

Funded by

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

The Park

Magazine

MAY 2022



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GUILDFORD AREA BRANCH MEETINGS 2022

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

IMPORTANT NOTICE

**FACE TO FACE MEETINGS HAVE NOW RESUMED BUT WE ARE STILL
ATTEMPTING TO RUN ZOOM MEETINGS SIDE BY SIDE FOR THOSE
UNSURE ABOUT ATTENDING IN PERSON.**

CHECK OUR WEBSITE FOR DETAILS OF EACH MEETING.

If anyone wants to join these meetings, who is not already on the list, please email our
secretary Sharyn Bullen sbullen@guildfordparkinsons.org.uk and your name will be
added.

May 31st 'Who Do You Think your Chair, David Lowther and Treasurer, Steve Heron
Are? A brief family history of both of us. You might be surprised'

June 28 th TBA

July 26 th No meeting

July 30th Summer Picnic - see P.11

September 27th. Bowling with Shirley Williams at Shalford with cream tea

Dec. 9th Christmas Lunch

Cover photograph *Kalmia latifolia* 'Quinnipiac' in the National Plant Collection at Squire's

PARKINSON'S FRIENDSHIP GROUP

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

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

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

Please feel free to join us, further details available from

Sharyn at sbullen@guildfordparkinsons.org.uk

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

NEWLY DIAGNOSED

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

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

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

New members welcome.

Names to Sharyn at sbullen@guildfordparkinsons.org.uk

From the Chair...Welcome to the May 2022 edition of The Park. I know many of you wait in anticipation for it to be released, which is a testimony to the contributors who write such great items. As with every other issue we must applaud Anne who produces it. I can say with certainty that, other than my ramblings, you will not be disappointed by this excellent edition.

I hope you have had an excellent Easter. As you will know I took over the role of Chair at the February AGM and hence this is my 1st official contribution. So, I thought hard about what I should write about? Having thought deeply on the topic, I have concluded that rather than precis the contents of the other articles I would write about the random thoughts I have had as someone diagnosed with Parkinson's executing my Chair role. Some thoughts/ideas might resonate and some/many you might reject – if nothing else it sparks discussion...

To start with, did you find the above statement rather clunky? – “the random thoughts I have had as someone diagnosed with Parkinson's executing my Chair role” – did you know there is a Parkinson's UK style guide? While on the whole it's helpful and generates consistency in written communications there are some items with which I struggle with – for example, I am a Chair not a Chairman or Chairperson. I am not allowed to be someone who suffers from Parkinson's disease as it's a condition. Anyway, like all style guides I take it with a pinch of salt and as I'm a rebellious, rule breaker so you may well find me suffering from Parkinson's disease in the future....

Having to write copious documents/emails, I've talked to many people about the fact that I find typing trickier these days. I've never been a touch typist, instead I'm a 'hunter pecker' – I hunt I hunt out the keys and then stab at them. Anyway, you may see through this poorly disguised excuse for a joke:

I got fired from my job making keyboards....I wasn't putting in enough shifts and I felt : ' I needed more space' ...boom...boom *as Basil Brush would say.*

OK, so the joke wasn't very good....better do serious....I am becoming increasingly confident that if individuals see the activities we sponsor, and the timing is right for them then they will dip their toe in the water and will enjoy their experience. Once in they tend to stay. Accordingly, we are focused on publicising our existence and the activities we do. This has many forms from business cards, animated films for the Newly Diagnosed to an aspiration to produce real live clips of our activities. So, if you feel you are the next George Clooney or the next Julia Roberts then you know how to contact me

Finally, I know (ignoring the style guide!) many of you are struggling with Parkinson's (and other ailments) at this time. Watching and talking to many of you folks is inspiring...I guess I'm starting to learn what 'Character' is all about. I've some way to go to fully assimilate this concept but I hope I demonstrate the resilience and fortitude others show when 'I am tested'. There are no words I can write that can alleviate personal struggles, but I can say you are not alone, and you would be surprised how many folks are rooting for you. Keep fighting.....

In classic Looney Tunes fashion "That's all folks " enjoy this edition and await in anticipation/dread my next instalments of Dave's random thoughts.....

David Lowther

ANNUAL GENERAL MEETING
GUILDFORD AND SOUTH SURREY BRANCH
22 FEBRUARY 2022

It was with a sigh of relief that we were told we could hold the **Annual General Meeting** in Shalford Village Hall this year. There were the little tables, dressed with starched table cloths, a tempting display of raffle prizes, and the promise of tea and cake following the Business meeting. As many observed as they joined the meeting *“It feels back to normal”*

Over 50 members and friends assembled – and a further 10 or so joined by zoom. The out-going Chair, **Niki Tompkinson**, reflected on her last year in office and congratulated the Committee and supporters who had so willingly adapted to circumstances and worked very hard to keep the show on the road. While the shock of *lockdown* in March 2020 and other Covid disruptions were not what she had bargained for, she had enjoyed her four years in the Chair. She also paid tribute to John Oldham who was also retiring as Membership Secretary having been in post for 4 years.

The Treasurer, Steve Heron, presented a comprehensive financial report supported by clear diagrams which spoke louder than words. The bank balance was very healthy and he outlined the planned expenditure for 2022-23. The innovation of a **100 Club** had been a huge success such that the *numbers* were close to 200 - enabling the prize money available each month to be doubled from March 2022. This was exciting news.

Election of Officers: Mr Alastair Jack, from Parkinson's UK, presided over the elections as follows:

Chair David Lowther Vice Chair: Hilary Austin

Hon. Treasurer Steve Heron. Hon. Secretary: Sharyn

Bullen. Hon. Membership Secretary: Keith Black

(all elected unopposed)

All other Members of the Committee were eligible for election and were nominated en bloc: **Anne Folkes (Editor of The Park) Margaret Westwood (Minutes Secretary), Myra Newnes-Smith (Carers' issues), and Deborah Gaskell (Communications).**

Whilst refreshments were being prepared **Amanda Dodson**, Parkinson's Nurse Specialist based at Milford Hospital, shared some new aspects of her work (see below). The meeting concluded with presentations to Niki Tompkinson and John Oldham expressing our warm thanks and appreciation for all their endeavors on behalf of the Branch.

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 22 February 2022.

Margaret Westwood and David Lowther

A message from Niki Tompkinson:

Dear committee friends, old and new

I just wanted to say a big -“thank you”- for such a great send-off yesterday. I was very touched, and loved the various gifts, cards and flowers. The latter are adorning my sitting room in the largest vase I could find, and I was especially pleased that they were one of my favourite colours (pink!) I was delighted that the AGM went so well yesterday – what an amazing turnout! And well done to Sharyn for overcoming previous technology difficulties and getting some of our members on-line to take part in a live meeting. Another hurdle overcome. Altogether, that must be a record number of attendees at an AGM, and certainly no worries about being quorate. I did feel a little sad last night that my time was done, though I know I have made the right decision and that there is a good team to continue all the good work we have done over the past few years. When writing the annual report, I surprised myself by how much we had achieved together and definitely feel that we have -“made a difference”-. This is as much due to all of you as to me, and the fact that we have all pulled together as a team. Seeking and respecting each other’s views, and collective decision making, have been the hallmarks of our work – I think we have been a model committee! And I have also *enjoyed* our meetings (as I hope you have too) – just shows that doing serious and important work can also be fun. Keep it up!

I intend to be a well-behaved ex-Chair and keep out of the way from now on. But I look forward to reading The Park and the web-site (of course!) and maybe joining you for the odd social occasion. And if you need an extra pair of hands for some menial task – (nothing strategic or requiring decision making) - then do ask.

All the very best

Niki



A message from John Oldham

Dear Committee old and new

Thank you so much for the lovely leaving card and generous presents. I enjoyed serving on the committee and appreciated both helping you and learning from you over the last 4 years. I am sure the membership records are in safe hands.

I look forward to seeing you all in the

Best wishes

John

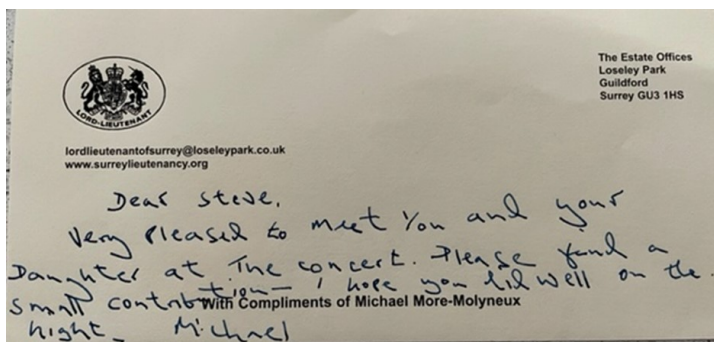
PS. I am personally very grateful to John who has patiently proof read twelve copies of *The Park* over those four years. Anne Folkes

STOP PRESS

Lord Lieutenant of Surrey and Loseley Christian Trust

A chance encounter with the Lord Lieutenant of Surrey, Michael More-Molyneux of Loseley Park, at the Guildford Chamber Choir Concert on 26th March has paid splendid dividends.

Michael said that his family had a small charitable trust and he would ask the trustees to make a small donation to the Branch.



The 'small contribution' mentioned in Michael's handwritten note was for £2,000 from the Loseley Christian Trust.

Steve Heron
Treasurer

**THE TRUMPET THROUGH THE AGES: A MUSICAL JOURNEY
THROUGH TIME**

SATURDAY 21 MAY 2022

Don't miss the chance to hear Crispian Steele-Perkins play a selection of antique and modern trumpets at Barrow Hills School, Roke Lane, Witley on 21 May from 6.00 =8.00 pm. Crispian is a world-renowned expert in Baroque trumpets and has played with major orchestras in prime venues around the world. He is the soloist in the signature tune for The Antiques Roadshow. He has played in many film scores, including James Bond themes. His repertoire is wide, from classical to modern, and he has performed with leading soloists such as Bryn Terfel, Elton John and Kiri te Kanawa. His presentation is informative and humorous and it will be a very enjoyable evening. Light refreshments will be served in the interval along with a glass of wine or a soft drink. There will be a super raffle with desirable prizes.

Entry is by ticket only, available from Steve Heron, sheron@guildfordparkinsons.org.uk or 07795 963940 and are £15.00 each.

There are a limited number of wheelchair spaces: please tell Steve when booking if you will be in a wheelchair.

Nick Hetherington (nhetherington@guildfordparkinsons.org.uk) has offered to run a taxi service from Farncombe and Godalming: early booking recommended as capacity is limited.

DATE FOR YOUR DIARY

TUESDAY DECEMBER 6 TH 2022

CHRISTMAS LUNCH

GUILDFORD and SOUTH SURREY BRANCH

SUMMER PICNIC SATURDAY 30 JULY 2022

12 NOON – 6 PM

Clare Price has again invited us to hold our

SUMMER PICNIC

in her wonderful garden with panoramic views of the Tillingbourne Valley

Great Halfpenny Farm

Halfpenny Lane

Guildford GU4 8PY



This will be a great opportunity for

members their families grandchildren and friends to meet again.

Bring your own picnics (no BBQ) chairs, blankets and parasols

You can purchase cream teas, ' donate' to have a glass of Pimm's.

Children can meet lambs, chickens and ponies and take part in games.

Try your hand at the TOMBOLA and visit the PLANT STALL

Ticket prices: ADULTS £5 CHILDREN £3 FAMILY £15(2 adults up to 3 children) available from our Treasurer Steve Heron

sheron@guildfordparkinsons.org.uk

Car parking available. NO dogs, please.

Wear sensible shoes: there are a few slopes and uneven surfaces



Cacti and Succulent

CALLING ALL GARDENERS

We plan to hold a PLANT STALL at the Summer Picnic



HOUSE PLANTS

At Great Halfpenny Farm on Saturday 30 July 2022

As you work in your gardens this Spring think what you might be able to propagate



PERENNIALS

SHRUBS



PLEASE LET OUR TREASURER, STEVE HERON KNOW IF YOU CAN PROVIDE PLANTS/HELP

sheron@guildfordparkinsons.org.uk

Update to our '100 Club'
Increased Prize Payment amounts

We launched our '100 Club' last spring with our first draw taking place at the July 2021 monthly social meeting at Shalford.

Since then, the '100 Club' has gone from strength to strength and we now have over 50 Branch members participating and over 200 numbers in play each month!

As we are now closer to the '200 Club' mark, it is proposed that whilst we will keep the club's name as the '**100 Club**' as that name is now known across the Branch, we should increase the winning amounts we pay each month as below:

The prize for the first number drawn will be **£60** (*currently £30*)

The prize for the second number drawn will be **£20** (*currently £10*)

The prize for the third number drawn will be **£10** (*currently £5*)

The change was made from February 2022 draw onwards, subject to approval at the Branch's Annual General Meeting on 22 February.

Here are the lucky winners:

	1	2	3
January	Elizabeth MacCullum	Denise Chapman	Anne O'Connor
February	Lorna Clarke	John Billington	Sharon Bliight
March	Joanna Brough	Valery Tanner	David Moore

MEMBERSHIP MEETINGS

Our speaker in January was Valerie Box who kindly stepped in as the booked speaker, a pharmacist, had been called to give Covid jabs.

Preparing for my talk was a challenge as normally my audience is ignorant about Parkinson's but this time I would be talking to Parkinson's experts so I had to change my approach. I decided to divide the talk into 3 parts covering my speaker role, the research trials in which I have participated and opportunities within the local group to volunteer.

I started with how my speaker role started in 2017 and has since developed. I have previously done lots of public speaking so when an appeal went out at a membership meeting for a secretary/ minute taker for the branch or a volunteer speaker for Parkinson's UK, it was no contest and I signed up.

The training process comprised on-line videos and loads of documents, policies, forms etc, and a meeting with the regional fund manager. I have covered a wide area. There can't be many Rotary Clubs in this part of Surrey, Hampshire and West Sussex that I haven't approached and many of them responded positively. Parkinson's UK pay travel expenses, initially for a 50 mile round trip, but as there are so few speakers, they pay for wherever I choose to go. I have decided to limit my radius to places under an hour away. The regional fund managers are very supportive and keep in regular contact

As very few clubs approach you directly, you are as busy as you choose, depending on how many approach letters you send out and follow up. Persistency pays off. Since 2017 I have done over 75 talks to schools, groups and clubs and, as a result, sent over £13,000 to head office, some of which I admit came from cheques where I only had to collect them and say a few words. I feel I have certainly raised awareness about Parkinson's to many people over a wide area. Talking to schools is my favourite as I take in props and the children are encouraged to get coins out of a purse wearing thick gloves or trying to walk fast with their ankles in a short stretch band. They enjoy it and go home with a much better idea of what a relative, neighbour or friend goes through with Parkinson's.

My research participation has included five pure research trials and one drug trial which was unsuccessful. The hope was to show that a statin could be repurposed and slow the progression of Parkinson's. Research trials sometimes involve

visiting the research centre. Participating is a great way to make you feel you are doing something about your Parkinson's and even if you won't benefit, it might help future generations. one or more times but some are conducted entirely on line.

Participating is a great way to make you feel you are doing something for your Parkinson's and even if you won't benefit it might generations. This is important to me as mine is a genetic form of Parkinson's albeit not one with mutations on the main culprit genes. .

This is important to me as mine is a genetic form of Parkinson's albeit not one with mutations on the main culprit genes.

Another research option is to evaluate grant applications from the perspective of a person with Parkinson's: is the research relevant; how important is it to the Parkinson's community; does it need tweaking regarding practicalities etc. Anne Folkes has done this if anyone wants to know more.

Finally, I tried to encourage others to volunteer to help our group. The committee needs more members but you don't have to be on the committee to help. The membership meetings, cake stall, summer picnic and May's concert all rely on more than one person being involved. There are opportunities to take on a single role, like Nick running the 100 club or me putting collecting boxes in stores and paying in the takings. I thoroughly recommend volunteering in some way.

Valerie Box

Following Valerie's talk, Hilary Austin, with infectious enthusiasm, introduced us to a book she had recently read and found very helpful—'**Goodbye Parkinsons, HELLO LIFE**' by Alex Kerten.

Dr Kerten is an Israeli physician who presents his breakthrough holistic technique that combines breathing techniques, movement and behaviour modification . With over 30 years' experience working with Parkinson's patients , Alex shares his insights and techniques in an accessible style which includes 20 easy-to-follow exercises . He claims that those who follow his techniques and are committed to becoming "Parkinson's warriors" can succeed in eliminating many, if not most, of their symptoms to return to a productive and fulfilling life. Instead of viewing themselves as Parkinson's victims, readers of Goodbye Parkinson's, Hello life! will learn Alex's methods that, he claims, will lead them to become healthy people with Parkinson's.

Hilary has obtained 2 copies of the book which can be borrowed by members and are available at membership meetings

Guildford Chamber Choir.



The Guildford Chamber Choir allowed us to take a retiring collection after their performance of Handel's 'Israel in Egypt ' concert at Holy Trinity Church, Guildford on Saturday 26th March.

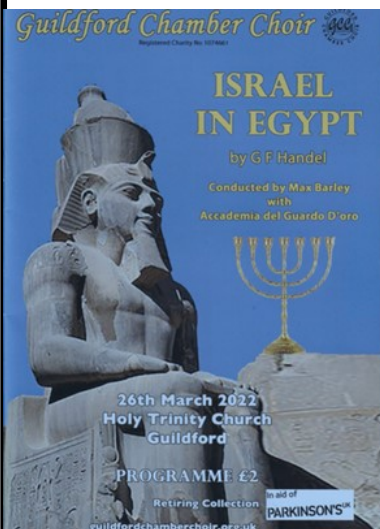
They had first approached the Branch about fundraising for us in January 2020, however the pandemic delayed them from being able to perform and fundraise for us until the March 2022 event.

It was a splendid night with over 100 in the audience, including the Mayor of Guildford and the Lord Lieutenant of Surrey, and of course some of our members!!

We are pleased to announce that we received **£508 in donations.**

An excellent amount from a very enjoyable evening.

Israel in Egypt – a musical appreciation of the concert



The choral concert in aid of the Guildford and South Surrey Branch of Parkinson's UK was an opportunity to hear music that was at once timeless and apposite to the situation in Ukraine that we hear of every day in news broadcasts.

The concert began with a hymn in the form of a prayer for the survival of the Ukrainian people. Sung with haunting beauty of tone by the Guildford Chamber Choir it gave little foretaste of the overwhelming effect of Handel's *Israel in Egypt*, the main work of the evening.

A rarity in the concert hall, Handel's interpretation of the escape of the Israelites from Egypt and years of slavery has resonances with the plight of Ukrainians, and was a very appropriate work to highlight their plight.

The work had a rather lack lustre start in 1739 when first performed and required some reworking before it reached the sequence of fugal choruses and vocal solos and duets that we now experience as a torrent of sound that sweeps all before it.

The work is what choral singers describe as a 'big sing' and it is hardly surprising that it is not taken up more by amateur choirs. It also requires a sizable orchestra in support, on this occasion Accademia del Guardo Oro with Stephen Farr at the organ. It is a pleasure to report that the performance in Holy Trinity Guildford met the very exacting musical demands and maintained audience attention right to the last note.

Bill Folkes

Ivelina's talk, 29th March 2022

About 30 people were present in Shalford Hall with several people connected to Zoom, to hear an interesting talk by Ivelina Dobрева, a Bulgarian research assistant at the Institute of Neurology in Queen's Square, London. She started her studies in Psychology and Neuroscience and is currently particularly interested in research into vision and hallucinations in Parkinson's and also Lewy disease. Similarities can be found in both of these, but Lewy disease has a different presentation.

She had prepared a film and slides, but, unfortunately, given the reception limitations at Shalford it proved not possible to show them, which was clearly disappointing to her. It also affected the Zoom connection. However, Sharyn has since sent members an email containing the illustrated part of the talk. This was very kind of Ivelina' The name of the research project is 'Top Hat' and there are 25 sites undertaking it. The nearest to Guildford is Queen's Square. The team involved come from a variety of Scientific backgrounds, which makes for diversity in approach.

Volunteers would be welcome and there are 2 possibilities. One involves going weekly for about 6 months and the other is a one-off visit to undertake tasks. For the latter, people need to be over 59 and experiencing weekly hallucinations. As the MRI scanner is strong, no-one with any metal implants would be suitable. Her contact details are: i.dobрева@nhs.net You can join the mailing list and updates would be provided.

Hallucinations do not affect everyone and vary from person to person. They can be visions of animals or humans – one subject saw cartoonish rabbits, larger than life, but they can be just a slight shadow of a person being present in the room. Potential causes can be changes in vision, in the brain wiring or the neurotransmitters. Scientists are still trying to find cures, for this often-bothersome condition, whether adjustments to medication etc. or the simple practical step of sitting in a brighter light.

Ivelina was enthusiastic and clearly excited about her research. Those present enjoyed her talk and many were inspired to go and sit beside her at tea-time in order to ask questions and seek further information. As she lives locally, it might even be possible to hear from her again.

Margaret Firmston.

Peter's poem for *The Park*.

THE LIGHT IN YOU

Now almost all's been said and done
I like to watch the setting of the sun,
not doing, not speaking but in my mind
dedicating this and every other one
to you with whom the stars align.

I see that ambiguity
has slipped in somewhat carelessly:
do I mean that every orange sky
is yours or only half of my annuity?
You would say it pays not to try

to barter with our greater glories
to package up and sell like stories
the shapes and colours that change each night
the sun drops as tomorrow's door is
opened then shut, letting past the last light.

But I digress, the point I make
is merely to clearly illustrate
a link I think binds mankind to the sun:
when the dark leaves us disconsolate
the beacon eyes of everyone

who stores the sunlight when last seen
will share it with those who need to lean
on selfless arms, like yours, when all is pain
and pain seems all this life has been,
blow after blow, and more that rain

down upon their shivering frames
you wrap them in your folds of love, the same
as you'd dispense to any child of yours
calling for your comfort; they call your name
to seek your warmth, you give them more

Today the skies are roof slate grey,
as if weathered for a thousand days
without one chink of watery light.
But your eyes will shine and so convey
the light in you through to the night.

IMPORTANT

Change of Branch Banking details from HSBC to Barclays

The Branch has, for many years, banked at HSBC. Whilst this has worked fine, we have been limited to only paying by cheque as the Charities Act requires any payment from a charity to be double authorised by key position holders of the charity. This has meant each cheque is signed by the Treasurer and another authorised Committee member .

With the increasing use by many individuals and organisations of secure ‘online banking’, the Branch’s continued use of cheques has seemed a bit old fashioned to many. However, we have had no other choice as HSBC have not allowed ‘online dual payment authorisation’.

That is now changing and we are in the process of moving our account from HSBC to Barclays Bank who do allow secure ‘online dual payment authorisation’. This means the Treasurer creates a secure online payment in the Barclays online portal on his computer, then the Chair authorises this online payment in the Barclays portal from his computer. This is ‘online dual payment authorisation’ and satisfies the Charities Act requirements.

The background to this is that in 2020/21 Parkinson’s UK developed a national relationship with Barclays Bank that would allow online banking with dual approval of any payments, as detailed above. This relationship would cover both Parkinson’s UK and any of their branches who wished to join in this relationship. Effectively, Parkinson’s UK have created one master national account with each branch having their own individual and independent account with its own account number inside this master account. At the Branch level, you can only see your own account details and make payments to and from this account. Whilst Parkinson’s UK have an overview of the individual branch accounts, they are not involved in their running.

Parkinson’s UK call this new banking arrangement ‘Cash Pooling’, and it has many benefits for both the national charity and the local branches. It enables the branches to move into the online banking world if they wish, whilst still retaining the ability to write cheques (with the usual two signatories) if still needed. For Parkinson’s UK, having many of the individual branches’ funds inside the master account means there is a significant amount of funds ‘on deposit’ on which Barclays will pay interest to Parkinson’s and the branches.

It is optional for branches to join this Parkinson’s UK Cash Pooling initiative. Your Branch Committee, having been satisfied that this new initiative had already ironed out any initial teething problems, decided late last year that we would join the Cash Pooling arrangements.

This decision was reinforced last November by HSBC introducing charges on our existing account with £5.00 pcm for having the account, plus 40p for every cheque we write and every cheque we receive. Barclays will make no such charge.

We have now set up the Barclays account and successfully made several payments 'online' from it and received several 'online' payments into it. Whilst we will keep our HSBC account open for another few months, we will progressively transfer all our transactions over to the new Barclays account and it will become the main account for our daily Branch usage.

The reason why we are retaining the HSBC account for another few months is as a safeguard measure. We appreciate it will take some time for everyone (members and donors, etc.) to change any regular online payments from HSBC to this new Barclays account. For example, many members make online payments to us for such things as their monthly or annual subscriptions to the 100 Club, or for their fees for participating in Parkinsons Voice, or Loud and Clear, etc. We will be communicating the new bank account details to everyone we are aware of that makes existing online payments to us over the coming weeks.

In the meantime, you should note the below new Barclays account details if you wish to change your regular online payments to the Branch.

Barclays Bank

Account name: Parkinsons Disease Society of the United Kingdom

Sort Code: 20-00-00

Account No: 03859762

Please note, enter as much of new account name that your bank allows when changing the 'recipient' account name details online. Also, note for these purposes there is no apostrophe in Parkinsons.

Moving into the world of 'online' banking is not the only way your Branch is slowly moving into the 21st Century! We have recently purchased a 'card reader' device that allows us to take credit/debit card payments instead of cash at various events. This is from an organisation called 'Sum Up', and you may see traders using similar small devices at various markets. We used this device at the recent Guildford Chamber Choir concert (mentioned earlier in this edition of The Park) and this allowed us to take £130 worth of card donations from those who had no cash with them at the concert. This sum is included in the £508 overall donations mentioned in the concert article

You will start seeing your Treasurer and others using the device at future fundraising events.

Steve Heron, Treasurer.

Parkinson's Art in the Park - Val Black

Creativity can help you forget your worries!

I know we have many artists, poets and photographers in our Group

On the Parkinson's UK website, one piece of advice is:

Activities like singing, dancing, art and creative writing can help you take control of Parkinson's, boost your confidence and improve your quality of life

For any of you that enjoy creating, have a look at <https://parkinsons.art/>

Parkinson's Art is a registered, non-profit organisation run by artists and writers living with Parkinson's. It is a voluntary initiative with 100% of every donation and funds raised going directly to Parkinson's charities and supporting arts projects within the community.

Last year Trevor Woollard, an artist with Parkinson's, organised a very successful art exhibition at the OXO gallery in London. It was funded by the Arts Council England and the proceeds went to Parkinson's Research.

Sixty artists with Parkinson's submitted work. The diverse range of visual and audio art was well received by visitors and critics alike.

Trevor said they received some amazing feedback from the 13,844 visitors over the 3 weeks. Finally there was an online auction of the work, raising well over £12,000.

Following this success, **Parkinson's Art** is having another exhibition in August 2022:

'Parkinson's Art are proud to present *Out of the blue*. An inspiring, innovative combined arts exhibition by artists living with Parkinson's. It will also be available online, virtually'.

The aim of the exhibition is to raise awareness of Parkinson's and to support people living with the condition. Again, it will be funded by the Arts Council England, and it will be a touring exhibition to Liverpool and London, celebrating Parkinson's creativity across different art forms. It will be in London at the OXO Gallery on the South Bank, from 17 - 28 August 2022. If any of you are in London at that time, please pop in, there is no entry fee. Smaller items will be on sale, such as the exhibition books and cards by some of the artists.

One of the artists who exhibited last year was Alex Echo. He has been featured in the Parkinson's website where he says:

' I would really recommend art to anyone who's been diagnosed with Parkinson's. But let's be clear: there are no rules in art. No rules. You can't make bad art. Everyone's an amateur. It's a Zen meditation. When I'm doing art, time disappears. Parkinson's disappears. Worries disappear. '

My final thoughts are to agree with Alex, and encourage those who used to enjoy art to have a look at the Parkinson's Art website to see what others are doing, many of whom only started painting after diagnosis. Maybe you will enjoy taking up a pencil or paintbrush and getting lost in sketching or painting, no matter how tremulous the marks are - I often find that those sensitive shaky lines are the most beautiful!

If you have been inspired by Val's article you may be interested in the following:

Conquest Art Group in Guildford

Conquest art is a charity inspiring people with disabilities or long-term health issues the chance to develop their creative energy and build self-confidence through art.

No art experience required. All materials and refreshments are provided.

The group runs from 2-4pm on the 1st and 3rd Wednesdays each month at St Catherine's Village Hall, The Gateway, Chestnut Ave, Guildford GU2 4HD.

The first session is free and thereafter costs £2 per session plus an annual subscription of £10 to Conquest Art.

For further information, email enquiries@conquestart.org

or phone 020 3044 2731

DANCE for PARKINSON'S

We are delighted to be celebrating one year of Dance for Parkinson's classes within Surrey. Having started these classes cautiously at ending of Covid 19 restrictions we have now grown into creative and confident dancers, happy to give it a go and laugh along the way!

Inclusive Intergenerational Dance (iID) is a small Arts for Health charitable company working within Surrey and Wiltshire, mostly delivering dance classes to older adults. After a successful trial of Dance for Parkinson's classes we were over the moon to be selected by Arts Partnership Surrey's Dance 21 project to be funded to deliver Dance for Parkinson's classes within Waverley and Woking Boroughs.

Each dance class lasts 1 hour and starts with seated exercises working our way to standing and travelling dances, offering variations as required. The aim of the classes is to enjoy dancing, we try different styles, storytelling and creative tasks. This is all followed by tea, coffee and biscuits!



There has now been a lot of research to prove the positive effects of dancing for people living with Parkinson's, improving balance, gait, fluidity of movement as well as confidence.

More than ever the importance of reducing social isolation and feelings of loneliness have been highlighted and recognised as of concern following the impact of Covid-19, and as highlighted in the Government's Loneliness Strategy. Loneliness can have as great an impact on health. Our regular dance classes offer the participants a great opportunity to meet, connect with each other and express themselves.

We have been very lucky to be supported by the Parkinson's UK Guildford Branches throughout the last year and onwards too, meaning the classes will continue.



Classes take part at the

United Methodist Church, Godalming on Wednesday 2-3pm term time.

St Mary's Centre of the Community, West Byfleet on Monday 11am- 12 term time.

Both classes are followed by tea and biscuits and are open to new members, no previous experience necessary.

CALLING ALL WALKERS and their FAMILIES Walk for Parkinson's is back.

Thank you so much for your continued support of Parkinson's UK. We thought you might like to know that **Walk for Parkinson's 2022** is now open for sign-ups!

We've got walks to suit a range of ages, abilities and fitness levels, so you can choose to **Walk for Parkinson's** however suits you!

Join us between June and October across the UK for **our traditional organised walks** - held in beautiful parks and across scenic routes throughout the UK.

[www.parkinsons.org.uk/get-involved/
walk-parkinsons](http://www.parkinsons.org.uk/get-involved/walk-parkinsons)

Parkinson's 66 mile Challenge

1 - 31 July 2022

If you know 66 people, chances are you know someone who knows Parkinson's. Whether you walk alone or with family and friends, **take on this exciting challenge month long challenge and walk 66 miles during July**

<https://events.parkinsons.org.uk/event/wal>

Committee Members

Chair David Lowther

chair@guildfordparkinsons.org.uk

Vice Chair (and Referrals and Activities) Hilary Austin

vc@guildfordparkinsons.org.uk

Treasurer Steve Heron treasurer@guildfordparkinsons.org.uk

Membership Secretary Keith Black

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Secretary Sharyn Bullen secretary@guildfordparkinsons.org.uk

Committee members

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westwood.m@talktalk.net

Anne Folkes (Editor of The Park) afolkes@guildfordparkinsons.org.uk

Deborah Gaskell Communications Coordinator

dgaskell@guildfordparkinsons.org.uk

Recycle 4 Charity

Thank you everyone who has saved empty ink cartridges for me. I have returned one full box and the second is nearly full.

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

Parkinson's Local Advisers

Guildford, Runnymede, Surrey Heath, Waverley and Woking

Jackie Wingrave 0808 800 0303

Reigate, North Tandridge and East Surrey

Nicky Lawrence-Gravestock 0808 800 0303

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

Vacant but phone 0808 800 0303 for advice

Mid Sussex, Tandridge, Horsham, Crawley and East Grinstead

Carol Coupe 0808 800 0303

Parkinson's Nurse Specialists (NHS)

Milford Hospital Assessment Unit

Amanda Dodson 01483 362020

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

North Surrey. Farnham Hospital Outpatients

Rose McKinley 01483 908183

Email: vcl.parkinsonnurses@nhs.net

01483 908183 for North Surrey

01483 908088 for E. Hants

'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, <https://www.guildfordparkinsons.org.uk/> including electronic access to *The Park*. {Look for it under News 2022}