 2019

CHRISTMAS LUNCH

A tale of perseverance:

Sharon, who is now 59 and a member of the WAG, was diagnosed with Parkinson's 10 years ago. She suffered a severe accident playing tennis but never gives up so took up bowls and she has just won the Aldershot Underwood Bowling Club Ladies Singles Championship individual trophy.



Sharon writes: I had to overcome the sheer inner emotions of belief not only for the match itself, but I was playing the number one player in the club who happens to be my mother.

She is a very good player an experienced county standard player who does not give in - I had to win, this match was not going to be a gimmie.

Therefore, this win goes deeper than just the game – but the understanding of actually achieving this win is massive on the emotional side of things -I have always been the runner up so this win is BIG —

ENORMOUS in its entirety! This makes me number **ONE** in my club now! And an entry to the next level of play in north Hampshire zone.

Sharon Blight

PS: If anyone is inspired by my article and wants to meet with me to try Bowls out, please contact me via the Park

(Definition of gimmie for the non -player – “More or less a freebie that requires some sort of (minimal) effort to obtain” Often used in the context of athletics but may have other applications.)

Thanksgiving for Ann Donovan's life

- Ann Donovan died on October 1st Ann was a long-time member of our Guildford Parkinson's group for many years engaging and making friends within the group.

Ann and her husband Dave moved to Wetherby just nine months ago to be near their family.



It was a great wrench to leave Cobham as their life together had always been around Hook, Ann's thanksgiving service was held in that area and was attended by five of us, four of whom had known her for such a long period. It was a happy occasion as friends and family mingled and

talked with such love about Ann, it was a photographic collage accompanied by music and her grandchildren singing and accompanying the young granddaughter brought tears to our eyes.

Dave and Ann were a talented couple, Dave with his woodwork and his shed which seemingly produced anything that hands could make. Ann was a dedicated music teacher for many years inspiring the young and using her own talent for singing with Operatic Societies where she met Dave. There were teachers and pupils speaking about her love of the young and bringing on their talents.

Parkinson's did not treat Ann lightly and Dave was a magnificent carer and made a point that despite her disabilities she was still in charge!!

When the Park was published as A3 paper, Dave and Ann took on the job of stuffing the envelopes and sending them out—no mean task

We shall miss you both and send our good wishes to Dave

Hilary Austin.

John Child

Claire Kershaw has asked for the news, that her father John Child sadly passed away on 18th December, to be shared with our group. John was a regular attendee at both the monthly branch meetings and Sam's Thursday exercise classes.

Volunteering for Parkinson's UK

Parkinson's UK, and all the 365 branches across the country, depend on the generosity and goodwill of thousands of people.

From serving on committees to fielding enquiries, organising events, fundraising, and any number of other activities, our volunteers give freely of their time, skills and expertise - for which we are forever grateful.

This, of course, includes our own committee whose hard work and dedication far exceeds their job descriptions. If you would like to help in whatever capacity do speak to Niki or Hilary.-see P21

Below are two short articles on how members of our group do volunteer, not forgetting the Cake Sale - see P21 and helping at fundraising events—see P22. The Editor.

Valerie Box describe her role as a Volunteer Speaker for Parkinson's UK

When I heard that this area was looking for a volunteer speaker, I realised that this was a way I could contribute to Parkinson's UK and raise awareness of PD in the general public. Training was through a series of online videos and a meeting with the area regional fundraiser. She supplied me with all the charity's policies, templates for letters, banking details and a presentation that I could use as little or as much of as I wanted. Contacting clubs and how many talks I gave were pretty much left to me. I was initially asked to cover a 25-mile radius and my mileage expenses would be paid. It became obvious that there weren't any speakers covering parts of W Sussex or Hampshire, so my range has extended: since starting in May 2017 I have covered 1087 miles and visited 30 clubs. Most of the clubs are Rotary or Inner Wheel and all have members who know someone with the condition. They seem grateful for the information I provide, especially about the less known non-motor symptoms, and many people say they have learnt something. I cover the condition itself and the effect it has on all around; the support provided by Parkinson's UK, always highlighting where the nearest local group is;

and the research being undertaken. I don't mention I have PD in my approach letter but make it obvious in my talk. As mine is a genetic variant of PD I draw on my experience of my mother's and daughter's Parkinson's as well as my own. I always emphasise my primary purpose is to raise awareness and do not charge, but I am of course delighted if a club donates or offers to fund raise on our behalf. Over the past 18 months I have received cheques totalling £2453 which is a great incentive to continue in this very interesting and rewarding role. If anyone has contacts in any sort of club that has speakers, do please pass on my details so they can contact me: vbox@parkinsons.org.uk

Anne Folkes describes her role as a lay grant reviewer — you don't need a scientific or academic background, just an interest in research.

Parkinson's UK gives five different types of grant of varying duration and value and before they are awarded they are assessed by a team of experts in that particular field and lay people. As a lay reviewer you bring a unique experience to the study as the researchers may have little knowledge of PD and how it affects daily life and the need for regular medication. You are looking at whether the study is practical and how it is likely to be of benefit. You are not working alone but as part of a team and before you start you can attend study days and undergo training on-line. You can choose which studies you would like to assess and whether or not you can commit the time required at that time and of course you cannot assess a study where the researchers are known to you.

You receive feedback on which applications were successful and it is always rewarding if one of 'your' studies is included. It is also gratifying when a study initially rejected comes back with suggestions you made incorporated,

Last year I had the privilege of taking part in an on-line discussion to develop a protocol for studying the bladder problems in PD—my first experience of Skype!

I have learnt a great deal over the three years I have been involved of the different manifestations of PD and gained some appreciation of the challenges presented by the disease.

PD Movers & Shakers. Godalming & Haslemere

Christmas 2018 Newsletter

What another great year together!

Sam and I would like to thank you all for the dedication to exercising together everyone has shown this year. This has been demonstrated by the high numbers in every class and demand for more! As a result, Sam has begun a second class in Haslemere and we now have six classes running across Godalming and Haslemere.

Happy Birthday Us - Summer fun 2018

Thank you to Elizabeth who kindly invited us to celebrate our 2nd birthday in her beautiful 'English Rose' garden back in July. Once again a lovely day and a great opportunity to reflect on and celebrate our 'Movers & Shakers' community and achievements.



The PARKA Warriors came to Town – April 2018

I will never forget the feeling, sight and sound of 20 'PD Warriors' performing the HAKA (aka PARKA) back in April at the James Parkinson's Dinner at the Harbour Hotel, Guildford to an audience of 100+. This represented determination, strength, dedication and power to overcome anything you set your mind to. **What could be our next challenge?**

What lies ahead for 2019

Whilst we sat amongst many friends and 'PD Warriors' enjoying our delicious Turkey dinner last week at the Branch Christmas lunch, it was evident to Sam and me that whilst many of us benefit from the weekly classes available in our area, others do not share the same level of access to exercise classes provided by the branch.

Growth and sustainability of our services requires a vision and planning and together with the new Chair and the other wonderful healthcare professionals involved, we will be looking forward into 2019 to consider where future services are needed.

NEWS TIME

Each week we have introduced a few moments of reflection, sharing of news and learning into our classes (and a cheeky chance to catch your breath).

The feedback from the 'News circle' has been really positive so thank you.

We have discussed topics such as:

Mindfulness: read: '*mindfulness training among individuals with Parkinson's disease: neurobehavioral effects*' Parkinson's disease; Volume 2015; <http://dx.doi.org/10.1155/2015/816404>

Hydrotherapy

Exercise for Bone Health – visit: <https://nos.org.uk/strong-steady-and-straight/>

Relaxation and breathing exercises

Research

Medication management and problem-solving together

Feedback from study days Sam or I have been on.

Sam's brilliant Nordic walking training – visit:

www.britishnordicwalking.org.uk

Diet: visit: www.parkinsonlife.eu; 'How a good diet can alleviate anxiety and panic disorders in Parkinson's'

Home exercises –visit: www.parkinsons.org.uk

Go to www.parkinsons.org.uk for more information on health and wellbeing support

If you have topics you wish to raise that others may benefit from hearing about, please bring these up if you feel able to.

We are Better Together

Milestones Museum

You are invited to join our coach trip to Milestones Museum, in Basingstoke, to celebrate “PARKINSON’S AWARENESS DAY” on Thurs. 4th April.

It is a museum full of bygone interest, complete with a cobbled street and several interesting shops from the around 1900 – 1940, even a sweet shop where you can buy some old-fashioned treats using a ration book. There is a collection of vintage vehicles that are likely to bring back memories of our childhood, a penny arcade is also to be seen. There is a Village Pub open from noon until 2.30pm. for the local beer, tea & coffee; plus lots more you can discover for your selves.

There is good access for wheelchair users, a café serving tea, coffee, light lunches and snacks, also toilet facilities with good access.

Any queries please phone Angela Campling on 01252 375003

Pickup point Guildford Rugby Club, Guildford Road, Godalming GU7 3DH

Leaving at 11am sharp.

Wheelchair users need to be able to walk onto the coach (there is a lowered step for easy access) we can then store their wheelchair in the luggage hold and return it at our destination

PLEASE APPLY ASAP ON THE ENCLOSED SLIP

URGENTLY REQUIRED

Can you, or someone you know, help us to manage and evaluate our activities? We urgently need a Branch Secretary/ Programme Manager if we are to continue our good work.

This role would suit someone with a few hours to spare each week—maybe someone recently retired with office skills or someone wanting to refresh their skills before going back to work after a gap.

More information on our website

www.guildfordparkinsons.org.uk under Support us> Volunteering

HELP NEEDED FOR CAKE STALL SUNDAY MARCH 17

The Guildford Group will be running the charity tea tent at Milford Farmers' Market again in 2019 on Sunday 17th March from 10-1 at Secrett's Farm Shop. Offers of cakes &/or selling very welcome including for setting up or taking down the stall (half an hour either side of opening times).

It's a lot of fun and no one need stay for more than an hour or even less, or you can just come and buy!

We hold the market record for the amount we raise so hope to do as well in 2019.

Please contact Valerie Box with any offers of help on 01428 682678 or 07884235828 or email: boxvl66@gmail.com

PARTNER'S LUNCHESES

As mentioned in the last edition of The Park the number of partners attending the lunches has fallen and a change of format for these 'get togethers' is under discussion.

If you have thoughts on what form you would like these meetings to take, please do let Myra know.

For the time being, regretfully, the lunches are suspended.

myra@newnes-smith.com Tel: 01483 422440

Fundraising Event: Guildford Cathedral Abseil – 18 May 2019

Many of you (and your friends and relatives) have taken part in this event in previous years to raise money for Parkinson's. Anyone wishing to participate in the 2019 abseil will be able to apply online via the Parkinson's UK website in due course. It hasn't yet been launched, but we will let you once it is live on the website. Keep the date free in the meantime if you or someone you know is interested.

Parkinson's UK is also looking NOW for volunteers willing to help on the day with registering and stewarding participants and selling merchandise.

The primary task will be:

Escorting our abseilers up the 249 steps to the top of the Guildford Cathedral Tower. (This will involve working in pairs, with one volunteer leading the participants up the Tower and one volunteer following at the back, making sure that the participants reach the top of the Tower safely. The volunteers will then return to the bottom of the Tower and wait for the next set of participants.

Other tasks may include: Supporting and encouraging the participants, answering any questions that participants may have. alerting a member of the Guildford Cathedral staff and the Regional Fundraiser of any problems that may occur

The first set of abseilers will start their climb to the top of the Tower at 9.30am and the last abseil will take place at 3.30pm. Volunteers will be needed for two sessions: 9.30am-12.30pm and 12.30pm-3.30pm but you are welcome to volunteer for the whole day should you wish.

If anyone wishes to volunteer in this capacity, then they should contact Lily Coombs, Parkinson's UK's Regional Fundraiser, lcoombs@parkinsons.org.uk with the following information:

Name, phone number, email address, preferred role (stewarding up and down cathedral stairs / registration / merchandise. Emergency contact name and number.

Committee Members.

Chair

Niki Tompkinson ntompkinson@hotmail.com

Vice Chair (and Referrals and Activities)

Hilary Austin hillawrie@googlemail.com

Treasurer

Sophie Cordice sophiecordice@hotmail.com

Membership Secretary

John Oldham mrjoldham@gmail.com

Committee members

Angela Campling (Branch meetings and other events)

angelacampling003@gmail.com

Myra Newnes-Smith (Carers issues) myra@newnes-smith.com

Margaret Westwood (Minutes secretary)

westwood.m@talktalk.net

Anne Folkes (Editor of The Park) anne@folkes.org.uk

Val Black (Working Age Group representative)

val.black32@gmail.com

DATE FOR YOUR DIARY

Support Parkinson's UK

Sponsored walk in the Surrey Hills

14 JULY 2019

Further information in the next edition of The Park or contact
parkinsonsorg.uk/events 2018 or phone 020 7932 1356

Useful Information

Parkinson's Local Advisers

Guildford, Runnymede, Surrey Heath, Waverley and Woking

Jackie Wingrave 0344 225 3669

Reigate, North Tandridge and East Surrey

Nicky Lawrence-Gravestock 0334 225 3743

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

Emma Southwell 0334 225 3772

Mid Sussex, Tandridge, Horsham, Crawley and East Grinstead

Carol Coupe 0334 2253686

Parkinson's Nurse Specialists (NHS)

Milford Hospital Assessment Unit

Amanda Dodson 01483 782750

Email: rsch.gw.ms.parks@nhs.net

North Surrey. Farnham Hospital Outpatients

Rose McKinley 01483 783481

Email: rsch.gw.ms.parks@nhs.net

Parkinson UK Helpline Service 0808 800 0303

Lines open: Monday to Friday 9.00 am–8.00 pm

National Website

www.parkinsons.org.uk

Local website

www.guildfordparkinsons.org.uk

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