

The Park

Magazine

MAY 2019



GUILDFORD AREA BRANCH MEETINGS 2019

Meetings are held at Shalford Village Hall from 1.45 pm on the fourth
Tuesday

May 28th 2019 The Drumheads with Sean Quinn

Something very different and great fun for everyone. If you are one of those members who were here when Sean came before you will enjoy it again.

June 25th 2019 Games for everyone

July 22nd 2019, MONDAY Cream Tea –see page 21

August 27th 2019 Holiday

September 24th 2019 Bowling on the Green- yet another year with Shirley. All equipment provided, wear flat shoes.

Autumn programme to be announced in the September PARK

December 6th Friday Christmas lunch

Cover photograph, Ramster Gardens—Jo Folkes

MINUTES of the ANNUAL GENERAL MEETING

Tuesday 26 February 2019

1. The Chair Niki Tompkinson warmly welcomed some thirty-plus Members and Alastair Jack, Area Development Manager, Parkinson's UK, who attended the Meeting.

2. Apologies had been received from Sophie Cordice (Hon.Treasurer) Val Black (WAG) and Margaret Hilliker

3. The Minutes of the previous meeting held on 27 February 2018 were received as accurate.

4. Chairman's Report

Since it was less than a year since Niki was appointed to the Chair (1 May 2018) she had endeavored to familiarise herself with the wide range of events and activities organised or supported by the Branch. The requirement to ensure compliance under the new Data Protection Act also provided an opportunity for the Chair and the long-suffering Membership Secretary to check our records and Membership participation. This was a time-consuming task and sincere thanks were extended to John for his patience and diligence. Currently the Branch has just under 300 members. Monthly meetings in Shalford Village Hall had an average of 35 Members attending and included talks on general interest subjects as well issues related to Parkinson's. The Christmas lunch was especially successful, held at the Guildford Rugby Club for some 90 members and friends.

A high-light of the year - in April 2018 - was a Dinner Dance held at the Harbour Hotel in Guildford. 130 members and guests attended.

The main activities organised and subsidised by the Branch include a range of weekly exercise and Pilates classes run by trained physio- therapists. Currently these are being evaluated to ensure that in 2019 resources are being directed to the most valuable and appreciated activities.

Making sure the information about what is on offer reaches our Members remains important. Thanks to the new Editor, Anne Folkes, who has transformed The Park, this publication provides much useful information as well as interesting articles. It will continue to appear three times a year - and is available by post as well as electronically. The website is also a good source of information and advice.

Future plans for the Branch include an outing to the Milestones Museum in April and a Strawberries & Cream Tea in July. Niki concluded her report by thanking all the members of the Committee for their hard work “behind the scenes” in organising and supporting the work of the Branch. (A full report is filed with the Minutes.)

5. Treasurer’s Report.

The Treasurer, Sophie Cordice, was unable to attend the AGM but presented a written Report. In summary, the calendar year 2018 had been a busy year with more exercise classes and social events. Overall costs amounted to £54,000. Income, largely from the Florence Pite Legacy, topped £60,000. Net expenses will be covered by the Legacy and the underspend will be directed towards research projects. (A full set of accounts and the report will be filed with the minutes.)

6. Carers’ Representative, Myra Newnes-Smith, regretted that Carers’ lunches had been temporarily suspended. It was felt that there was a need for a different meeting place. This was being investigated. Crossroads Care packages were available to all Members, although there was a waiting list of approximately 6 months. This could be short-tracked in case of urgent need for end of life support. Myra urged members to read the protocols published in The Park and to note that the Branch will fund an extra 3 hrs. per month .

From the floor, a Member offered formal thanks for all the classes, and special thanks to Emily Bollon who leads *Parkinsonsters*. The choir meets on Fridays and recently recorded a song, especially written for the Group by Emily, which will be on sale in aid of Parkinson's at Easter.

7. Niki left the Chair for the Election of Officers/Committee which was conducted by Alastair Jack.

Chairman: Niki Tompkinson, nominated by Lin Woolmington and seconded by Nick Hetherington, was elected *nem. con.*

Vice Chairman: Hilary Austen, nominated by Joan Peacock and seconded by Sophie Fergusson, was elected *nem. con.*

Treasurer: Sophie Cordice, nominated by Margaret Westwood and seconded by Niki Tompkinson, was elected *nem. con.*

Hon Secretary: vacancy (Sharyn Bullen was appointed in March)

The rest of the Committee - all of whom were willing to serve - were nominated *en bloc* by Maureen Wride and seconded by Sharyn Bullen.

Committee Members 2019:

Val Black, Angela Campling, Anne Folkes, John Oldham, Myra Newnes-Smith and Margaret Westwood were duly elected.

The Vice Chair, Hilary Austen, sadly reported that two active Members had recently died: Barry Hitchcock and Jenny Hardy. She also drew Members' attention to a documentary programme, to be screened on BBC 2, that followed the fortunes of 40 people with Parkinson's who had been treated by GDNF neurosurgery. This had been made possible by funding from the Florence Pite Legacy.

There being no further business, the formal part of the Meeting was closed.

Alastair Jack, Area Development Manager, addressed the Meeting.

He described various aspects of the Charity's work both nationally and within our area. He advised members to use the website, to get reliable information about APPS and devices that had been tried and tested. He also invited members to get involved through the Research Support Network. The experiences of people with Parkinson's and their carers provided a valuable resource.

He stressed that the Charity had a tough time competing with other Charities (especially those directing their fundraising to the support of children and animals) and he outlined ways in which Parkinson's UK aimed to raise the profile of the charity and *spread awareness* in 2019.

The afternoon concluded with tea, cake and a splendid raffle

**DON'T FORGET TO BOOK FOR
THE
CREAM TEA ON MONDAY
JULY 22ND**

SEE PAGE 21

FAREWELL TO MEL

Three years ago, Jon Hewitt, our then Treasurer knocked on a neighbour's door and that neighbour was Melanie Martin. Jon was looking for a physiotherapist who could help set up exercise classes for our Group

Mel accepted the challenge Jon presented and the first class took place on May 4th 2016. The benefits of the way in which the classes are structured motivates the participants to give their maximum effort and we soon learnt that we could change the way we did things and our Parkinson's was not a barrier to exercise and we improved as the weeks went by. The news spread and now there are six classes assisted by the recruitment of Sam Goodwin, a neurophysiotherapist.

Never one to stand still Mel looked at other methods of exercise designed especially for PD and introduced us to the Australian system, PD Warriors which we continue to enjoy along with other new ideas, so we are never bored. We even chose a new name for the groups –

The Godalming and Haslemere Movers and Shakers.

Only Mel could have dreamt up the PARKA, our version of the Maori haka, and persuade a group of seniors with Parkinson's Disease to perform it in front of friends and family, complete with sound effects. BUT we did it and still wear our tee shirts with pride.



Mel it is not good bye as you have an open invitation to our annual summer tea party which you initiated and mince pies at Christmas. You have with Sam set up a group of classes of which you can justifiably be proud, and you have left us in Sam's safe hands. We promise to continue to work hard. Thank you from all The Movers and Shakers and good luck in the next step in your career,

Anne Folkes on behalf of the Wednesday groups who toasted Mel in coffee and biscuits!

RESEARCH in PARKINSON'S DISEASE

Niki, our chair was invited to attend a briefing from Parkinson's UK on their current research programme. The main speaker, Beckie Port, Senior Research Communications Officer is a scientist as well as a communications person. She spoke for about 45 minutes and then took questions. The main points from her presentation and in response to questions were:

- Overall strategy. To **speed up** the research to deliver treatments. Essentially, it was felt that results were too slow in coming and so each step of the pipeline had been scrutinised to find ways of developing treatments more speedily.
- Review of trials process. Several promising treatments had failed clinical trials. Sometimes this was because of the way trials are scored, and sometimes because the wrong people had been included in the trials. Early stages of Parkinson's can be hard to diagnose and is easily confused with other conditions. And it was increasingly recognised that Parkinson's itself was not *one* condition and, like cancer, required a more individual approach. Selection of participants for trials now included a brain scan to try and increase accuracy. Early diagnosis and putting participants into sub-groups was more likely to identify drugs that could help some. It was increasingly unlikely that one size will fit all.
- Increased focus on everyday drugs. One issue that beset the development of new drugs was the time taken to get through the trials process. But with the wide range of drugs already available for other conditions, and the realisation in other areas that many drugs designed for one condition could have unexpected benefits for others, more effort was now being put into examining which **existing drugs** could be used for PD. This meant that the rigorous testing for human consumption had already been done. Artificial intelligence (AI) was being used to identify which known drugs could usefully be tested for Parkinson's trials.
- 50 active projects now in place. Each application was independently assessed by experts and lay reviewers. More reviewers were always needed and the Research Support Network was an important way of identifying participants for trials etc
- Increased focus on research to improve quality of life, and slightly less on the search for a cure. In particular non-motor symptoms (sleep, continence etc) were being given more attention. Treatments for balance, walking, falls etc involved testing commonly-used dementia drugs.

- Parkinson's Virtual Biotech has been set up as the drug development arm of Parkinson's UK. It operates by working in partnership with others (drug companies, universities etc) rather than simply commissioning and funding research.
- New treatments being developed included stem cell transplants, study of genetics, vaccines
- International coordination was not subject to formal oversight, but the research community world-wide communicated and collaborated to ensure that there were no avoidable duplications of effort.
- There was currently no research into the impact of diet or exercise although it was widely accepted that a "good" diet and regular exercise helped manage Parkinson's symptoms
- *The recognition that Parkinson's is a highly individual condition is an important step forward.*
- You will all, no doubt, have watched the programmes about the GDNF drugs trial. The "failure" of this seemingly promising drug to get through clinical trials illustrates much of what we were told about how trials are scored and how participants selected. This was a small sample of people with (almost certainly) different types and at different stages of Parkinson's. **Parkinson's UK clearly think that GDNF is not dead and will continue to find ways to fund the next stage**

If you are interested in taking part in research go to www.parkinsons.org.uk and click on RESEARCH then GET INVOLVED IN RESEARCH.

It can be a very rewarding and interesting thing to do as the following article by Valerie Box explains but remember it will not necessarily benefit you directly.

Taking part in Parkinson's Research

I started taking part in research projects in September 2015, shortly after both my daughter and I were diagnosed. Her consultant suggested we join the Parkinson's Family Participation Project (PFP), run by Prof Huw Morris at UCL. This study is looking at genetic variance between family members with Parkinson's and those without, particularly those with early onset. My daughter was 39 at the time, so in this category, and as my mother, aunt and I all had PD, we were good subject matter. This study only involved one visit where medical history was taken, motor and cognitive functions tested and blood taken for DNA analysis. Non symptomatic participants will only be told if they have faulty genes when a treatment comes along that could stop the condition from starting, or stop it in its tracks. From there I was invited to participate in 'Vision for Parkinson's' and its subsidiary study; and 'Systems Medicine of Mitochondrial and Biochemical Parkinson's Disease and other related movement disorders' study, both in the Institute of Neurology in Queen's Square in London. The mitochondrial activity study was a single long visit and followed a similar pattern to the PFP project but with more blood samples, MRI, and a skin biopsy taken. 'Vision' and its ancillary are very different as they are trying to develop an eye test that opticians can use to detect risk of PD. This involves distinguishing distorted images as either a cat or a dog within a matter of seconds whilst in an MRI scanner. The initial visit lasted about 5 hours and was exhausting but very interesting. Apparently PD patients may find it difficult to distinguish blurred or distorted images on the 'robot tests' on websites so this study is building on that to see if PD can be predicted with an eye test. 'Vision' was a 1 year study with the tests repeated after a year but without as much MRI scanning. The ancillary study was a one off that could be done online.

I finally got onto a 2 year clinical trial, based at St Peter's, to see if statins slow down the rate of progression of PD. Participants don't know if they are on the statin or placebo. There are regular check ups by phone and 6 monthly visits. For four of these you go in unmedicated and motor function is tested. Then you take your meds and are tested again half an hour or more later. This makes you realise your drugs are helping! The longer visits include motor and cognitive tests plus a personal questionnaire and interviewer assessment of how you feel you are doing and what symptoms you have.

I would recommend anyone to look at the local research opportunities which can be found on the Parkinson's website. Many involve on line questionnaires and may relate to a specific symptom so are not demanding in terms of time and travel. I enjoy my experiences as I feel that at least I am doing something! Everyone is very appreciative of participants, there is plenty of information provided and lots of opportunities to ask questions. Controls are also badly needed. My genes could have been passed onto my grandchildren so I am particularly motivated to do all I can to broaden knowledge about PD. That is the only way we will get the much needed better treatments or the long awaited cure.

Valerie Box

NEWS FROM THE WAG

18 May Watch Sharyn abseil Guildford Cathedral Plus Coffee & Cake

21 May Tim – Trip to Kilimanjaro & at 8.45pm Sue Buckleigh (Physio)

01 June Free taster session at Sue's studio. First 12 people. 11.00am

18 June Summer Walk then dinner. Meet at The Parrot

02 July Bognor Regis - Fish & Chips

16 July Jackie Wingrave – Area Development Manager
Outdoor tables at The Parrot if the weather is good

20 August BBQ at The Parrot

17 September River walk then dinner. Meet at The Parrot

Items in **RED** are extra activities to our normal monthly meeting on the third Tuesday at The Parrot.

WAG members are welcome at all meetings of the main group.

Guildford Cathedral abseil on Saturday May 18th

Unfortunately we have run out of spaces for the Guildford Cathedral Abseil 2019 but go along and support our members and friends who are taking part or if you would like to register your interest for 2020 please email, fundraising@parkinsons.org.uk or call 0207 963 3912.

WAGS Go Bowling 26th February by Sharyn Bullen

This was our first adventure of the New Year which saw members of Guildford WAGS go Tenpin Bowling at the Spectrum Guildford. It was an extra evening to our monthly meet which we are trying out as a pilot scheme this year.

Unfortunately, due to dodgy knees and the sickness bug going around we dwindled in numbers but for those who attended it was a brilliant evening. Well done to Darren and Jerry for getting strikes, as for me I was just glad I managed to get the ball down the centre of the lane. I can feel a rematch coming on.



Dr Natalie Riddell of Surrey University

We met with Dr Natalie Riddell of Surrey University talking in March, about her work as an Immunologist and as part of the Surrey Healthy Aging Research Partnership, and on the same day that Jess of Parkinson's UK sent out an email giving details of recent research --what impeccable timing.

Natalie talked us through the changes in the immune system that each of us has as we have had different challenges to our health over the years. This results in different learned-responses from our immune system to "beat-off" attacks from bacteria and viruses that will infect us from time to time.

This is also the area of work that immunisation against childhood and later life diseases begins, i.e. a later life immunisation against shingles as the childhood vaccination against the chickenpox virus becomes less effective.

She explained that these learned-responses are less good as we move into later life. Given this, we may have less resistance to low level infections, particularly in the gut, than we had in earlier life.

Whilst most of Natalie's work is to do with comparing the immune reactions of paired, healthy and less healthy, people in age groups across the span of life, to work out how immune systems might be encouraged, by life style or medication, to better protect us. She had looked over the recent Parkinson's work in her study area.

This brought forward the discussion on the role of gut, and of low level, infections that eventually get to the brain to provoke the damage that is diagnosed as PD. She flagged up that dietary fibre was a good item to encourage a healthy gut microflora and ward off low level infection that may not be enough to cause us real illness but will affect our well-being.

Meeting with Dr Natalie Riddell (cont.)

Research is following this infection/immune response route as a possible commencing point for PD. Alpha-synuclein - is the protein that seems to play an important role in PD.

Both Natalie and Jess of Parkinson's UK. noted that currently there are several clinical trials targeting the protein alpha-synuclein, aiming to protect brain cells and slow down Parkinson's. After decades of research we still have an incomplete understanding of this mysterious protein. When it's working properly, it is believed it may play a role in helping brain cells to send messages to other brain cells, but it may be involved in several other activities. But when it's not working properly, it can cause problems inside cells.

After a modest barrage of questions, we gave our thanks to Natalie for sparing time to visit us.

Nicholas Hetherington

Stopping the spread of alpha-synuclein

Research has suggested that alpha-synuclein may also be important in the spread of problems from cell to cell inside the brain. Researchers have shown that toxic, misfolded alpha-synuclein can escape from brain cells and be taken into neighbouring cells, which then go on to develop problems.

The brain isn't the only place where the spread of toxic alpha-synuclein may be happening — recent research has also found misfolded alpha-synuclein in the gut -in the appendix of those in the early stages of Parkinson's. This finding has led some researchers to believe that Parkinson's may, at least for some, start in the gut and travel to the brain.

An introduction to Age UK Surrey

In March we met Di Cheeseman and colleagues from Age UK Surrey which is an independent local charity providing services to help people age 50+ make the most of their lives,



It is a voluntary organisation which has been providing help for local people for over 50 years. They are supported by public donations and some charitable grants.

Di gave us a brief outline of what they can do -

- Their trained volunteer advisors can give free information to older people and their families about possible entitlements or finding a care home or support to stay at home and such as home helps or gardeners.
- ◆ counselling and support for carers
- ◆ Safety in the home like alarms and equipment

To make an enquiry phone [01483 446627](tel:01483446627) Mon-Fri 9-12 and 1-3, out of hours calls are diverted to the national office 0800 055 6112

Di also explained about various activities available –

- ◆ GO50 WALKING – a way to improve your fitness and meet new people
- ◆ TEA AND CHAT – at present available in Caterham, Lingfield & Oxted
- ◆ SHOPMOBILITY – Guildford
- ◆ COMPUTER DROP - IN CENTRE – a free one-to-one drop in service for those who don't have a grandchild to solve their problems and answer their questions. Held Mon – Fri 10.00am to 12 noon at Dray Court, Madrid Road, Guildford, Surrey. Phone [01483 452944](tel:01483452944) or email computerdropin@ageuksurrey.org.uk

MAKING CONNECTIONS – The Making Connections Co-ordinator meets with you to discuss ways of getting out and about to meet new people or perhaps pursue a hobby.

CAFÉ CULTURE - Meet new people over a cup of tea or coffee, currently available in Cranleigh, Farnham or Staines.

Through the national office you can also access various services such as an Equity Release Advice Service, Home, Car or Travel Insurance, legal services a life book and funeral plans and last but not least a weekly lottery with the chance of a big win!

How to contact Surrey Age UK

Rex House, William Road, Guildford, GU1 4Q or a new office has just opened at Wey Court, Wey Court Close, Godalming, GU7 3HF

Tel: 01483 503414 or go to the website www.ageuk.org.uk/surrey

Anne Folkes

PARKINSON'S AWARENESS WEEK

On January 12th 60 people who feel passionate about Parkinson's came together donating £35 each to make a recording of a song to raise money for Guildford and South West Surrey Branch of Parkinson's UK. The most passionate of these was Emily Bollon who wrote the song 'SPRING OF LIFE' especially for the Parkinsonsters of the Friday Group who meet at Binscombe Church with Emily as Director.

On this Saturday the songsters were headed by Emily's own choir "Motivation by Music Gospel choir" the other choirs, from Merrow the Cancer choir and the Onslow Tropic of Cancer choir

Emily's idea was to launch the recording through the Just Giving page WITH THE LINK so that when you donated the recording was downloaded to you thus contributing.

We had such fun setting up with sound checks with a professional recording company and wearing ear phones to hear the backing tapes. It was an amazing experience and the opportunity to meet up and chat to the other choir members during the lunch break.

The recording was released on Parkinson's day, April 11th 2019 and so far has raised £3,500.00 and we thank Emily for her brilliant idea and hard work to follow it through.

HA

For further information and how to donate go to

<https://www.justgiving.com/fundraising/mbmcharitysingleforparkinsons>

MILESTONES MUSEUM, Basingstoke

On a very wet and windy Thursday morning, a small group of our members set off by coach to Milestones Museum, to celebrate Parkinson's Day. I think there was a general surprise at how large the building is both from the inside and out, it is well laid out to allow visitors to get a good feeling of the period.

They have an old-fashioned HIGH STREET, representing 1900 to 1930 approximately and all the shops are well stocked with their appropriate wares of the time. Most of us paid a visit to the sweet shop for 2oz of our old favourites.

It was also good to eves drop on recorded voices of the model characters chatting to one another about their days work.

To one side of the building they have a large collection of 'Penny Arcade' machines, most in full working order.

All the exhibits are well set out with plenty of information, and I think it was a well worth while day out.

It was also good to see a few new faces, and if you would like to join us for any of our other events, you would be most welcome.

Angela Campling

Angela, Hilary and Sharyn at the museum



Everyone knows the benefits of exercise, both physical and mental, at all ages and for all abilities.

This includes people with Parkinson's in all its stages and varieties.

Sue Buckland is a trained Pilates Teacher and PD Warrior follower.

About 4 years ago she developed an interest in adapting exercises for people with Parkinson's, and other forms of neurodisability. These are essentially chair based but follow the Pilates principle of core strength and general mobility.

She calls it PACET

Physical Activity and Cognitive Exercise Technique

Her leaflet stresses the many benefits of PACET, including:

- Helping to establish and maintaining a healthy life style
- Stimulating both the brain and body (Dual Task Training)
- Reducing the risk of falls by strengthening the muscles
- Boosting confidence
- Improving energy levels
- Increasing an overall sense of well being
- Being sociable and fun

Sue then proceeded to get us all participating – (which explained why we were all sitting round her in a semicircle and there were no tables laid up for the usual tea...)

We were soon following her enthusiastic instructions – more or less – and it was fun and quite energetic!

This type of exercise is just what my husband needs and we will certainly be trying her classes in the near future. I am sure other people will also be interested and Sue is open to creating more classes if there is sufficient demand.

Sue's contact details: 01483 285111 07914 512573
 sue@pacet.org www.pacet.org

Exercise Programme – Evaluation and Next Steps

As mentioned in the Chair's report to the AGM, we have an active programme of exercise and other classes in our area, designed for people with Parkinson's. These are much appreciated by those who attend, and we have been fortunate that, thanks to the Florence Pite legacy, we have been able to heavily subsidise them. Participants pay only £3 or £4 for a class which might cost anywhere between £10 and £15 per head. One-to-one therapy might cost £45 or more for a single session! We are currently taking stock of our programme and are considering a range of issues: Are we providing a wide enough range of classes? Have participants been properly assessed to ensure they are in the "right" class? Are we getting value for money from all our providers? What do we do when the legacy runs out at the end of next year?

We are keen to continue to provide as much or more as we do at present. But, inevitably, we will have to make some changes, not least to the amount we ask you to contribute. So, watch this space and please respond as and when we ask for your views on the classes you attend. And, sadly, be prepared for the subsidy to be significantly reduced in 2021. Make hay while the sun shines!

Community Point – your door to the local community

Community Point is a new service for the Guildford and Waverley area which aims to help prevent loneliness and/or social isolation by making it easier for people to link in with existing activities and services in their local area.

People can drop in, email, telephone or access the service through a website (coming soon). Volunteer Community Connectors will speak to people to ascertain what they are interested in. They research each enquiry and offer as many options as possible. They offer support such as contacting organisations to make appointments for people or to find out more on their behalf if needed. If requested, the community connectors will accompany people to a new group or service on a short term basis to help overcome the barriers to participation. They plan to hold outreach sessions at community centres across the boroughs in the future. Please help by raising awareness of this new service.

Contact details:

Currently based at South West Surrey Volunteer Centre, 39 Castle Street Guildford, GU1 3UQ.

Tel: 01483 565456 **Opening times:** Mon - Thurs, 10am - 3pm

Email: l.mussell@vasws.org.uk

PARKINSON'S AFTERNOON TEA

on

Monday 22nd July from 2.30 until 4.30 at

Guildford Golf Club

High Path Road, Merrow

Guildford, GU1 2HL

Cost £10 per person



We will be entertained by Emily and her friends.

If you wish to join us, you will find a loose slip enclosed with

'The Park' for you to return along with a cheque.

We have a limited number of places, so if you would like to

come please get your name and cheque back as soon as

possible.



The Wednesday morning exercise class were saddened to lose two members on consecutive weeks. Firstly Jenny Hardy who died on a family walking holiday in France in late February, then Barry Hitchcock died in his sleep on March 1st

THANKSGIVING FOR JENNY HARDY'S LIFE 1941-2019 To anyone who knew Jenny, they would have realised that Jenny always thought of the other person never herself. Her attitude was a "So what, get on with it." As soon as Jenny was diagnosed in 2001, she joined the Parkinson's UK and then was a faithful Member of the Guildford Branch. She took part in the exercise classes, speech therapy, choir and an IT course, Jenny was one of



those who took as much on as she could despite her bad days. Jenny also joined the research group and tried to learn as much as she could about P.D Jenny had complex medical problems including osteoporosis for which she needed medication but never complained. She lived life to the full despite her difficulty with

walking but never gave up.

The Hardy family consisted of three sons and eight grandchildren. Jenny and Nick had family in America and that never daunted Jenny. There was always some excuse to travel abroad with friend and family

Jenny and Nick were always the first people to express their thanks or ideas for all the events they attended. It was Jenny who at the end of the April

Dinner Dance of 2018 announced, "Can we have another one please?" after she had been seen on the dance floor for some time. There are some people who make a difference to your lives and Jenny was one of those about whom we can say

JENNY HARDY, WE ARE PROUD TO HAVE KNOWN YOU.

HA

BARRY HITCHCOCK had been a member of our class from the beginning , working away quietly but always willing to help others who might be struggling, As so often happens it was not until he died that we came to appreciate the role he had played in the sporting life of Surrey. We were delighted to be visited one morning by Elspeth Barry's wife and Becky one of his daughters and heard how much Barry enjoyed and appreciated the classes.

Barry worked at the university from 1980 through to 2010, first as the assistant director of sport and then as director for nearly 20 years. He was the visionary behind the Surrey Sports Park, and championed the Park from the mid-1990s until it opened in 2010.

He was a significant figure in both local sport and in the higher education sporting landscape, taking on many volunteer roles throughout his career. Since his retirement in 2010, he continued his great work as a trustee within the Surrey Playing Fields Association and the England Squash Foundation. He was also an external trustee of the Students' Union at Surrey from 2011 till 2016.

With former assistant director Sally Edie MBE, Barry set up a pan-disability sports club for young people and their families that still



runs today more than 20 years since its inception. He was a regular volunteer at the Saturday afternoon sessions until very recently.

His extensive work was recognised in 2010 when he was appointed MBE for services to sport and higher education.

Photo etc courtesy of Guildford Dragon.AF.

A tribute to Reg Trundle (1939- 2019) from Hilary Austin.

Reginald Trundle, Reg to us and the family, who was a familiar and much-loved figure at Guildford events died on March 31st.

Reg was the youngest of eight children and the family had to leave London in the blitz.

Reg's love of art and his talent was discovered at school and when he left school, he joined the BBC for several years as a Commercial Artist, later he set up on his own.

He never signed one of his paintings always saying they were obviously painted by him. He was commissioned to paint from plans for the owners of big yachts working for the well-known yacht designer, Andrew Winch.

Reg met Olivia in 1986, moving to Shere in 1990. He had a Studio in the grounds of their home and worked from there until Parkinson's sadly deprived him of his talent and expertise.

Reg and Olivia continued to live in Shere until Reg was hospitalised for an operation on his hand with skin graft from his leg which sent Reg off his legs. Reg spent 11 weeks in Milford trying to get back his mobility, but he was a big man and never re-

gained that ability to transfer from chair to car. He was well cared for at the Queen Elizabeth Park Nursing home in Guildford until he died on March 31st. He had his 80th birthday in the home on January 10th where I delivered a card from the Parkinson's Songsters to wish a Happy Birthday, Reg had a wicked sense of humour and all the nurses loved him for his very own special banter.

He attended the exercise classes run by Mel and everybody remembers him with love and compassion. He was the finest of men and

always had a smile and a laugh ready. When he said that the choir was not for him and he would not come again, I told him that Olivia enjoyed coming and that he could also do the exercises we did for voice production and volume, he told me that I was bully. My answer was that "I put it on especially for you, Reg." There was always a hug and a quip ready for him from me and one in return from him

Reg, we loved you and miss you even if you liked being called Wendy when we sing our names on a Friday lunchtime, we shall not forget you!

Photo of Reg enjoying the games afternoon by Emily Clark



Walk for Parkinson's - Surrey Hills

Join us for our Walk for Parkinson's around the beautiful Surrey Hills

Event location title Start and finish: Denbies Vineyard, Dorking.

Routes: 3 miles and 6 mile

Event start date and time 14 July 2019 - 10:00 AM, Registration opens: 9:30am

Signup fee £12 for adults and £5 for under 16s

Sponsorship £50 suggested

Dogs: are welcome on leads.

Parking: TBC **Accessibility:** TBC

Terrain: Very steep in places with styles.

Walk packs: Your walk T-shirt and fundraising pack will be sent soon after your registration. Your number and, on the day, information will be sent the week prior to the walk.

What you'll receive: A Walk for Parkinson's T-shirt.

Fundraising advice, including a fundraising pack

Support with your training. A finisher's medal

Volunteer at Walk for Parkinson's: From marshals and car park attendants to photographers and support with marketing, we have all sorts of volunteering roles at our Walk for Parkinson's events.

Contact us If you have any questions regarding this walk please phone 0207 963 3912 or email fundraising@parkinsons.org.uk

Successful Farmers' Market Cake Stall, March 17 2019

A brave and willing band of members and friends shivered in a biting cold strong wind to man our stall at the Milford Farmers' Market. Sales of the tempting selection of cakes and biscuits, donations and a children's competition to win an Easter Egg combined to raise £272.46. This was nearly as much as at our first sale (£300) in 2017 and £50 more than last year. This was a real team effort and it was good to see plenty of sellers in bright turquoise Parkinson's tabards behind the stall or going round the market, making our presence very visible. A huge thank you to all who contributed by baking or selling. Next year the Market will be on the 19th April, a week after Easter Sunday.



Ann Varnes pictured after running the London landmarks half-marathon to raise money for Parkinson's UK in memory of her father Maurice Jordan who lived in Haslemere and benefited from support of the local services.

Ann and her family raise money in many different ways but Ann, who took up running aged 60, has a place in this year's London marathon and would appreciate support. Her fundraising page does not close until July 28th 2019 and can be found at

<https://uk.virginmoneygiving.com/AnnVarnes>

Committee Members.

Chair

Niki Tompkinson ntompkinson@hotmail.com

Vice Chair (and Referrals and Activities)

Hilary Austin hillawrie@googlemail.com

Treasurer

Sophie Cordice sophiecordice@hotmail.com

Membership Secretary

John Oldham mrjoldham@gmail.com

Secretary

Sharyn Bullen sharynbullen@hotmail.com

Committee members

Angela Campling (Branch meetings and other events)

angelacampling003@gmail.com

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

[smith.com](mailto:myra@newnes-smith.com)

Margaret Westwood (Minutes secretary)

westwood.m@talktalk.net

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

Val Black (Working Age Group representative)

val.black32@gmail.com

First Aid Course for Carers

Following the success of the First Aid Course for Carers run for us by the British Red Cross Society in February last year we are looking to repeat this in the Autumn. If you are interested please contact Myra Newnes-Smith who will add your name to the list. There is a limit to the number of attendees but inevitably some folk have to drop out nearer the time so there will be reserve list held as well.

myra.newnes-smith@hotmail.com tel: 01483-422440

If possible please provide an email address and telephone number.

Useful Information

Parkinson's Local Advisers

Guildford, Runnymede, Surrey Heath, Waverley and Woking

Jackie Wingrave 0344 225 3669

Reigate, North Tandridge and East Surrey

Nicky Lawrence-Gravestock 0334 225 3743

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

Emma Southwell 0334 225 3772

Mid Sussex, Tandridge, Horsham, Crawley and East Grinstead

Carol Coupe 0334 2253686

Parkinson's Nurse Specialists (NHS)

Milford Hospital Assessment Unit

Amanda Dodson 01483 782750

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

North Surrey. Farnham Hospital Outpatients

Rose McKinley 01483 783481

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

Parkinson UK Helpline Service 0808 800 0303

Lines open: Monday to Friday 9.00 am–8.00 pm

National Website

www.parkinsons.org.uk

Local website

www.guildfordparkinsons.org.uk

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