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The Park

Magazine

JANUARY 2022



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GUILDFORD AREA BRANCH MEETINGS 2022

Meetings are held on the **LAST** Tuesday of the month at
Upper Hall, Shalford Village Hall, Kings Road, Guildford, Surrey, GU4 8BQ
at 2.00pm

IMPORTANT NOTICE

**FACE TO FACE MEETINGS HAVE NOW RESUMED BUT WE ARE STILL
ATTEMPTING TO RUN ZOOM MEETINGS SIDE BY SIDE FOR THOSE
UNSURE ABOUT ATTENDING IN PERSON.
CHECK OUR WEBSITE FOR DETAILS OF EACH MEETING.**

If anyone wants to join our zoom meeting, who is not already on our list,
please email our

Secretary Sharyn, on secretary@guildfordparkinsons.org.uk and your name
will be added.

January 25th 2022 - TBA

February 22nd 2022 - AGM plus Amanda Dodson, PD Nurse Specialist

March 29th 2022 - PDUK on Research

April 26th 2022 - Ray, Magician

Cover photograph: RHS Wisley in Spring. AF

PARKINSON'S FRIENDSHIP GROUP

formerly known as **THE WORKING AGE GROUP (WAGS)**

Meetings are held on the 3rd Wednesday of each month at 7.00pm,
The Withies Inn, Compton, Surrey, GU13 1JA.

These evenings are friendly, informal get togethers and are open to anyone who has or knows someone with Parkinson's. Occasionally we will have a speaker join us. See website for any monthly updates.

Please feel free to join us, further details available from

Sharyn at sbullen@guildfordparkinsons.org.uk

Or Keith at keith.e.black@gmail.com

NEWLY DIAGNOSED

Meetings are held on the last Wednesday of each month at 6.00pm via zoom.

These drop-in sessions are to offer support and information to those who are coming to terms with a diagnosis.

We are also looking to arrange face to face meetings once every 8 weeks starting February 2022 (please check website for further details)

New members welcome.

Names to Sharyn at sbullen@guildfordparkinsons.org.uk

From the Chair.....first and most importantly – Happy New Year everyone! Sadly, this is the last time I shall write the “Chair’s Foreword” for this excellent publication – as you know, I am standing down at the AGM next month. But the very good news is that David Lowther, whom some of you will know, has volunteered to take over from me. He and I have been engaged in an orderly handover since before Christmas. I am delighted that not only am I handing over a Branch that is in good shape, but that I am handing it to someone who will keep it that way. Or even improve it! Change is good, and new ideas are essential to keep an organisation like ours fresh and relevant.

Looking back over my tenure (nearly four years), I am pleased that the Branch has continued to increase the number of activities that we offer to our 360 or so members, and that we now have something for everyone at different stages of Parkinson’s, from diagnosis onwards. We have amazingly professional and caring providers running exercise, singing, speech and other classes. And a wide range of social and support groups which are run by members of the committee and other volunteers. Despite some belief to the contrary, *none* of us are employed by Parkinson’s UK; we all do what we do because we care. I would like, therefore, to say a very fulsome “thank you” to all my fellow committee members and those they have co-opted to help them, all of whom give so much of their time to the Branch. And I would ask all of you to be ready to help in any small way you can, when you can.

2020 brought unexpected challenges, but we all rose to them! Who would have thought that so many of us would have embraced technology in order to continue our physical and therapeutic activities and social contact via Zoom (which we had never heard of before!) A silver lining to the cloud of COVID. 2021 turned out to be almost as challenging as 2020. But many of us enjoyed the return to “in person” activities in the Autumn – thankful that technology had kept us in touch during difficult times. We can but hope for a rather better 2022 although, as I write, the latest COVID variant (Omicron) is creating a degree of nervousness.

I have thoroughly enjoyed my time as Chair, especially getting to know so many of you and enjoying the social side of Branch activities. I hope to keep in touch and to hear how everything is going. My thanks to *all* of you for making my time so enjoyable and rewarding.

Niki Tompkinson

From the Chair-in-waiting.....

At the time of reading this edition of The Park many of us will be making New Year's resolutions or looking to the year ahead wondering what life will bring. For me personally, this is one of the easier years as I'm confident it will provide challenge and reward. The challenge being the result of taking on the role of Chair and filling the significant void that Niki will leave.

My plan in general for filling the "From the Chair" section in The Park is to share my journey as I learn of the Branch and its work to serve the local community of sufferers and their carers.

So as I'm yet to take the formal post I'll keep this month's contribution short.

Firstly who am I? Well, when you Volunteer with PDUK you get access to a portal where you get 200 characters to describe yourself. I used only 199 with:

Quite content with life!!!! Father of 2 great sons, diagnosed 2010 with young onset, ex-software manager. Chairman of 1st Normandy Scout Group. Normally fairly happy. Positive. "Man who lunches!"

So what are the main learnings from the last month:

Niki is a class act. She is professional, eloquent, committed and very personable. She has left a well oiled machine which I hope to be a worthy custodian of.

I am delighted and honoured to be Chair (in-waiting) of an exceptional group of committee members and associated helpers.

So I'll go do my homework and see you in the May edition of The Park.

Bye for now....

David Lowther

Our Branch Finances as we go into 2022

Happy New Year to all.

At the time of writing (early December), it is appropriate I update you on the state of our Branch finances by reporting how we fared for 2021 and what is planned for 2022.

Looking back over 2021, we emerged from lockdown during last summer and were soon back to offering a full normal 'in person' programme of events. We were fortunate to be able to introduce a couple of new activities during 2021, namely the weekly in person **Dance for Parkinson's Class** (*free but will incur costs in 2022*) and a monthly online **Loud & Clear Speech Maintenance Class**. These, as with all our other activity offerings, will still be offered for 2022 with members participation subsidised by the Branch.

Another key item to note for 2021 was the start of our new '**100 Club**'. Over 60 members are participating each month in this 'mini branch lottery' with over 170 numbers in play. More members are signing up each month and we will review the 'prize amounts' to potentially increase them at the February 2022 AGM. This 100 Club is a fun and fundraising activity and will contribute over £1,000 annually to Branch funds.

As regards our 2021 Finances, although the Florence Pite Legacy ended in 2020, we started the year with a very sound financial position due to our ability to carry forward the remaining unused funds from the Legacy. We had almost £74,000 in our bank last January and budgeted that we would spend roughly £78,250 during the year.

This **2021 expenditure budget** was based on our normal annual expenditure (in non-Covid times) of roughly £63,750 and then a further special budget of £14,500 *for 2021 only* to use up some of the carried forward Legacy funds. This special budget was for such as Grants for carers to receive longer periods of Respite Care and other members to be sponsored to attend Fighting Fit exercise weekends.

However, I now expect **our 2021 actual expenditure will be under £60,000** due to several factors:

Activities stayed 'online' longer than anticipated and consequently incurred lower-costs.

Not all the Grants for Respite Care were taken up by members.

No Fighting Fit weekend sponsorships occurred (the course only resumed in October)

In respect of **Branch Income for 2021**, I had forecast an overall 'new money' income of around £34,500 (additional to the £74,000 that we had in our bank at the start of the year). This was based on previous 'normal' years general donations receipt of approximately £16,500 and a new 'Fundraising' target of £10,000, plus an anticipated £8,000 of outstanding income due to us from Parkinson's UK from 2020 fundraising events (e.g., Parkinsong Voice 'Virtual Christmas' fundraising event in Dec 2020, etc. that flow through PUK to us.).

Our **actual 2021 income** saw general donations of £36,000, largely due to an amazingly large donation of £30,000 from a charitable trust that is winding down its assets. We also received a new (one off) legacy gift of £5,000 and received more '2020' fundraising income from PUK than anticipated. Additionally, many members threw themselves into fundraising activities to reach our £10,000 target so that it was more than met! Overall, I anticipate our final 2021 income to be around £70,000!!

This means we will enter 2022 in a very sound financial state, with more than £80,000 in our bank.

or 2022 our Branch Expenditure Budget will be broadly £77,000 to be spent as follows:

£38,500 for subsidised exercise classes (*Surrey Hill Rehab, Foundations Physio, Pilates*)

£9,500 for subsidised Parkinsong Voices

£2,200 for subsidised Loud & Clear classes

£1,200 for subsidised Dance classes (*we will have to fund in 2022*)

£4,200 for additional monthly Respite care for 5 members through Surrey Crossroads

£6,000 for any social activities (monthly meetings, Christmas 2022 party, etc)

£2,000 for cost of producing three printed editions of The Park, including postage

£2,000 for costs of maintaining Branch website, Zoom meeting service, email, etc

Plus, as we did not spend the '2021 Special Budget' we had set aside for Respite Grants, etc we will offer them again, this time for 2022 only:

£7,500 for 'Week-Long' Respite Care Grants (5 members)

£2,000 for 'Full-Day ' Respite Care Grants (7 members)

£1,500 for 'Fighting Fit Weekends' sponsorship grants (5 members)

In respect of 2022 Income, at this stage I forecast it to be approximately £32,000 made up roughly from a new Fundraising Target of £15,000 and then a combined amount of £17,000 from donations, social events, 100 Club, and class fees.

Please note that charity income is always difficult to forecast, so this income may not be met, and remember we receive no financial support from Parkinson's UK. All the monies we spend on subsidised activities has to be raised locally from donations, fundraising, legacies, etc. **We continue to need all your efforts to fundraise for the Branch.**

I presented this 2022 Budget to the Committee in November, which they endorsed, and I will present at the Branch AGM for members.

I hope the above helps enlighten you to the somewhat dry subject of our Branch finances. I will be more than happy to take any questions on this at our AGM in February.

Steve Heron Treasurer



**GUILDFORD AND SOUTH SURREY BRANCH
OF PARKINSON'S UK**

ANNUAL GENERAL MEETING

To be held on Tuesday 22 February 2022 at 2 pm.

AGENDA

1. Welcome by the Chair

2. Apologies for absence

3. Approval of the Minutes of the Meeting held on 23 February 2021 see **The Park** May 2021 or website
www.guildfordparkinsons.org.uk

4. To receive and approve the Report of the Treasurer for the year ending 31 December 2021

5 To receive the Report of the Committee

6 .To elect 4 lead volunteers to serve until the next AGM as Chair, Vice Chair, Treasurer and Secretary

7. To call for nominations and election of a branch Committee.
(Current members eligible for re-election are: Hilary Austin, Sharyn Bullen, Anne Folkes, Steve Heron, Myra Newnes-Smith and Margaret Westwood

8. Any other business.

Parkinson's Branch CHRISTMAS LUNCH

7 December 2021

It was a miserable morning, overcast with heavy rain threatened, so we awaited the guests' arrival somewhat anxiously. But such was the eagerness to come together after such a long break, over 90 people braved the weather to enjoy a festive lunch at the *Guildford Rugby Club*. A warm and welcoming bar enabled people to seek out friends and acquaintances beforehand, and get into party mood. As we moved into the dining hall, we passed a table groaning with a wide range of goodies that would go home with the lucky winners of the *Christmas Raffle!*

It was unfortunate that due to a staff shortage the service was rather slow but while we waited we were entertained by the lovely Emily Bollon (leader, *Parkinson's Voices*) playing and singing Christmas songs at the keyboard. Our *Poet in Residence*, Peter Taylor, read us a specially written poem : he reflected on some fifty years of pleasures enjoyed, and with regret, those things that cannot be reversed. It was very poignant.



The distribution of raffle prizes gave a good many people reason to be happy - and Steve Heron (the Treasurer) also activated the December Draw for the *One Hundred Club* (which now has over 170 "numbers"). Niamh O'Connor won 1st prize (£60), which was collected on her behalf by her father Gerry, and Jane Harding (2nd) and Michael Cox (3rd) were the other lucky winners

It may not have been the best-ever Christmas Lunch in terms of the food (there were problems in the kitchen too) but it was a very friendly, social occasion - heralding the festive season! Sincere thanks to all behind the scenes who worked so very hard to make it a successful event.

Margaret Westwood

Peter's Poem for The Park January 2022

AND IF

If there are moments when doubt spreads wide inside
and ploughs deep furrows across her brow,
take the hand of your lover and brush her fingers
through your hair and yours through hers
and watch summer colours reclaim her face,
chase away the pale of days once cold.

And if there is one who would cast you out
upon some manufactured calumny,
take the hand of your hunter and brush his fingers]
across your chest and yours across his
and see the pain flow out of his eyes
on his awakening to the truth.

And if there are many whom you might fight,
who are told to fight you by another's command,
take the hand of the first of them and show him
you have no weapon you may slay him with;
and say to the next that he who would have us fight
is not here and will never know us.

And if you become fearful with age or illness
and the light in your eyes starts to glaze,
take the hands of the young and celebrate their advent,
offering to add your wisdom to their fire;
for your tasks are the same and they will be
glad of your guidance when cold winds blow.

And if you need to leave this place, this sparkling jewel,
that drags you up then lets you ebb down, away,
take the hand of your lover and kiss each finger
to promise the end is yet to come; that you'll
walk together the one-way track until all
talk of us is done and then forgotten.

© Peter Taylor

Help for Carers and Opportunities for Respite Care - 2022

The Branch committee continue to be very much aware of the ongoing burden placed on those who care for a loved one with Parkinson's. Their role as a 'Carer', whilst often a labour of love, can be very difficult. Often you can be alone and not know where to find sources of appropriate help or guidance, or even just where to find a sympathetic ear. Hopefully the below summary of what is available will be helpful to you.

Branch Organised Monthly Carers calls

Over 2021 we have introduced **Monthly Carers calls**, hosted over Zoom by Myra Newnes- Smith. These are held on second Monday of the month in the afternoon. Myra keeps these online calls to just a few carers on each call to ensure everyone can talk and to be heard. They are a great way of chatting with those in a similar situation and picking up helpful tips. Please email Myra for more information:

mnsmith@guildfordparkinsons.org.uk

Free Weekly Respite Care

It is useful to remind everyone that **Surrey County Council can provide a 'free of cost' weekly period of 3.5 hours respite care** through an organisation called Surrey Crossroads. Their website is:

<https://crossroadscaresurrey.org.uk/>

On the website they say that :

"One of the most important things for someone caring for their loved ones is ensuring they also get time to themselves – to relax, go out with friends, enjoy their hobbies or just chat without having to focus on the person they care for"

Please reach out to them if you are not already using their services.

Branch funded additional Respite Care once a month

One other benefit of being a Branch member is that **we will pay for a number of members to receive an extra 3.5 hours Crossroads respite care, once a month**, additional to the free hours provided by SCC. To take up this additional benefit, please contact Myra

Branch Respite Care Grants

As the Branch still have some residual funds from the Florence Pite Legacy, we have decided to offer some **Grants for longer periods of Respite Care in 2022.**

We have now set aside sufficient budget for:

up to seven members (7) to apply for a **Grant of up to £300 to cover a full day of respite care.**

around five (5) members to apply for a **Grant of up to £1,500 to cover up to a week's worth of respite care**

In both cases these grants will be allocated on a first come first served basis.

Requests (no more than one per person!) can be put in for a share of the budget from 1 February 2022. If your application is successful, there is no need to make use of it immediately. For instance, you may already have something planned for later in the year or simply want a break in the warmer weather.

It will be your responsibility to find either a suitable 'day carer' or for a suitable longer period respite placement, either with a care home or by a care organisation offering overnight care in your own home. These should be from a recognised respite care agency or respite care home or agency, not an informal arrangement. These grants are for the costs of the care provision. Before applying, you should have identified a suitable provider and have registered your interest with them. You do not need to have paid a deposit at this stage.

We hope very much that some of you will take up any of these offers.

If you wish to discuss further, with no commitment, then please contact Myra Newnes-Smith on 01483 422440 or email mnsmith@guildfordparkinsons.org.uk.

Myra can also send you more details for either grant and a simple application form to complete.

Myra Newnes-Smith and Steve Heron



CHRISTMAS LUNCH 2021



Photographs by
Olivia Ames-Lewis

Fun and Fundraising Review of 2021 and other incomes

Whilst our Branch has a great history of fundraising, the large Florence Pite Legacy we received back in 2015 allowed us to introduce a lot more activities for the benefit of our members. As the Legacy formally ended in 2020 (*although we were able to carry forward some Legacy funds!*) to ensure we can continue to provide these subsidised activities into the future it was agreed **for 2021 we should set a target for our members to fundraise at least £10,000.**

In retrospect I suspect we set our targeting too low!!

Many members rose to the fundraising challenge and I apologise in advance if I miss some of the great efforts from our members in this summary review of the various 'Fun and Fundraising Activities' during 2021.

First, it should be noted that we started the year with an expectation that Parkinson's UK owed us some outstanding 2020 fundraised monies (perhaps up to £8,000?) from such as Parkinson's Voices participation in the live streamed December 2020 Virtual Christmas Concert (Motivation by Music -Emily Bollon).

NB The reason these monies come to us through PUK is because when a fundraiser event is set up through an online platform such as Just Giving, the funds initially go to PUK and are then sent back to the Branch with any Gift Aid that has been reclaimed.

Between February and March 2021 PUK transferred to us almost £9,000 for 2020 Parkinson's Voices fundraisers and a further £2,750 as the Branch share of Julian Cork's 2020 Sponsored Cycle ride, a similar amount going to PUK.

Therefore, Branch received almost £12,000 from PUK, far more than anticipated £8k

To kick off our own 2021 Fundraising activities, during March and April, Valerie Box and other members **raised almost £1,000.**

First, they held a **Tabletop sale**. Then they had a **Cake Sale** at the **Farmers Market**, at Secretts Farm Shop Milford.



April also saw Surrey Hills Rehab step up to the fundraising plate organising a sponsored '**Surrey Hills 3 Peaks Challenge**'. Many WAGs, other members, families and friends participated and the event featured in our May 2021 Park. Surrey Hills Rehab hoped to raise around £5,000 through Just Giving towards our Branch Fundraising Target.



My latest calculations show they have now **raised around £6,800**. A magnificent sum. ***They plan to do a similar walk this coming spring so get your walking boots ready!***



At the start of August, we held our **Summer Picnic** in the majestic gardens of Great Halfpenny Farm, Halfpenny Lane, Guildford. Although this was really a social event our Branch never misses a fundraising opportunity.

Between the entrance fee, Tombola, Cream Teas and Pimm's Stall, we **raised another £1,300 towards our Fundraising Target**.

August was the month that **Millie Olsen**, the 10 year old granddaughter of Roger and Myra Newnes-Smith took on the **3 Peaks** challenge of walking up the three highest peaks in Britain — Snowdon, Scafell Pike and Ben Nevis.

She did this on three consecutive days in August accompanied by her elder brother and parents, and has **raised over £1,400** so far, divided between Parkinson's UK and our Branch. (see The Park Sept. 2021)

So, **another £700 towards our target**

By the end of August, we had reached our £10,000 target!

Of note: **Fundraising by our members, their family and friends isn't always just for the benefit of the Branch. Some take part in fundraising activities for Parkinson's UK, and is to be much applauded**



Sophie and James Fergusson's grandchildren, Rex 9 & his sisters (aged 10 and 5) Ribbet held a **Cake Bake Sale** in September 2021 to raise money for Parkinson's UK. Rex explains more: *"We wanted to raise money to help find a cure for Parkinson's UK - to help my grandpa who has Parkinson's, and also carers like my granny, who works*

very hard to look after him. We planned a bake sale outside our house over the weekend. We planned what

to sell and helped mum buy the ingredients. We helped cook, make signs, decorate, create a Just Giving page, and cook more when we sold out! We aimed for £100, which my mum said was realistic, and we have now raised over £1,600, which is more than anyone believed! We've had lots of donations from our school and the local community. It's been great fun and worth the effort. I even have to do a presentation about in assembly. We're now going to try to do something over Christmas too."

The Just Giving page will reopen in Jan 2022): <https://www.justgiving.com/fundraising/summer500>

David Keir, son of Di and Doug Keir raised **over £9,500 by running the London Marathon** for Parkinson's UK. He provided the below summary of *his race*.

"Luckily felt good on Sunday – with some stretches and breakfast (muesli and a banana) I got the short bus from Peckham to Blackheath and the start line. I was in the same start wave as the Guinness World Records fancy dress entrants – there was a Rhino, a Tree, a Ventilator - all posing for photos ready to clock the fastest ever time for their costume. Being overtaken by someone in fancy dress is the ultimate indignity in road running so that was my base aim sorted – keep the rhino/sumo wrestler/golfer (golfer?) in the back mirror.

Main aim was to be below 3 hrs. The first 10k had some downhill so I came to the first big crowd section (the Cutty Sark at Greenwich) a bit ahead of time. The crowds were unreal from then onwards – it's such a buzz and you really feel privileged to be running.



half-way at Tower Bridge about on track and was feeling ok. You then head to Canary Wharf tower

(which is about 30k point) and double back. The sun came out for the return to Westminster, and it was then just a case of hanging on... I had to dig deep for the last 4k or so but got to the end before cramp hit!

Finish time was 2:56:58 Once again – thanks a lot for the support



Parkinson's UK arranged a **sponsored Surrey Hills Walk at Denbies**. Several members signed up for this including **the Team Grandpa Barry (Butcher)**



'Such a wonderful walk round Denbies countryside at Dorking, our family really enjoyed the day especially raising funds for Parkinson's (£645) for their Grandpa

Finally, it is worth noting that **we get some very generous**

donations from local clubs, other organisations, and legacies. In 2021 we received, amongst others, the following notable donations

- £5,000-April- Legacy from the estate of **Dr Janet Owens**
- £750 April from the **Farnham 41 Club**
- £403 - May from **Cobham Brass Band**

£30,000 - July from **Vernon N. Ely Charitable Trust**

- £30,000 - July from **Vernon N. Ely Charitable Trust**
- £440 - October from the **Woking and District Angling Association**
- £1,000 -December from the **Bramley, Shamley Green, Wonersh and Blackheath Nursing Association**
- £2,000 - December from the **Hogsback Harley-Davidson Chapter.**

Steve receiving the cheque from the Hogsback Chapter.



Steve Heron
Treasurer

Tuesday members' meetings

In **September** we returned to Shalford village hall for the first time since lockdown; despite rain preventing us from playing bowls we had a most enjoyable afternoon chatting and also relishing the cream tea.

In **October** our speaker was Charlotte Pragnell a reflexologist. This was a topic most of us knew little about and it proved to be a very interesting afternoon

Charlotte explained that the aim of reflexology is to stimulate the body zone healing process. On the feet and hands are mini maps of the systems in the body which can be accessed and stimulated by using a massaging technique which requires the application of a firm pressure using the sides and end of thumb or the fingers. It is a method used to treat many ailments and in relation to Parkinson's symptoms reflexology can assist the body with constipation, improved mood and aid relaxation and reduce anxiety. For some people it does help coordination.

When the reflex areas are stimulated there is an increase in the blood circulation to the corresponding part of the body both in supplying nutrients and removing waste products. Treatment can last from 15 to 45 minutes and take place weekly or even four to six weekly depending on the problem and it usually more effective the more frequently it is applied.

There are minimal side effects, common reactions included a desire to urinate or defecate, changing sleep pattern, headaches, nausea, heightened emotional reactions, tiredness, runny nose or cough but they are rarely severe and usually disappear over a period of two days.

Charlotte then gave members of the audience a chance to have a mini treatment and Valerie Box writes about her experience.

October and November's monthly meetings demonstrated two very different therapies that can help Parkinson's by reducing symptoms. In November Sue Buckland gave us a taster session of the Pilates class she runs for us in Clendon whereas in October Charlotte Pragnell, a qualified reflexologist, told us about the practice and gave us the chance to have a mini treatment.

Lin Woolmington and I both jumped at the opportunity. We were asked if there was a particular area of the body we wanted to focus on. Mine was the digestive system, especially the large intestine.

Tre certainly was a response to her treatment from some parts of my feet and I felt very relaxed. Lin and I agreed we could happily have gone to bed afterwards and slept. We were warned that a mini treatment wouldn't be enough to promote significant change as that might take several treatments. Personally I found it a very pleasant experience and my troublesome feet benefited from the massage. It didn't cure my gut problems, or if it did, it took a month to be effective!

I would have it again if the price was right. Apparently some people with PD find reflexology helps, relaxes them, or/ and reduces their symptoms. PD warrior exercises, which are incorporated into Sue's Pilates classes, have been shown to slow the rate of progression. Both demonstrate that there's more to managing your PD than just taking the tablets!

in November, Sue Buckland returned as enthusiastic as when we had first met her in April 2019.

Sue is a qualified Pilates teacher and several years ago developed an interest in adapting exercises for people with Parkinson's and other forms of neuro disability: The exercises were chair based following the Pilates principles
Sue then followed a PD warrior course and combined the teaching with Pilates to devise the system called PACET i.e.: Physical Activity and Cognitive Exercise Technique. It has many benefits for those with Parkinson's, helping to establish and maintain a healthy lifestyle, stimulating both brain and body (dual task training), reducing the risk of falls by strengthening the muscles, boosting confidence, improving energy levels, and increasing an overall sense of wellbeing as well as being sociable and fun.

Sue also told us about Joseph Pilates, a German physical trainer credited with inventing and promoting the Pilates method. He was born in December 1883 in Germany. He was a sickly child and was introduced, by his father, to gymnastics, bodybuilding, and martial arts.

Pilates considered the 'modern' lifestyle of bad posture and inefficient breathing to lie at the roots of poor health. He devised a series of exercises and training techniques.

He moved to England in 1912 making a living as a professional boxer, circus performer and self-defence trainer at police schools. He was interned during World War One alongside other German citizens, he taught wrestling and self-defence to his fellow inmates. He later said that the intuitive movements of cats inspired many aspects of his fitness regime. It was here that he began refining and teaching his minimal equipment system of mat exercises which later became known as 'Contrology', Some of the early use of Pilates exercise methods included rehabilitation of seriously injured veterans.

He moved to America in 1925 and developed his system of 'Contrology' further. He died in New York in 1968 when his teaching methods became known as Pilates.

Sue introduced us to her sitting exercises which even those not familiar with the technique enjoyed. They may seem easy particularly as you are sitting down but the next day you know you have been exercising!

Peter Witter, a member of Sue's Clandon class writes an appreciation of her methods and what he has gained from attending the classes.

Sue Buckland's PACET classes at West Clandon

I have been attending Sue Buckland 's PACET classes at West Clandon for more than two years now. My personal understanding of the exercises is that they are a mixture of seated Pilates along with some of the challenges of PD warrior and cognitive challenges that enhance our coordination abilities.

There are quite a number of us who attend regularly. We have varying abilities, but we enjoy the classes and get great benefit from them. All the exercises are performed from a sitting position so if balance is a problem, you can still do the exercises. But do not be lulled into the idea that the exercises will not stretch you. They are challenging but great for keeping us as mobile as possible given we have all got Parkinson's.

The exercises are a mixture of arm and leg exercises at first done separately then as the class progresses Sue likes to put arm and leg exercises together. She also asks us to do different things with our arms and legs at the same time which is great for challenging our coordination. Sue sits at the front of the class and does all the exercises herself, so we have a visual guide of what to do. Sue's own energy and enthusiasm as she directs us is infectious.

Partners come to the classes, and some join in with the exercises whilst others sit in another room and chat or read. At the end of the class, we have our social time with refreshments and a time to chat to each other.

During lockdown Sue was fantastic as she continued the classes each week by sending us a video of that week's set of exercises for us to do at home. We missed the social contact the live classes give us, but it was great to not stop carrying out the exercises which personally I can see benefit me in maintaining my stamina and coordination even though I have Parkinson's.

Peter Witter

The Hundred Club

Our first monthly drawer was in September. The most recent at the Christmas lunch. We now have 170 members, and the prize levels will be reconsidered at the AGM.

Here are the lucky winners:

| | 1 | 2 | 3 |
|-----------|----------------|------------------|------------------|
| September | Anne O'Connor | Valerie Box | Sheila Fullbrook |
| October | Niamh O'Connor | Sheila Fullbrook | Anne Folkes |
| November | Valerie Box | Geoff Morling | Joanna Brough |
| December | Niamh O'Connor | Jane Harding | Michael Cox |

Sink or Swim

“I may have Parkinson’s, but I can still swim”

(We know Sharon as a keen and highly skilled bowls player but here she describes her latest sporting activity).

Hello my name is Sharon I am 62 a retired crown servant from Hampshire; I have had Parkinson’s disease for 12 years – I have endured all that Parkinson’s disease has thrown at me; the stiffness the rigidity, the shuffle when walking the tremors in my hands when I get emotional, the weakened voice, and just recently I have been suffering with an uncontrollable dribble that falls from my mouth without warning, You would think that would be enough to **sink** any one’s positivity; but I will continue fighting on, I am not going to give in to this disease



How I wish every symptom could be sewn into a magical cape that I could take off for a few hours to get some respite from this disease; But hey that’s never going to happen.

However, I think I have found the next best thing! Swimming!

I have just introduced myself to swimming again after many years of not getting into a pool let alone the sea – and certainly since being diagnosed with Parkinson's. I have been wary of doing such an activity for fear of not being able to do it due to the inabilities and hindrances that come with having Parkinson's.

I booked up four one to one swimming lessons with a swim teacher at a pool local to me to reacquaint myself with the swimming skills I used to have, build up my confidence and rekindle my love of being in the water again. The swimming lessons were fantastic and all the mini goals I achieved made me so happy.

Putting all my concentration into swimming along with the weightlessness one feels in the water tends to diminish most Parkinson's traits until it's time to get out.

Then the games begin; trying to slide your feet into flip flops to walk back to the changing room to get dressed this has its degree of difficulty; *You know it's the sort of action able bodied people can do and take for granted, all these trials and tribulations I face.* But I will go again tomorrow just to feel free of Parkinson's for half an hour!



'Come Back Christmas'

This concert organised by Emily Bollon was a '**Celebration Of Overcoming**'.

For the first time ever, all Emily's choirs performed together as one! Emily, too, performed a couple of sets of original songs - supported by keyboard and cello.

Olivia was there , in the audience with Hilary and writes- Emily has done a fantastic job getting all her choirs to sing, learning all the words and music by The Emily Method! Members from all four choirs were represented, all in their own T shirts. They sang a variety of songs arranged by Emily, and quite a few of her own compositions.

Emily also sang a few solos accompanied by a keyboard player and a cellist, our favourite was '*Mary did you know?*'

A successful concert and a big congratulations to Emily for showing off what she's achieved after all the hard work!



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Recycle 4 Charity

Thank you everyone who has saved empty ink cartridges for me. I have returned one full box the second is half full. So far Parkinson's UK has received £2,332 from the scheme.

Please keep bringing your empty cartridges to the Tuesday afternoon or WAGs meetings. Anne Folkes.

Parkinson's Local Advisers

Guildford, Runnymede, Surrey Heath, Waverley and Woking

Jackie Wingrave 0808 800 0303

Reigate, North Tandridge and East Surrey

Nicky Lawrence-Gravestock 0808 800 0303

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

Vacant but phone 0808 800 0303 for advice

Mid Sussex, Tandridge, Horsham, Crawley and East Grinstead

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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

Local website www.guildfordparkinsons.org.uk

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