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The Park

Magazine

JANUARY 2020



GUILDFORD AREA BRANCH MEETINGS 2020

**Meetings are held at Shalford Village UPPER Hall from 1.45 pm on the
LAST Tuesday of the month**

January 28th 2020 Does that fit the bill?' Jane Cullen.

Jane is an exercise specialist who has an interest in neurological diseases. She is also an author who has written a novel where the main character has Parkinson's Disease.

February 25th 2020 AGM

March 31st 2020 Shaun Parry-Jones, Solicitor, Cranleigh.

The welcome return of Shaun who first spoke to us in April 2018. Come prepared with questions.

April 28th 2020 Stuart Brown, the Musical Memory Box System.

The Musical Memory Box System stimulates memory and cognition by combining pictures with music.

May 26th 2020 TBA

Season's Greetings from the Chair.

As I write, I can say unequivocally that the Christmas season got off to the best possible start with a wonderful Branch Christmas lunch at the Guildford Rugby Club. Over 100 of you and your guests attended – the best turnout ever! You can read all about it elsewhere in this newsletter, but I'd just like to repeat my thanks to Margaret, Angela and Hilary for doing such a wonderful job in organising it.

By the time you read this, we will be well into the New Year – so I'd like to wish you all the best for 2020. I hope to see many of you at the various events and activities that the Branch organises for you.

Last year was a busy year, and my thanks go to *everyone* on the committee who work so hard in your interests. We had a couple of unexpected departures – Sophie Cordice, our excellent Treasurer, left because of work pressures and we are still looking hard for her replacement. Myra Newnes Smith has loyally stepped into the breach so that we can keep paying our providers and thus maintain our programme of classes and other activities. But we need a new Treasurer urgently to help us with the Branch's planning and budgeting. If you haven't already spread the word to your friends and relatives, *then please do so*. A description of the role was in the last Park, and anyone interested can get in touch with me for more details, without commitment.

The other shock was the loss of Sam Goodwin, one of our neuro-physios who has been running the classes at Haslemere and Godalming. She decided she had to step back for a while for family reasons, and we thank her wholeheartedly for all she has done over the past few years. I know that those of you who attend her classes have been anxious about whether these classes would continue. I am pleased to say that we have been able to find someone to take them on, and, at the time of writing, we are sorting out the details with our proposed new provider.

Season's Greetings from the Chair.(cont.)

Looking for a Treasurer and for a new physio has brought it home to me just how much work is entailed in running the programme of activities – the exercise classes, in particular. I'm sure you all really appreciate what is being done for you, but there is one thing I would ask of you to *show* your appreciation and commitment. First, *please* respond *promptly* to the requests for your contribution towards the cost of classes. If you delay and must be reminded, then it all adds to the burden both of our providers and of those volunteers on the committee who support them with administration and finance. And secondly, unless health issues intervene, *please* turn up to those classes you have booked. It is discouraging to all those involved (*and it is a waste of the Branch's money!*) if participants are not fully committed. Rant over!

Once again, all the very best for 2020.

Niki

Dates for your Diary.

January 20 th -24 th	Parkinson's Awareness Week	see P.9
March 5 th	Florence Pite Memorial Lecture	see P.8
April 19 th	Milford Farmers' Market	see P.10
April	Portsmouth Spinnaker Tower abseil	see P.10
May 16 th	Guildford Cathedral abseil	see P.10
July	Walk in the Surrey hills	see P.10

PARKINSON'S UK Guildford and South Surrey Branch

ANNUAL GENERAL MEETING

Tuesday February 25th 2020 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 26th 2019 (see The Park May 2019) or the website. www.guildfordparkinsons.org.uk.
4. To receive and approve the financial report and the accounts for the year ending December 31st 2019.
5. To receive the report of the Committee.
6. To elect a Committee to serve until the 2021 AGM

Members of the Committee

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

Since the last AGM Sophie Cordice has resigned and Angela Campling is not standing for re-election. 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.

Bowling on the Green

We had torrential rain on 24th September, the day of our autumn meeting However despite the likelihood of cancellation 22 members turned up after the weather turned for the better

Our intrepid bowling friend Shirley Williams who has acted as instructor for many years was there early as usual and set up, two pitches. Shirley obviously knows how well the green drains.

So a wonderful time was had by all in the bright sunshine and the members who were bowling had to be persuaded to come in for the cream tea which they had been promised . None of our members will make it to the G B team but Olivia managed to pull three “kisses” out of her bowls .

A good afternoon was had by all who attended and very many thanks go to Shirley .

Again

Hilary Austin

PLEASE NOTE

ALL TUESDAY AFTERNOON MEETINGS WILL BE ON THE **LAST**
TUESDAY IN THE MONTH

WHETHER IT IS THE 4TH OR 5TH WEEK

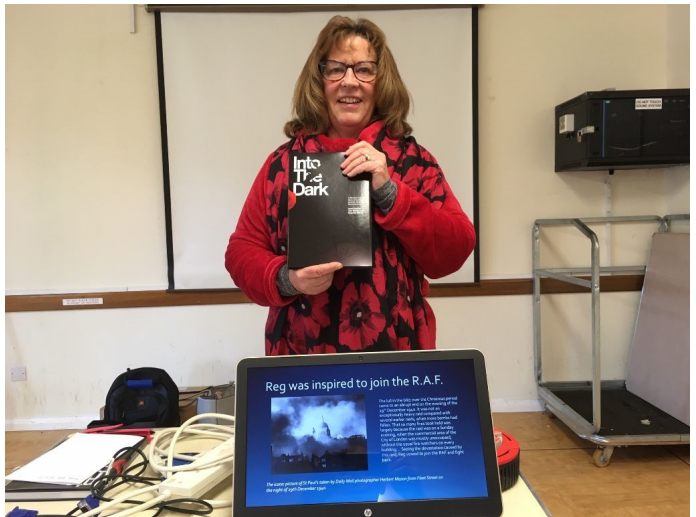
Into the Dark, October 22nd

Those members who attended the October branch meeting were captivated by a fascinating and compelling talk about WW2 and its aftermath. It told of courage, determination, curiosity and fulfillment.

Janet Hughes talked for almost an hour, without notes, about her father, Reginald Wilson, who had served as navigator on a Halifax bomber. She described how, having seen the picture of St Paul's Cathedral surviving the blitz, he had wanted to be a Spitfire pilot. Having been rejected near the end of pilot training, he had switched to becoming a navigator in Bomber Command.

On 20 January 1944 his plane was shot down during a raid over Berlin. Reg bailed out and, as he parachuted down, the plane exploded, killing the crew members still on board. Reg was captured, and spent the remainder of the war as a POW.

The story then jumped to 2005 when Reg started to wonder what had happened to the plane. He persuaded Janet to help him track down the wreckage of the plane. With several twists of good fortune during the search, the wreckage was found, but also human remains. These were identified, and Reg was able to give the news to the crew member's family and attend his funeral.



This account of Janet's talk has skirted over many of the facts, and omitted just as many. The full story can be found in the book which Janet and her father wrote: 'Into The Dark', published by Fighting High Ltd. in 2015.

Janet generously donated the profit from the sales of her book at the meeting to the branch.

Dr Mary Baker MBE

Our speaker on November 26th, Doctor Mary Baker, is a past President of the European Federation of Neurological Associations, a consultant to the World Health Organisation (WHO), and Chair of the WHO PD Working group at its formation in 1997. She served as Chief Executive of Parkinson's Disease UK for eighteen years and on one of the Guildford Branch committees.

One of the features of her early career was the establishment of Parkinson Nurses, with the first nurse, Rosemary Maguire, taking post at Truro in 1989. This took place against a background of opposition from many neurologists. The initial nurse project covered five nurses and was funded by Dupont, not the NHS. Evaluation of the project by Jennifer Barnet and funded by Nuffield was highly positive.

Mary also emphasised the importance of multi-disciplinary teams in the management of Parkinson's, which proved to be cost effective – e.g. in the prevention of falls and fractures.

Awareness of Parkinson's has improved dramatically, both in technical fields such as Deep Brain Stimulation (1997), and more generally, with the European PD Association and World Parkinson's Day (April 11). Mary stressed the importance of high level contact. She was informative and amusing and spoke of her 'wonderful journey'; we were privileged to share it with her.

Richard Abbott

A DATE FOR YOUR DAIRY

Florence Pite Memorial Lecture.

The 5th Lecture funded by the Guildford Branch from the legacy will take place on Thursday 5 March 2020, and the venue is the lecture theatre at the Francis Crick Institute which is at 1 Midland Rd, London NW1 1AT

<https://www.crick.ac.uk/>

HELP NEEDED FOR PARKINSON'S AWARENESS WEEK

BARROW HILLS SCHOOL, WITLEY: 20-24 January 2020

This group has been asked to help the headmaster's wife, Niki, who has lived with PD for 30 or so years, run a PD awareness week at Barrow Hills School in Witley. Niki only moved into the area in September. She doesn't know the local PD community yet so is being assisted by Valerie Box, the local area volunteer speaker.

The plan is for Niki and Valerie to do 2 assemblies so that the whole school gets an introduction to PD, and then to take over a one-hour class with each year group from 3-8. The topic will be expanded with age appropriate activities to give the pupils a better understanding of what it means to live with PD and how they can help any affected friend or relative. That's 10 lesson sessions all together, one on Monday 20th Jan. Two on Wednesday 22nd, 6 on Thursday 23rd and one on Friday 24th! At least 2 volunteers assisting Valerie or Niki in each class are much needed, and Niki will brief everyone as to what's expected.

This should be good fun and a very interesting week. It is a super chance to raise awareness in children and thus their parents. If you think you can help, please contact Valerie on 01428682678 or vbox@parkinsons.org.uk

FUNDRAISING

CAN YOU BAKE A CAKE?

Our local PUK branch will be running the charity tea tent at Milford Farmers' Market at Secrett's next year on Sunday 19th April between 9:30 and 1 PM bakers and sellers needed please. All offers gratefully received by Valerie Box on 01428 682678 or boxvl66@gmail.com

ABSEILING

Guildford Cathedral Tower abseil will take place on Saturday 16th May 2020.

if you wish to take part abseiling or as a helper please contact

fundraising@parkinsons.org.uk or call 0207 963 3912

Last year's effort raised over £26,000!

Four of our intrepid abseilers plan to tackle the Spinnaker Tower, Portsmouth this April. If you would like to support them please contact Sharyn Bullen on

sbullen@guildfordparkinsons.org.uk

WALKING

PUK organised 39 walks in 2019 raising over £315,000. The walks not only raise money for research from sponsorship but also raise awareness within the local community.

The Surrey Hills walk, round the Denbies Wine Estate, was a new venue last year but a highly successful one and will be repeated in 2020—further information in the May edition of The Park.

First Aid for Carers

A First Aid Course was run by the British Red Cross for the Guildford and South Surrey branch, with Sue as our trainer.

6 Subject Headings were on the white board when we arrived:

- Burns
- Bleeding
- Choking
- Unresponsive but breathing
- Unresponsive but not breathing
- Strokes F.A.S.T.

Sue started with a short film shot at Liverpool Street Station which had us all thinking and responding differently – what would **we** do if we saw a person lying on the steps outside the station either unresponsive or quietly asking for help?

Everyone in the film at first walked by, were in a hurry, felt ignorant, did not want to get involved, worried the person might be aggressive, drunk, on drugs, or it was a scam etc.

Once someone stopped then other people felt courageous enough also to stop and try to help. This is called the **Bystander Effect** and it made us more committed to not walk by, but check on them, possibly call 999 but be more aware of what might be the problem.

Sue then went through the six headings with advice and discussion on each and showing some other short films underlining their relevant points. She emphasised the usefulness of wearing a medical bracelet to help the professionals and we were all given a booklet to remind us of the morning's work.

We were a varied group of people but we all took away something new and thought provoking and it was very worthwhile.

Jean Robson



Christmas lunch -December 7th, 2019

Once again, the venue for the Christmas lunch was the Guildford Rugby Club, Broadwater Pavilion, Godalming. The event was a great success! The venue looked lovely with swathes of voile fabric to give a pretty festive atmosphere. It was a surprisingly mild-weather day, so we had the low sun streaming through the large windows. The meal was very tasty, including two bottles of wine on each table, balloons, hats and crackers. A lovely Christmas meal!

After lunch, Emily's choir skills helped us all participate in singing *The 12 days of Christmas* with each table adding actions; all very merry! There were super prizes for the raffle, won by numerous lucky winners.

Margaret tells me that in 2014 there were only 25 people at the Christmas lunch, then held in The Parrot.

This time there were 102 people from the older and the working age groups. The dedicated organisers have gone from strength to strength with these functions! They accomplished a beautifully organised afternoon for us,



including handling all the replies, negotiating the menu and venue, everyone's menu choices, organising the raffle and every detail, right down to the beautiful handwritten name-places. Thank you to Margaret Westwood and Angela Campling who arranged this event, I know everyone appreciated it very much. Thank you to Hilary Austin as well, for hosting the event.

Valerie Black



Programme for Parkinson's Working Age Group 2020

Location: The Withies Inn, Compton, GU3 1JA

On the 3rd Tuesday of every month, the Working Age Group meets at The Withies Inn. There are usually about 25 people, and partners are very welcome. The food is good and we can enjoy a drink together, and share experiences. We often have guest speakers to give a short talk starting at 8 pm. The evening is from 7 - 10 pm. New people are very welcome.

Dates for 2020 (3rd Tuesday of each month)

21 January

18 February

17 March

21 April

19 May

We will send out an email reminder and more information for each event.

Please become a member of the Guildford Parkinson's Group:

http://www.guildfordparkinsons.org.uk/branch_membership.htm

To join our Facebook group follow the link <https://www.facebook.com/groups/260630984589155/> and request membership. We post articles related to Parkinson's and our various activities. This is a useful way for us to keep in touch. If you are worried about friends seeing your Parkinson's activities, Facebook enables you to isolate your posts into a WAG section so posts in the WAG do not get shown to all your Facebook friends.

Fighting Fit weekend October 2019

Five members of the WAG attended an excellent long-weekend retreat, run by Fighting Fit. There were about 20 people on the course facilitated by Peter Miller, a new trustee for Parkinson's UK. The venue was the Holiday Inn, Aylesbury. We had access to the hotel gym and swimming pool, but we were kept so busy that only a few early risers managed to include a swim! The facilities were very comfortable, we learnt so much, and new friendships were formed. The group continues to be in contact using WhatsApp, encouraging each other.

The main emphasis of the weekend was that exercise has been shown to be the best way to slow progression of Parkinson's. Peter and his wife had attended two weeks at the European Parkinson's Therapy Centre in Italy, which combines medical, physical, lifestyle and motivational therapy. They were inspired to start something similar in the UK, named Fighting Fit, for people with Parkinson's of working age and their partners.

The weekend included exercise 'taster' sessions in Tai-Chi, PD Power (based on PD Warrior), spinning, boxing and dancing. The programme was delivered by people living with PD together with healthcare professionals and neuro-physiotherapists. A choir leader and dance teacher also volunteered their weekend time; both have partners with Parkinson's. Exercise and group classes are great fun, the understanding is that there isn't a one-size-fits-all approach and the best exercise to do will depend on the way Parkinson's affects you.

PD Warrior uses big powerful moves that help re-train your brain. Aerobic exercise increases oxygen, and this improves brain health. One idea is to do a daily 30-minute walk at a brisk rate that makes you puffed. For improving core strength, try Pilates, yoga, or Tai Chi.

Additional sessions included a talk on Benefits and PIP, and one on self-help ideas including gadgets to try. Dr Kevin Mc Farthing from the Parkinson's UK Oxford branch gave a research update on re-purposing drugs. Dr Kinan Muhammed, a professor from Oxford, joined us on Sunday morning to talk about his research into PD and Apathy.

Fighting Fit weekend (cont.)

It is important to be involved socially to avoid loneliness. Apathy, a new field of cognitive neuroscience at Oxford, is important to recognise as if left untreated it has adverse effects on daily living. Form good habits and set goals, keep a diary to capture things you've achieved or are grateful for, and be aware of overdoing or under-doing.

We also had a session by a clinical psychologist on how to sleep well. She later held a group counselling session for partners. She had also volunteered her time. The weekend was a great success due to the sharing enthusiasm of the professionals.

PD nurse Anne Farthing, winner of a Parkinson's Nurse of the Year award, also stressed the importance of being socially active. She said exercise helps slow down Parkinson's progression, and the latest thinking from Buckinghamshire is that it is best to start meds early; don't delay a few years as by that time you will have fewer brain cells to process the Levodopa. They tested two groups and those who started Levodopa earlier did better.

Valerie Black

Reference:

Fighting Fit: <https://fighting-fit.org.uk> (It is supported by Parkinson's UK.)

Another useful tip from the weekend

Get a Medical Alert for the lock-screen of your phone, which bypasses your phone's security. It gives your medical ID to the paramedics if they find you!

Example: Medical ID (free): in case of emergency;

<https://play.google.com/store/apps/details?id=tech.chitwansoft.emergencyinformation>

Further adventures of the WAGS

WE FLEW VELOCITY TWO!

Saturday September 28th dawned a cold wet day but not to be put off 3 members of Guildford WAGS headed for a quarry in Penrhyn at the base of Mount Snowden to fly the longest Zip Wire VELOCITY 2. Approaching the quarry, we began to wonder why we had put our hand up for this challenge, it looked terrifying. On arrival we checked in and were then ushered to a holding area where we were taken to the changing rooms to put on our red flying suits complete with helmet and harness and given a safety talk.

Like intrepid explorers we walked to the baby zipwire to be given a taste of what was about to come.

All harnessed up off we went - it was frightening. At the end of the ride we were bundled into a large quarry truck and for the next twenty minutes zig-zagged our way 721ft to the top of the quarry. It was so cold and incredibly windy, we lined up next to each other so we could go down together. It was our turn. We walked to the raised beds and laid down. Our harnesses were attached, last safety instructions and the beds were lowered. We just hung there waiting for the safety call from below. This was it, no turning back. 1 mile long, 0-60 in under 10 seconds and travelling at 118 mph it looked terrifying, suddenly there was a clicking sound and we were off travelling down the side of the quarry until the ground dropped away as we soared over the water. It was the most exhilarating and incredible feeling like flying. The whole ride took 55 seconds.

Would we do it again? YES, WE WOULD!

Sharyn Bullen



Sam Goodwin: mover and shaker extraordinary

The gloom of wet November days got worse when Sam told her six exercise classes that, regretfully, she had to give them up. There are teachers who do their job, those who do a bit more, and then there's Sam who has always gone the extra several miles. We will miss her enthusing about the latest tips she had picked up from a seminar/webinar; shouting across the room encouraging us to make big movements; finding the best mince pies for the Christmas party; always innovating so we don't get bored; and telling us how much we've improved. Thanks Sam, flattery works well! What a hard act to follow: we'll miss you and hope it is just au revoir.

PACET

(Physical Activity and Cognitive Exercise Technique)

PILATES + PD Warrior

Weekly classes run by Pilates Perfection in Clandon for clients with PD.

Wednesday 13.30 – 14.30 (level 2) and 14.40 – 15.30 (level 1)

Cost to Branch members: £5 per session.

Spaces are available for these classes starting again on 8 January 2020.

Contact Sue Buckland at sue@pilatesperfection.co.uk or on 01483 2851112 or 07914 512573

Carers please read!

As many of you are aware Crossroads Care Surrey operate a scheme on behalf of Surrey County Council which provides 3.5 hours per week respite care. The extra half hour being time to hand over at the beginning and end of the session. This is provided by the same person as much as possible for continuity of care. There is a waiting list which can vary from 4 to 8 months depending on how many end of life requests they receive which take priority. It is often a longer wait if you require a particular day or time so the more flexible you are the easier it is to get a slot.

The legacy money has enabled the group to have a contract with Crossroads Care for 3.5 hours per month for up to 10 carers. This can be used in conjunction with the SCC provision or on its own whilst on the waiting list. The uptake on the legacy provision has been low and the committee would like to see carers taking up the offer, on first come first served basis, whilst the legacy money is available.

You can of course fund respite care yourself whilst on the waiting list and this can be a regular session or an ad hoc session. The latter would need to be booked well in advance and subject to availability of a staff member.

I have contacted two members that are using Crossroads for their feedback and they are very pleased the service. Please do contact me if you would like to have your name put forward for one of the 10 spaces.

Finally, if you are using an agency for care or for respite care that you are very pleased with and would be willing to recommend please do let me know. We could make a list to go on the website and for the next Park. Someone has already given me a recommendation for an agency that will take you shopping.

Myra Newnes-Smith

mnsmith@guildfordparkinsons.org.uk

tel: 01483 422440

Items for sale

The Branch website now includes an area where articles may be offered for sale- see <http://www.guildfordparkinsons.org.uk/forsale.htm>

Conditions:

Members of the Guildford & South Surrey branch who wish to sell items of interest, such as specialist or disability aids, to other members may request a listing on the website.

It must be emphasised that the branch does not endorse any sale item, and does not take any responsibility for the condition, suitability or safety aspects of the item.

Items for sale will appear on the site for 4 weeks, or until the item is sold.

The branch will not have any involvement in the financial transaction should an item be sold, nor receive any commission from such sale.

The seller will be responsible for any use of the contact details displayed on the website.

Requests for listing should be sent to info@guildfordparkinsons.org.uk

Personal Wheelchair Budgets

NHS England has announced that with effect from 2 December 2019 all those eligible for an NHS wheelchair will have a legal right to request a Personal Wheelchair Budget and have more control over decisions made about their care and the choice of wheelchair giving them more independence. This scheme will be available to those who are new to registering with the service, or those whose clinical needs are due to be reviewed.

Therefore as of the beginning of December, Personal Wheelchair Budgets will be implemented nationally by NHS England providing the opportunity for Surrey Wheelchair Services to adopt a truly holistic approach to the needs of disabled people, and give wheelchair users the control they need.

For further details see website:

<http://www.guildfordparkinsons.org.uk/news2019.htm>

The Critical Path for Parkinson's project.

Please read an article in the recent Progress magazine which gives an overview of of the project .

What is the Critical Path for Parkinson's?

Clinical trials are the most costly and lengthy part of the whole research process. In recent years, several promising new treatments for Parkinson's have failed to show benefit in clinical trials.

Many in the research community believe the problem may not be that the drugs don't work, but that we're testing them in the wrong way.

That's why we fund and lead the [Critical Path for Parkinson's](#).

This international collaboration brings together pharmaceutical companies, regulatory agencies, universities and charities to share data from major studies and trials.

Our expert partner - the Critical Path Institute - is using this data to develop new tools and strategies to improve clinical trials for Parkinson's.

This ambitious collaboration aims to change the way clinical trials are carried out, and help ensure new treatments reach people with Parkinson's fast.

The Guildford and South Surrey Branch had a key role in getting the project off the ground as the first 3 years were funded by a legacy donated from the branch It is a really exciting collaboration which include pharma companies, universities, charities and experts from the UK, USA and beyond.

We are always aware that this fantastic project would not exist without the funding from the Guildford and South Surrey Branch.

Jill Gallagher
Clinical Development and Regulatory Manager
Co-Director Critical Path for Parkinson's.

Cobham Brass Band

Cobham Brass Band are a traditional brass band playing a wide variety of concert and band stand engagements throughout the year.

The Band is also a charity and as part of their charitable function they support and raise money for local charities. **This year the Band members have chosen to support Parkinson's UK** and will be making collections whilst playing Christmas carols as well as raising money through raffles at their coming concerts



The flagship concert of the year was held at the Menuhin Hall in Stoke D'Abernon on the evening of the 5th October. There was a raffle in support of Parkinson's UK. Hilary and Valerie Box from our branch attended as guests of the Band and

were made most welcome and the charity was enthusiastically supported.

The next concert is at Holy Trinity Guildford in December, there will be a full report in The May edition of the Park

Committee Members

PLEASE NOTE CHANGE IN EMAIL ADDRESSES

Chair

Niki Tompkinson

ntompkinson@guildfordparkinsons.org.uk

Vice Chair (and Referrals and Activities)

Hilary Austin hillawrie@googlemail.com

Treasurer TBA

Membership Secretary

John Oldham joldham@guildfordparkinsons.org.uk

Secretary

Sharyn Bullen sbullen@guildfordparkinsons.org.uk

Committee members

Myra Newnes-Smith (Carers' issues)

mnsmith@guildfordparkinsons.org.uk

Margaret Westwood (Minutes secretary)

westwood.m@talktalk.net

Anne Folkes (Editor of The Park)

afolkes@guildfordparkinsons.org.uk

Val Black (Working Age Group representative)

vblack@guildfordparkinsons.org.uk

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'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..