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# The Park

## Magazine

**MAY 2021**



## **GUILDFORD AREA BRANCH MEETINGS 2021**

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

### **IMPORTANT NOTICE**

**FACE TO FACE MEETINGS MAY BE POSSIBLE LATER IN THE YEAR BUT THE FINAL DECISION DEPENDS ON THE WISHES OF MEMBERS—See page ? and respond to [ntompkinson@guildfordparkinsons.org.uk](mailto:ntompkinson@guildfordparkinsons.org.uk)**

### **CHECK OUR WEBSITE FOR DETAILS OF EACH MEETING**

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

May 25th 2021 TBA

June 29th 2021 Judith Witter 'Citizens Diaries of World War Two'

July 27th 2021 TBA

Sept 28th 2021 TBA

December 7th Tuesday, provisional date for Christmas lunch

Cover: RHS Wisley in Spring

## **The WAG page**

**Meetings are 3rd Wednesday of each month at 7.30 pm.**

### **GOOD NEWS**

**We hope to meet at the Withies Inn**

**face to face**

**from the May meeting.**

**(check the website for details)**

**Please feel free to join us, further details available from**

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

**or**

**Keith on [keith.e.black@gmail.co](mailto:keith.e.black@gmail.co)**

### **Newly diagnosed – Wednesday 31 March 6pm – 7pm.**

**This drop-in Zoom group met for the first time in February 2021 to offer support and information to those coming to terms with a diagnosis. New members welcome. Names to Sharyn Bullen on [sbullen@guildfordparkinsons.org.uk](mailto:sbullen@guildfordparkinsons.org.uk).**

# ANNUAL GENERAL MEETING

## GUILDFORD AND SOUTH SURREY BRANCH

### 23 FEBRUARY 2021

The contrast between the AGM held in February 2020 and the virtual AGM of 2021 could not have been more dramatic. No assembling of members round tables neatly dressed with starched tablecloths (ready for tea and cake); no tempting raffle prizes; no *Special Guest* speaker. This was an AGM held by zoom.

Yet more than 35 members and carers joined the *virtual* meeting, contributing their ideas and suggestions and voting in the Officers and Committee members. The business was facilitated by Kieran O'Driscoll, PUK Network Support Officer. The Chair, **Niki Tompkinson**, said that while the shock of *lockdown* in March 2020 was a knock-out, by the early summer monthly Zoom meetings were running, various exercise groups were on-going and, even more remarkable, there was a virtual *Christmas Concert* conducted and presented by Emily Bollon. Her *Parkinsons Voices* rose to the occasion, mastered the technology, and succeeded in raising a significant sum in donations to the Branch.

The Treasurer, Steve Heron, presented a comprehensive financial report supported by clear diagrams which spoke louder than words. He stressed that the very comfortable bank balance was the result of the draw-down of the final *tranche* of Florence Pite Legacy monies. If current levels of Branch activity were to be maintained in the future, some serious fundraising would be required. From the floor (so to speak) one member suggested that a *DRAMATIC BIG IDEA* was not the only answer; small-scale events involving people of all ages and conditions could engage broader support - and *little amounts can add up to a lot*. She invited anyone interesting in sharing ideas to contact her via [valeriebox@outlook.com](mailto:valeriebox@outlook.com).

Another fundraising suggestion was the establishment of a **100 Club** by which members pledged a monthly purchase of x numbers. This will be promoted through **The Park** - which continued to be published as planned throughout the year.

The Chairman commended the Committee and various supporting group leaders for sustaining their efforts over a very difficult period.

**Election of Officers** Kieran O Driscoll presided over the elections as follows:

**Chair: Niki Tompkinson. Vice Chair: Hilary Austin**

**Hon. Treasurer: Steve Heron Hon. Secretary: Sharyn Bullen**

**Hon. Membership Secretary: John Oldham. (each elected nem.con)**

All other Members of the Committee were eligible and willing to stand so were nominated and elected *en bloc* **Anne Folkes, (Editor of The Park) Margaret Westwood (Minutes Secretary) and Myra Newnes-Smith.**

To round off the Meeting, Kieran O’Driscoll gave members an update on PUK, saying that whilst the strategy outlined for 2020-24 had been Covid derailed, nevertheless the Charity had continued to raise funds and thus support key areas of research with substantial grants. These included £1.1 million for treatment of hallucinations and a further £1.3 million co-funding the *Michael J Fox Foundation* research into new drugs.

He also referred to the *Surrey-Sussex Planning* report by Alastair Jack that looked into perceived *gaps* in support of people with Parkinson’s. Four workshops had been set up to address key issues and it was noted that the Branch was already ahead of the game with regard to the provision of exercise classes and support for those *newly-diagnosed*.

This virtual AGM concluded (alas without tea and cake) with a warm vote of thanks voiced by Peter Barrows for the work of the Committee.

*The full text of the Chair’s Report, the Treasurer’s Report and the voting for Officers and Committee members can be found on the Branch website together with the full Minutes of the AGM held 23 February 2021.*

*Margaret Westwood*



Bluebells at Tytings Farm, St Martha's

## For e w o r d f r o m t h e C h a i r .

Dear All

Well at last life is getting a little easier and brighter! Not only is the sun shining as I write (I'll gloss over the snow first thing this morning!) but we are now past the second milestone on our journey out of lockdown. Six friends or two households can meet outside (winter coats and hats essential in this unseasonably cold weather) and the shops, gyms and hairdressers are starting to reopen. Normality gradually returning. Many of us have had at least one – if not both – jabs, and feeling a little bit more ready to face the outside world again. Some of us are still a little nervous. Some of us just cannot wait!

As we move to the next stages, which will allow some small meetings indoors and group exercise to start again, we (the Branch committee) are thinking hard about how and when to return to some of our in-person activities. Zoom has been a lifeline for many of us during what would otherwise have been an isolated period, and it has enabled many with reduced mobility to join activities which would otherwise be out of reach. But the friendship and camaraderie of meeting in person for a chat, not to mention a cup of tea, has been missed by many. Should we just return to exactly how things were before, or is there a place to retain some of our on-line activities? We are talking to our exercise providers – there is no doubt that these classes work best in person if at all possible, though some on-line provision could be retained. But our social activities – the monthly meetings with a speaker (and tea!) – could perhaps be refined in some way, to allow participation for those who found it hard to get to Shalford every month. If you have a view, please email me in time for the committee discussion on 5 May. ([ntompkinson@guildfordparkinsons.org.uk](mailto:ntompkinson@guildfordparkinsons.org.uk))

We are unlikely to make any change before the September meeting at the earliest. Christmas lunch has been booked provisionally for 7 December, so do at least put that date in your diary. No on-line substitute for that event

There have been a few additions to our programme this year. We now have regular drop-in sessions for anyone newly diagnosed and for carers. These, added to our monthly members' meetings and to the Working Age Group, give a range of social/support sessions to choose from. And in addition to the various exercise classes and the Parkinsong Voices, we have just set up a communications support group "Loud and Clear". You can read about this on page 7.

Finally, a further plug for some fundraising activity, no matter how small. We will need to generate more funds if we are to keep subsidising our range of activities. Speak to our Treasurer Steve Heron ([sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk)) or our interim Fundraising Coordinator Valerie Box ([valeriebox@outlook.com](mailto:valeriebox@outlook.com)) if you have an idea or would like to offer your help. As ever, I am grateful to all the committee and other volunteers for keeping so much going during a difficult year. Looking forward to seeing some of you "in the flesh" in the not too-distant future .

*Niki*

## Loud and Clear!

On 7 April, 14 members of the Branch logged on to Zoom for a meeting with a difference. The host was Speech and Language Therapist, Celia Bacon, who specialises in Parkinson's. The topic was how to tackle certain symptoms of Parkinson's experienced by so many - gradual decline in volume and clarity of speech, lack of facial expression, difficulty in managing saliva, choking and coughing, causing annoyance and distress to all. What could be done to HELP.

Celia explained that everyone's muscles weaken with age, and even more so if you have Parkinson's. This applies to the face and throat muscles as well. In addition, the Parkinson's "gremlin" (as Celia liked to call it!) was adept at tricking the brain into thinking you are speaking normally when in fact you are far too quiet. Retraining the brain to recognise what normal speech levels (75 decibels) sound like was one thing that could be done. There is even an "app" to help.

Other tips and tricks included practising speaking more slowly and clearly; exercising facial muscles to give more expression when speaking; deep breaths before speaking; swallowing more frequently, especially before eating or drinking – all good habits which can be developed consciously.

Intensive 1-2-1 speech therapy, such as the Lee Silverman Voice Treatment, can be very helpful but is a big commitment and is not always readily available. So, Celia described how she developed her Loud and Clear group sessions as a communications support system, to keep reminding participants of what they should be doing and giving helpful feedback. A typical session would include facial exercises (a license to pull faces!), reading amusing poems and limericks (therapy can be fun too) and talking about normal everyday things.

For the last part of this taster session, everyone was invited to read a quotation from the screen, give themselves marks out of ten and then say how they might have done better. "I ran out of breath." "I ran my words into each other." So – have another go! Everyone did better the second time. Learning to assess oneself as well as get feedback from a trained therapist is an important technique to learn.

The "Loud and Clear" group will take place on the first Wednesday of each month at 3 pm – for further details see the May edition of the branch newsletter or contact Niki on ([ntompkinson@guildfordparkinsons.org.uk](mailto:ntompkinson@guildfordparkinsons.org.uk))

*Niki*

## DANCE FOR PARKINSON'S

Another new service as described in our monthly emails to you all.

By the time you read this, the online taster 'Dance' session (28 April) will have been held. Free weekly **Dance for Parkinson's** sessions will commence the week beginning 24 May in (all being well) **The Borough Hall in Godalming**. These classes are run by a charity called **Inclusive Intergenerational Dance (IID)** and are being funded this year by Waverley Council. If you are interested, please email Steve Heron on [sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk) for more details.

## FUNDRAISING

### ESSENTIAL FOR THE BRANCH TO DO AND EASIER IF SHARED

As has been oft repeated, this year is the last one in which we get the legacy funding that has paid for many of our activities, so now it is down to us to raise the £40,000 plus we need. The branch has appealed for someone to coordinate fund raising, seeking new sources, writing proposals and finding volunteers to help at events – a daunting task with no offers so far.

We all appreciate what the branch offers, be it the monthly meetings, the Park, checking the website, exercise classes or Emily's singing for Parkinson's and no doubt some of you would like to take advantage of dance sessions or speech and language therapy. Now is your chance to help make these things happen. We are not expecting someone to organise a huge fund raiser all on their own, (help would be on hand) but every small amount raised builds to a useful total. If you heard the suggestion at the March meeting to give and receive tubes of Smarties instead of Easter Eggs, then they should be filling up nicely with 20 pence pieces, but it is never too late to start being a smartie. We have a collection of grant applications to submit but we need everyone's help too.



## FUNDRAISING (cont.)

Here are just some ideas but we (Steve Heron, Valerie Box) would love to hear your suggestions.

Be responsible for a collection box at the till in your local store or Amazon/Hermes/DPD drop off point. Empty it monthly and pay the proceeds into the bank, notifying Steve Heron. Easy!

Join the 100 club – see separate item

Offer to organise a ‘Friends’ group for the branch. These would be people who have or had an interest in Parkinson’s but do not want/need to join the branch. They would pay a sub or make a donation, receive the Park, be a pool of resource to tap into for help at events and be ambassadors for the group.



Join with neighbours or PD friends and hold a tabletop sale of all the goods you cleared out during lockdown. Fernhurst people with Parkinson’s did just that on April 10<sup>th</sup> and raised £5222.16 (*Well done—the Editor*)

Do you have a skill –e.g., cooking, art, craft, photography – that you could run a master class in, on zoom or YouTube, that you could link to a just giving page for the branch?

Do you belong to a group who could put on an exhibition of their work either virtually or at a location, and charge entry/ask for donations/sell the exhibits?

Do you belong to any sort of club who have a charity of the year? Propose the branch and if members want to know more before deciding, the local Parkinson’s speaker will come and talk to them (that is me)

Can you persuade anyone in your family to tack sponsorship onto something they were going to or wanted to do? (I am working on my son and granddaughter who were planning to do a sky dive)

Consider opening your garden for Parkinson’s: public liability insurance is provided by PUK subject to some Ts & Cs .

Contact [sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk) if you are contemplating this.

## FUNDRAISING (cont.)

Consider opening your garden for Parkinson's: public liability insurance is provided by PUK subject to some Ts & Cs – contact [sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk) if you are contemplating this.

Parkinson's UK has a virtual quiz pack with a different presenter for each round. How to run a quiz instruction come with it.

Volunteer to help with the events we do put on – the cake sale, collecting outside supermarkets, maybe attending fairs. No one would be expected to put in more time than they were comfortable doing but again, it is a case of many hands make light work.

We were made very welcome at the Farmers' Market at Secrett's in April as the first charity to come back after lock down. The glorious weather encouraged people to linger and to buy and chat. Thanks to the great response to the call for cakes from our members (and some of my friends) we started the morning with so many cakes we wondered whether we would ever sell them all.



We needn't have worried: we finished the day with 1 cake left and **£366** in the tin. We broke our own record for takings at the market. A huge thank you to everyone who baked, came, helped,

chatted: it was a real social occasion with members delighted to see each other again in person instead of as a small image on a zoom call!

There are other slots later in the year should we want to repeat the exercise. Thanks to all who baked and sold.

*Valerie Box* [valeriebox@outlook.com](mailto:valeriebox@outlook.com)

## Fundraising - POSSIBLE NEW '100' CLUB

As we have mentioned a few times already this year, including in the last edition of The Park, we need to significantly increase our fundraising activities to continue to provide our current levels of support activities into the future.

To put this in context, at present we subsidise everyone attending the exercise classes, even when they are online, by £10.00 per person per session. This will cost us over £40,000 this year. The provision of the Choir and Pilates classes will cost, additionally, another £13,000.

Whilst we have benefitted from the Legacy over recent years, we now need to start serious fundraising to continue these levels of service subsidies.

One idea we are considering is to start a '100 Club'. This is a form of private lottery for our Branch Membership. Those wishing to participate would set up a monthly standing order to the Branch for a small sum (say £2.00 as an example) which would give them a number (1 to 100). There would be a monthly draw with the winner getting say £40 (again an example), and possibly some smaller prizes to others. After paying out the prizes, the remaining balance from each month's draw would go to the Branch's fundraising target.

We have advertised the potential 100 Club in our last two monthly email Branch updates from Niki Tompkinson, and also through our class providers. This has generated quite a lot of interest from members, but we need more of you to show interest to get us to our target of having all '100' numbers sold and to make it a financially viable fundraiser.

If you are interested in joining, please e-mail Steve Heron, our Treasurer on [sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk)

"Since we reminded everyone to Gift Aid any donation they make to the Branch in May 2020, the Branch funds have benefited by almost £3,000!"

## Kim's Surrey Hills Rehab 3 peaks challenge for Guildford & South Surrey PDUK branch

The Saturday morning Surrey Hills Rehab Young Parkinson's group had the wonderful idea to raise money for the Guildford and South Surrey branch during the 2nd lockdown after completing their own exercise challenge online. With hopes for some normality and meeting again in person they came up with the idea of climbing 3 Surrey Hills peaks for World Parkinson's day on the 11th April. Something that would be challenging but also outdoors and therefore adaptable to whatever the social distancing requirements needed at the time.

Over 20 people from the group, their families and the Surrey Hills Rehab physiotherapy team ventured up and down nearly 1000m over Box Hill, Holmbury Hill and Leith Hill and 140000 steps over 5 hours.

Between all the fundraising pages over £5000 has been raised for the branch and the pages are still open for more donations. Here is the SHR team fundraising page.

[https://www.justgiving.com/fundraising/SurreyHillsRehab?utm\\_campaign=lc\\_frp\\_share\\_transaction\\_fundraiser\\_page\\_donation\\_received\\_nth\\_donation&utm\\_content=d0871fd9-112a-4910-b796-ac6087163631&utm\\_medium=email&utm\\_source=postoffice&utm\\_term=1617992870217](https://www.justgiving.com/fundraising/SurreyHillsRehab?utm_campaign=lc_frp_share_transaction_fundraiser_page_donation_received_nth_donation&utm_content=d0871fd9-112a-4910-b796-ac6087163631&utm_medium=email&utm_source=postoffice&utm_term=1617992870217)

## Box Hill Ta Dahs



One of the team's Physiotherapists Alana bought along her Activator Walking poles for people to try as they are known to 'spruce' up walking patterns by activating more core strength rather than being for 'weight-bearing' like sticks. After some initial reservations from one of the members for fear of becoming dependent on them one of the participants was heard to say "these poles are great!" as it allowed him to venture further and faster rather than tire by the 2nd hill. Kim, the Founder of Surrey Hills Rehab used the Activator poles over all 3 hills feeling the benefit from them for a great work out.



**Surrey  
Hills  
Rehab**

Empowering  
people with  
neurological  
conditions

One of the funniest moments the group recall was one of the participants finding out what had been hiding in a bag that had been carried over all the hills - a defibrillator! As a professionally run team, Surrey Hills Rehab are always ready for any emergency but had hidden it inside an 'M&S' bag so not to bring attention to itself. Most of the group had thought it was full of snacks due to the amount of talk of the carrot cake that would be consumed once at the final destination of the Leith Hill Tower cafe!



SHR 3-peaks  
Physio Team

## Holmbury Hill Over the River



Here are some memories and quotes:

C: "Excellent time to informally chat to the physio team and try out the walking poles. Also to discover what was in the M&S bag that climbed the 3 peaks with us"

B: "It made me challenge myself and showed me what I am capable of"

S: "I loved the challenge and has made me want to do more walking and explore Surrey Hills. A good opportunity to raise money for the branch too"

C: "I had a lovely day and enjoyed the opportunity to meet other walkers in person for the first time"

A: "Such a wonderful day with our amazingly resilient, positive, fun PD family. I can't wait for 2022's event"



Leith Hill finish.

So what's next? The whole group felt inspired to continue with more walking out on the hills and have since sent in photos of them trying out the Activator poles on other walks themselves. So there is talk of the full 23 miles Surrey Hills 3 peaks next year - watch this space!



# Did you manage to tune in to the live EVENT ON WORLD PARKINSON'S DAY?

Don't worry if you missed it, you can still watch here:

[www.parkinsons.org.uk/worldparkinsonsday](http://www.parkinsons.org.uk/worldparkinsonsday)

You might have spotted people wearing Genna's Next t-shirts on World Parkinson's Day -

Following her Parkinson's diagnosis in 2016, Next designer Genna, now 39, came up with the idea to design a clothing range to raise awareness of Parkinson's.

**The exclusive range of [T-shirts and tote bags](#) went on sale recently, with 100% of profits going to Parkinson's UK.**



When Genna was diagnosed, she was struck by how much of the information available was aimed at older people.

There are 145,000 people with Parkinson's in the UK. Our 2019 [survey](#) to tackle public misconceptions found that 24% of people had been told they were "too young" to have Parkinson's.

87% of people with Parkinson's have faced discrimination and harassment, and this figure rises to 99% amongst those aged 40 to 50.

The money raised from this range of products will help support other [younger people with Parkinson's](#) and transform our services for newly diagnosed people.

As a major retailer and employer, Next aims to raise awareness of Parkinson's as a "hidden disability" as part of its work to promote diversity and disability inclusion. Alongside this new product range, Next is also making a corporate donation, providing awareness training for employees, and encouraging them to make individual donations and learn more about Parkinson's.

For our Tuesday AFTERNOON MEETING IN March, we had the privilege of meeting Baroness Bottomley and Myra Newnes Smith reports on the excellent afternoon we had.

## **A WOMAN'S PLACE IS IN THE House!**

This is the title that Baroness Bottomley of Nettlestone gave to her amusing and informative talk at our March zoom meeting. The 'house' one imagines refers equally to the House of Commons and the House of Lords. Virginia first contested the Isle of Wight seat in the 1983 election and, despite getting a high number of votes, was narrowly defeated. The following year she won the by-election (caused by the death of Maurice Macmillan, son of the former prime minister Harold Macmillan) and became the MP for South West Surrey.

When Virginia entered Parliament, women were 'an endangered species' there being only twenty-two of them which was a ratio of 1:25. Now a third of the members are women. Peter, her husband who is now the 'Father of the House', was already a member and she was asked if she would vote the same way as Peter! The general attitude of men towards the women was patronising and condescending.

There were a lot of unwritten rules to master and many of them remain to this day but the whole culture has a certain charm she believes. It was sometime before she found out she was visiting the wrong female toilets. This was despite only ever meeting Harriet Harman there and a notice saying, 'please do not remove the Guardian'!

Virginia observed women politicians are often too self-effacing when offered a position saying, 'oh no I cannot do that job – I know nothing about it' whereas the men are more likely to say 'yes, I think I can bring a fresh perspective to it'! However, Virginia received her first ministerial post in 1988 and John Major appointed her to his cabinet as Secretary of State for Health in 1992.

By 2005 she felt the time had come to step down and she did so when the general election was called that year. She was created a life peer the same year taking the title Baroness Bottomley of Nettlestone. In the Lords there were yet more unwritten laws to master!

Virginia said she had been very happy living and working in the area and although she is no longer the MP has chosen to remain here. The UK constituency system works well she believes as MPs are actively involved with their area and therefore able to address local issues.

She was complimentary of the support given to our members through the various activities on offer and of The Park magazine. She empathised with carers as early on in her career she had been involved in setting up an organization which later became Carers UK. This was often mistaken for something to do with careers as no one understood the role of carers. *(It is interesting to note that as your carers representative I am often using the word in written pieces and the computer always wants me to correct it to Careers!)*

Finally, she spoke of the need to address social care, but it is an extremely challenging problem to solve.



## **Report from WAG (Working Age Group) - the last 6 months during lockdown.**

The months have gone by without the WAG being able to see each other, lockdown has been a tough time. It seems ages since we last enjoyed getting together at the Withies Pub in Compton. We look back on those happy, friendly meals and times together and hope that later this year we can do so again, perhaps in the garden area. We can only dream at this stage but hopefully things improve as a whole population aims to get vaccinated.

We have continued connecting with each other using Zoom calls. The numbers of people doing this have fallen, due to not everyone being able to connect in this way. However, a fair number have continued, and it is always nice to see our friends and share experiences about Parkinson's, or about everyday life experiences in lockdown. We share glimpses of our rooms, our pets at times, bruises from falls, talk about experiences, or simply listen. Mostly, we enjoy seeing our friends on the screen!

We have tried various options: having an agenda, having no agenda, having guest speakers, having games or even a cartoon-drawing evening! More about that later.

An important few minute of each session is for Peter Taylor, our exceptionally talented poet, to read one of his poems. In recent months we tried showing the text on the screen while Peter reads the poem, and this works well.

We had a few fun quiz evenings, hosted by members who had volunteered to be Quizmasters. Quite a laugh, and a bit humiliating when one realises one's general knowledge is sadly lacking. It is all fun, and nobody really notes the scores! It is also a great feeling of satisfaction when one is the only person who knows an answer, for example, what is the middle name of Nelson Mandela? (answer: Rolihlahla. Being South African helps!)

In July 2020, the Zoom topic was to discover more about **Fighting Fit**, a programme started by Peter and Laurel Miller, who joined our call. Fighting Fit weekend programmes have sadly been cancelled during Covid times. Peter is also an elected member of the Trustee Board for Parkinson's UK. On the call he reminded us that it is your right to change a neurologist if you are not happy with yours. He gave us a short talk about what PUK is doing during lockdown and we saw a video about Fighting Fit.

Peter recommended the podcast – '**When Life Gives You Parkinson's**'.

(What Google says - 'When Life Gives You Parkinson's is an honest, funny, and engaging podcast chronicling host Larry Gifford's personal journey with Parkinson's disease. He gives voice to Parkinson's experts and advocates from around the world and together they openly tackle tough topics. The authentic, frank conversations along with compelling storytelling is what makes this podcast interesting, informative, and enlightening'.)

The January Zoom call was led by Sarah Vickery, and the aim was to 'Discover your inner cartoonist'. We were all prepared with paper and coloured pens and watched as Sarah started drawing her first cartoon face. Her artwork was presented on the screen so we could keep up with her. Step by step we followed her instructions as she drew characters from an archaeological dig, complete with an asp! It was very absorbing and fun to see everyone's examples at the end. Time rushed by in an enjoyable way

Hopefully, we will be able to start WAG meetings again, in the not-too-distant future. Until then, the Zoom calls are the third Wednesday of every month.

Please join our calls, we would love to see you.

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

We have now received £11,816.64 from PUK made up as follows:

**Julian Cork's sponsored bike ride** fundraising - **£2,744.38**, *much more than expected!*

**Choir** re-release of 'Spring of Life' - **£3,033.26**, *again much more than expected!*

**Choir** 'Virtual Christmas Concert' - **£5,775.05**

Membership payments for 5 members- £64.25

Included in above from PUK was £1,925.75 worth of Gift Aid!

**Many of you will have heard Peter Taylor reading his poetry at WAG meetings or the Christmas lunch. Peter explains how his diagnosis of PD led to him starting to write poetry, clearly influenced by his love of words and the theatre. *AF Editor.***

I began writing poetry in 2012, a year after being diagnosed with Parkinson's in 2011. I had left Clifford Chance, the international law firm, five years before, after 29 years specialising in asset-based finance in its various forms. At the time I was diagnosed, I had completed just eight months in my role as General Counsel to the National Theatre.

I think most, if not all, PD people learn to appreciate quite quickly that Parkinson's will stop them doing some of the things they have become used to over the years. In my case, I had to drop a number of outdoor sports and, more latterly, a variety of sedentary pastimes, principally my job at the National which I enjoyed hugely – the theatre having been a lifelong hobby – but which I felt obliged to relinquish in 2018 due to the condition.

I am sometimes asked why I turned to poetry to fill the gap in 2012, I usually reply that I can't pinpoint any person, event or means of propulsion save for (perhaps) reading a little of the work of the Latin and French poets at school and assuring a client in a taxicab to Waterloo late one night after a dinner in London that it was in fact my intention to become a poet. A man of my word, clearly it was just a matter of time! The die had been cast...

I could write pages on the subjects of causation, motivation and rewards; so suffice it to say here that, so long as your non-motor faculties are more or less under control, you have managed to shelter and protect a love of words and you see very clearly, from your perspective, that you have a message and you want to deliver it, you can be as much a poet as the next person; what is more, you will find that your PD helps you to observe the world in a more inclusive way. It's a bit like walking the Camino every day of the year. And because you have your PD every day of the year, your body and your mind will be attuned to what it's like to suffer disability; and your voice will be heard, with gratitude, by all those people with disability who might otherwise be quite alone. This is my own experience, anyway. Give it a try!

*Peter Taylor*

## ALL THE SEASONS

I've worked well with the sun today:  
we've agreed that I must have my say when  
the time comes, when I think the conditions  
are exactly right. Otherwise, I'd have to fight  
to contrive some unconvincing scenario,  
not worthy of the poignancy I've supposed  
will load the air and slow the swallows.

Today, the wind and I have thrilled  
the minds of each of those permitted here –  
such licence issued to those alone who've  
logged time in worship of the world  
a step outside each ground floor door;  
and so earn this humble dividend,  
the same return for rich and poor.

As if the day knew what I wished,  
that I would ask it to forget  
the seasons' standard, four-part etiquette,  
the natural way of things, like birds that sing  
not from choice, nor any sense of avian duty,  
but through gentle persuasion by our Earth below  
in all its raw, arresting beauty.

My aim was to see all the seasons  
in one day, to keep fresh the touch  
and smell of clean air blown through  
shrubs and trees in different degrees of  
nature's concealment and its slow revealing,  
to marvel at the metamorphoses,  
some seen, some a simple change in feeling.

And I found as I was sitting there,  
facing favoured Chanctonbury Ring,  
all I needed to switch the season  
was to ask the breeze, without seeming brazen,  
to breathe sweet counterpoint and harmony  
that evoked the new in company with,  
beyond the Ring, a rough or tranquil sea.

I've worked well with the rain today:  
when called to take that short last walk  
I may choose my seasons: I've learned to turn  
between the shafts of winter's warm sunlight  
and storms that end mid-summer's drought,  
and hear whispers of autumn's finished fall  
while spring's thawed shoots push new life out.

© Peter Taylor 2018





## RESPIRE CARE

**Stop Press** There are still two offers of legacy money available towards respite for Carers. We are sure there must be some of you who could do with a complete break or maybe even stay at home and go out for day trips. For more information see P 21 the January edition of the Park, go to our website or contact Myra.

Tel: 01483-422440 or email: [mnsmith@guildfordparkinsons.org.uk](mailto:mnsmith@guildfordparkinsons.org.uk)

**Reminder!** We do have a contract with Crossroads Care Surrey for 10 people a year to have three hours per month respite paid for by the legacy money. This is in addition to the 3.5 hours per week that SCC will fund through Crossroads for Carers respite. There is a waiting list for the latter but it is not means tested.

I can personally highly recommend the service which enables me to get out for a walk of 5-7 miles every Friday morning. Roger has been matched up with a 'sports crazy' carer so they discuss or watch cricket and rugby!

For further information visit our website, look up January 2020 Park magazine (if you still have it) or contact me. Myra

tel: 01483-422440 email: [mnsmith@guildfordparkinsons.org.uk](mailto:mnsmith@guildfordparkinsons.org.uk)

### A DATE FOR YOUR DIARY

Christmas lunch has been provisionally booked for  
Tuesday December 7th 2021 at

Guildford Rugby Club

## RECYCLING

When we can restart Tuesday afternoon meeting please bring your empty ink cartridges to help raise funds. Anne Folkes

FRAMA ■

Canon

EPSON

brother



### Stay safe and avoid waiting in A&E - just call 111 first

People in Surrey who need urgent NHS care are being asked to call NHS 111 **before** they decide

to walk into the local Emergency Department (ED), or as many people know it, A&E.

The new approach will ensure that patients can access the clinical service they need, first time. It will help to us to maintain social distancing, reduce the risk of spreading Covid-19 and keep patients and staff as safe as possible. This service went live on December 1<sup>st</sup>, 2020.

This is specifically for people who are not in serious danger but need urgent attention. The fastest way to get the right care is to contact NHS 111 They will be spoken to by a trained professional and a clinician if needed. If it is decided you need to go to the emergency department then you will be given a suitable time to attend and staff at the hospital will be expecting you. That means less waiting around and faster treatment.

**Anyone who attends the emergency department (A&E) without an appointment from NHS 111 will still be seen but could be directed to other services for treatment, but you will have a longer wait.**

**People with life threatening conditions that need emergency attention should still call 999**

## Committee Members

### Chair

Niki Tompkinson

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

### Vice-Chair (and Referrals and Activities)

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

### Treasurer

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

### Membership Secretary

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

### Secretary

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

### Committee members

Myra Newnes-Smith (Carers' issues)

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

Margaret Westwood (Minutes secretary)

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

Anne Folkes (Editor of The Park)

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

## Parkinson's Nurse Specialist

If you wish to speak to **AMANDA DODSON** phone the CCC on **01483 362020** to be booked in.

Do **NOT** use her mobile number.

CCC - This is a hub where all incoming calls to the whole Guildford and Waverley community area can be triaged – it is open 8am -8pm 7 days a week for both professionals and patients/carers. On that number if people are having problems that might require a therapist a district nurse or some care it can be used. The calls are initially taken by admin staff who can access all out diaries and book both clinic and phone calls. There are also clinicians - Nurses and therapists available - who if the problem is complex – such as falls can help sort out a way forward. It is a useful number to have.

## **Useful Information**

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

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

*Carol Coupe 0808 800 0303*

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

Milford Hospital Assessment Unit

*Amanda Dodson 01483 362020*

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

North Surrey. Farnham Hospital Outpatients

*Rose McKinley 01483 783481*

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

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

Lines open: Monday to Friday 9.00 am–8.00 pm

### **National Website**

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### **Local website**

[www.guildfordparkinsons.org.uk](http://www.guildfordparkinsons.org.uk)

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