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The Park

Magazine

SEPTEMBER 2021



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Publisher: Guildford & South Surrey Branch of Parkinson's UK

GUILDFORD AREA BRANCH MEETINGS 2021

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

IMPORTANT NOTICE

FACE TO FACE MEETINGS RESUME ON SEPTEMBER 28TH WITH A BOWLS AFTERNOON WE ARE HOPING THAT FROM OCTOBER WE WILL BE ABLE TO RUN ZOOM MEETINGS AND FACE-TO-FACE MEETINGS SIDE BY SIDE FOR THOSE ARE STILL UNSURE ABOUT ATTENDING IN PERSON.

CHECK OUR WEBSITE FOR DETAILS OF EACH MEETING .

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

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

Sept 28th 2021 - Grass Bowls with Cream Tea

Oct 26th 2021 – Reflexology with Charlotte Pragnell

Nov 30th 2021 – TBA

Dec 7th 2021 – Christmas Lunch at the Guildford Rugby Club

See page 16

2022

Jan 25th 2022 - TBA

Cover: View from the terrace of Great Halfpenny Farm.

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

GOOD NEWS

We are now back to face-to-face meetings

Sept 15th 2021 – Nordic Walking

Oct 20th 2021 – Casual Evening

Nov 17th 2021 – TBA

Dec 15th 2021 – Christmas Celebrations

2022

Jan 19th 2022 – Casual Evening

Please feel free to join us, further details available from

Sharyn on sbullen@guildfordparkinsons.org.uk

or

Keith on 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 in the near future.

(please check website for further details)

New members welcome.

Names to Sharyn Bullen on sbullen@guildfordparkinsons.org.uk

Chair's Introduction – September 2021

Another roller-coaster year, but at last, as we move from Summer into Autumn, it seems (fingers crossed!) that we may be reaching a period of stability. As I write, the last COVID restrictions have been lifted in England, though most of us are continuing to be careful. Most Branch activities, which have been on-line for the past 18 months, are returning “in person”. And most of us have not only been fully vaccinated but now also expecting our booster jabs! Who would have thought it a year ago!

Despite the difficulties, we have managed to keep in touch with most of you and have done as much as we can to arrange activities to suit you all during the pandemic. Zoom skills have improved enormously! We are conscious that, as we move back to regular social meetings at Shalford from the end of September onwards (the WAGs are already back in the pub!!), that we may lose those of you who find it easier to socialise virtually from home. We are working to find a solution, but it may take a little while to set something up to relay our meetings and speakers to members at home. In the meantime, maybe someone would like to run regular Zoom social meetings for those who prefer them? Volunteer needed! We would help you get it going and suggest how it might work. We have found other informal groups (eg for the newly diagnosed, and for carers) are working well.

Equally, we know that some of you struggle with technology, including emails, and it is hard for us to get information out via phone or letter. Clare Addison, in her talk to the Branch on 27 July, urged everyone to “look after each other” and suggested that a “buddy” system can work well. This would mean that those who are reasonably tech-savvy agree to buddy up with one or two people who are not, and agree to keep them informed about Branch events, news etc and generally be a point of connection. Would that be of interest? If so, the first step would be for one or two people to take on the co-ordination role, and set this up (with our help, of course.) Another volunteer needed!

Finally, a reminder that we asked previously for someone who could take on the regular updating of our website (the content, not the technical side) as this is one important way of keeping people informed. Anyone who would like to help your fellow members in these important communications roles, please get in touch with me. Offers or ideas for fundraising to Steve Heron or Valerie Box. ***The Branch can only continue to do its work if new volunteers come forward from time to time.*** Enjoy the rest of your summer and I look forward to seeing you at our Autumn meetings.

Niki

Fund-Raising Update

I am also pleased to advise that we have made great progress towards our 'New' Fundraising Target I set at the start of this year, as we begin to operate without the Legacy funds that have so generously supported us over recent years.

The 'Fundraising Target' was to raise £10,000. At present we have raised over £7,000 towards this target. This has come from several sources, but the main ones to mention are:

| | |
|-----------------------------------|--------|
| Valerie Box Table-Top Sale | £ 560 |
| Stall at Secrett's Farmers Market | £ 370 |
| Surrey Hills 3 Peaks Challenge | £2,500 |
| New 100 Club | £1,000 |
| Summer Picnic | £1,300 |

I am also pleased to note that there is at least another £2,000 to come from Parkinson's UK for the Surrey Hills 3 Peaks Challenge (all monies donated via Just Giving or similar sites initially goes to PUK and they then forward on to us once any Gift Aid has been claimed on our behalf).

There are other fundraising events taking place, so I am quite confident we will achieve this £10,000 target.

If you are thinking about any fundraising for the Branch, please e-mail myself, Treasurer at sheron@guildfordparkinsons.org.uk

Steve, Treasurer

STOP PRESS: We have just heard that SHR and friends raised £6446.60 for their 3 Peak Challenge—see May '21 Park STOP PRESS

Summer Picnic-Saturday 7th August

Our first real Branch social event, post Lockdown, was the Summer Picnic on Saturday 7th August. This was held in the magnificent gardens of Clare Price's home on Halfpenny Lane, Guildford.

At least 70 brave souls attended, along with about 15 children, despite the weather forecasters predicting heavy rain and clouds for the afternoon. Fortunately, the weather gods were with us, and for most of the afternoon we had blue skies and sunshine.



The views from the gardens over the Tillingbourne Valley and the Surrey Hills were stunning, and we enjoyed classical music gently playing in the background.



The children enjoyed several toys and games, along with an opportunity to feed the lambs and chickens.



The adults enjoyed the odd glass of Pimm's, cream teas and the Tombola.



Most importantly members and their family and friends enjoyed the time to catch up with others in a beautiful and relaxing setting. Everyone enjoyed themselves.



My thanks go out to all the volunteers who made the day possible, from those that set up (and dismantled) gazebos, those selling cream teas and Pimm's, those manning the ever popular Tombola stall, and those who provided the prizes....to those directing the car parking. A brilliant team effort across the Branch.

Particular thanks must go to Clare and her family for kindly loaning us their gardens and all the time she put into getting everything ready for us.

Overall a great day out for many.

Oh, and by the way we managed to raise £1,300 funds for our Branch.

Steve Heron

News from the top of Parkinson's UK

At our Branch meeting on 27 April, we were joined by Gary Shaughnessy, the Chair of Trustees of Parkinson's UK. Also present was Katharine Crawford, Director of Services. Gary himself has Parkinson's, having been diagnosed 6 years ago when he was a busy and well-travelled businessman. He described how he had at first been very downcast and inclined to give up interests such as running, as he was no longer "as good". Eventually it was his wife who gave him a "kick up the backside" and told him to keep running and to "focus on what you can do not, what you cannot do." He became determined not to let Parkinson's define him and has since run 25 marathons, cycled across Europe and other strenuous activities, and has realised the importance of exercise for managing the condition.

In 2018, Gary moved back to the UK from Switzerland and decided to use his professional skills by taking on the Chair of Parkinson's UK. He described the huge challenges in investing both in services *and* in research, often funding research projects which most organisations (especially the big pharmaceuticals) won't take on, and collaborating with others globally such as the Michael J Fox Foundation. The charity's income is split into equal thirds between services, research and governance. Gary recognised that they could do more to help Branches, acknowledging that Branches were a fundamental part of the charity. He highlighted Head Office's CONNECT programme which was designed to make best use of technology to direct people with Parkinson's to relevant support (social and health.)

Questions and comments from members endorsed the importance of connecting with others but emphasised that it was local and often informal connections which mattered most. In the past, the Parkinson's UK Local Adviser was able to visit every newly diagnosed person personally, and direct them to local groups and services, but now there were fewer advisers on the ground and more pressure on volunteers to try and fill the gaps. Katharine Crawford said that changes and restructuring had been needed and that Head Office posts had also been cut.

Parkinson's UK recognised that some areas of the country were much better served than others, depending on the strength of local Branches. One thought was that some services could be provided regionally, and more use made of technology

This was an interesting session. Those on the committee are working with other local Branches and with Parkinson's UK to try to improve services to those most in need of them.

Niki Tompkinson

Message from Gary Shaughnessy

AGM and Members' Day Events

Following the success of the virtual AGM and Members' Events last year the same format will be followed this year – this enables far more people to be involved.

The AGM will be held in early October following a series of virtual events created by members for members

The theme of the events will be 'support' to celebrate the ways in which the Parkinson's community has supported each other during the past year. AGM papers will be circulated in early September and further information will be available on the web site at parkinsons.org.uk/AGM

A Parkinson's Journey with a Difference.....

At our Zoom members' meeting on 27 July, we were joined by a very special speaker – Clare Addison, a senior nurse from the East Surrey Hospital and also the co-Chair of Parkinson's UK's Excellence Network. Clare's nursing background was originally in neurosciences. As she freely admitted, her own diagnosis with Parkinson's about 5 years ago came as a particular shock – nurses think of themselves as invincible, plus the diagnosis itself was delivered rather coldly and with little accompanying information. Sound familiar? Clare felt very alone and very concerned about the possible impact on her family (two teenage children), and for a while retreated from the world. But she was brought back to "normality" by a friend who gently but firmly challenged her: "what has changed? You are still the same person".

Clare resolved that, despite the uncertainties of the future, she should make the best of the next stage. This included keeping herself as fit as possible, and she became convinced that regular exercise was as important as medication for managing the condition. She also wanted to connect with others with Parkinson's and was amazed when 100 people turned up to a local meeting. And finally, she began to use her own professional knowledge by taking on the joint lead of the SE Excellence Network for Parkinson's UK – a forum for a wide range of professionals developing treatments and therapies for Parkinson's, exchanging and developing best practice. From these exchanges and from focus groups, three key points emerged as priorities for helping people manage their condition:

- Better access to exercise
- Better and more appropriate hospital care – getting Parkinson's meds on time
- Signposting to the right information from diagnosis

Clare also had tips for those with Parkinson's:

- Look after each other. Reach out to those who need a connection.
- On-line appointments are here to stay – prepare well; write down your questions in advance.
- Stay as well as possible – medication AND **exercise!**
- Find out about the Excellence Network and encourage your healthcare professionals to join.
- For the newly diagnosed, join Parkinson's UK's "First Steps" programme. .

This was an excellent talk from someone who has seen Parkinson's from all angles and perspectives. For those who missed it, you can hear Clare speak at this year's World Parkinson's Day **World Parkinson's Day** which is still on You-Tube [https://www.youtube.com/watch?v= c5xEX55CWA](https://www.youtube.com/watch?v=c5xEX55CWA).

Niki Tompkinson

Further feats of fund raising!



Millie on the summit of Ben Nevis

Millie Olsen, 10 year old granddaughter of Roger and Myra Newnes Smith took on the challenge of walking up the three highest peaks in Britain — Snowdon, Scafell Pike and Ben Nevis

She did this on three consecutive days in August accompanied by her elder brother and parents, Millie has raised over £1,400 so far, divided between Head Office of Parkinson's UK and our branch.

Hattie, the granddaughter of Maureen and Ron Wride has so far raised £1,275 after completing a TRIATHLON, which requires intensive training.

Since the last edition of the Park there have been two new initiatives for members of the group—Loud and Clear for speech therapy and a Dance Group. We are very grateful to Niki and Steve for all they did to get these groups going. The Editor.

Loud and Clear

Loud and Clear is a Zoom group run by speech therapist, Celia Bacon which is specifically designed to help people with Parkinson's with voice problems. These include speaking very quietly or indistinctly, lack of intonation, swallowing difficulties etc.

We meet once a month, starting with exercises for the lips and tongue which are the muscles of speech. The idea is to do these daily to strengthen the muscles and get them and other facial muscles moving better. Then we read out humorous poems, limericks, quotes from famous people, and Celia helps us with improving whatever our difficulties are. She is very encouraging and upbeat and full of hints and tips for improving.

Comments from other members of the group include:

“Celia is a great host and very knowledgeable “

“I can see the improvement “

“I always feel better afterwards”

“I like Celia's no nonsense approach

Although we are not all having the same problems, we are all in the same boat. Working as a small group, we can learn from advice given to others. And we enjoy the social side too.

Cherry Phillips

Note. Loud and Clear groups meet on the first Monday and Wednesday of each month at 3.30pm for one hour on Zoom. There are currently a small number of spare places in each group – contact Niki Tompkinson on ntompkinson@guildfordparkinsons.org.uk if you are interested.

Classes cost £4 per person per session, payable three times per year in advance.

dance for people living with Parkinson's

Free weekly dance classes specifically aimed at people living with Parkinson's and their carers were launched in Godalming. The first term has been a great success and the weekly classes will be resuming in a new location of Godalming United Church, Bridge Road, Godalming on Wednesday 22 September 2-3 p m, followed by tea and coffee.

The classes are taught by Kate Finegan from Inclusive Intergenerational Dance, www.iid.org.uk an arts for health company delivering community based dance and art classes within Surrey. The classes follow the Dance for PD structure developed by the New York based Mark Morris Dance Company focussing on dance classes being a stimulating, creative and sociable way to explore movement to music, aiming to develop strength, flexibility, fluidity of movement and balance.

The weekly classes are kindly funded by Waverley Borough Council as part of Arts Partnership Surrey's Dance 21. We have also received great support from Parkinson's Guildford and South Surrey Branch and the Working Age Group.

If you are interested in taking part please contact Kate at iidconsortium@gmail.com, no previous dance experience necessary and more participants are greatly welcome

Surrey Dance 21

Dance 21 is a new project bringing together members of Arts Partnership Surrey (most boroughs within the County have representation) to celebrate a different art form throughout Surrey. Focussing on one art form per year is a new idea and for the first year they have decided to celebrate dance, particularly on dance for health at a community level. Both Woking and Waverley have chosen to support IID's proposal of Dance for Parkinson's classes www.surreydance21.com

IID and Kate Finegan

We are an arts for health organisation working in Surrey, primarily delivering dance and art classes to older adults living with Dementia and Parkinson's within Surrey. I trained as a dancer and have been teaching dance for 20 years, with the last 8 years specialising in Dance for Health for older adults and those living with Dementia and Parkinson's, I have completed training in both and regularly volunteer for English National Ballet's DfP programme.

HANGING GARDENS, HASLEMERE

Those of Babylon, no record left,
if half as beautiful as those you've kept
they deserved inclusion in the glorious Seven,
the wonders of which we'll never know
sufficient for clever comparison; but enough to
win much more than accolades in words and gaze
than I, a devotee, might quickly assign
to their beauty, to your skill; I on my knees,
a supplicant, begging that when my body stops
your summer baskets will be somewhere near.
And, if we were to banish the final fear,
it would be you at my side and your assertions
as to the colour and shape of a malleable world
affirmed in a glance towards the fading sky.

As if this house was built with myriad
potential locations for your creations,
even though those unknown architects
could not have drawn an image of such
riotous conflagration. I say that you must
share a table with them as co-artisans,
unconsciously applauded by each of those
who pass through the gardens and,
in amazement, stop in their tracks and
forget the small thing they were about to say,
silenced by what the sun, with you,
has done to the colour in your floral arrays;
they know that they are forever blessed
and slip the sight into bursting hearts.

And should we dare to claim that,
in view of the perfection in each
cascade of summer hues, they define
the house that hosts the display – so displacing
name and number – and, when sprinkled on
our doorsteps, collected by the wind, there is
a representation, a promise of a beauty
to be scattered over this mixed wide world,
such claim would be endorsed by all, since
sight or sign of these bright delights
must mean hope at least for all who suffer
bravely on this Earth, that you pit against
the tide of so much that offends the eye,
an equal measure of what is yours alone.

© Peter Taylor 2017

THE 100+ CLUB

We have had a very good response from Members and indeed families of the Group. The Parkinson's 100 Club has become the Parkinson's 100+ Club and we have presently 147 numbers in the draw with a potential for a further family getting involved.

I have "ordered the list" into a continuous sequence of numbers and downloaded a Random Number Generator [and tested it] - so in effect, we were ready to go at this July Branch Zoom Meeting.

The first draw took place at our Zoom members' meeting on 27 July, courtesy of Nick Hetherington's phone's "random number generator".

The winners were Joanna Brough (£30), Barry Butcher (£10) and Laura O'Connor (£5) Congratulations to the winners.

More lucky numbers available from Nick at nhetherington@guildfordparkinsons.org.uk.

The next draw will be on Tuesday 31st August.

Parkinson's Christmas Lunch

Tuesday 7 December 2021

12 noon for 1 pm at the

Broadwater Pavilion

Home of Guildford Rugby Club

Guildford Road Godalming GU7 3DH

£20 including wine

If you wish to attend, please return the enclosed reply slip, even if you have already expressed an interest to

Mrs Margaret Westwood, 60, Charlock Way.GU1 1XZ

Including a stamped addressed envelope by

FRIDAY 18 OCTOBER 2021

You will then receive a menu as acknowledgement which you should return with your choices together with a cheque made out to The Parkinson's Disease Society Guildford or simply do a bank transfer to our HSBC account

- Parkinson's Disease Society Guildford
- Reference 'Christmas Lunch'
- Sort Code 40-22-26
- Account No. 71151746

NO LATER THAN 8 NOVEMBER 2021



Walk for Parkinson's in the Surrey Hills.

This beautiful **walk** will take you through the growing vines at **Denbies Wine Estate**, surrounded by the spectacular scenery across the **Surrey Hills**.



We're delighted to announce the next phase of

the Frank and Evelyn Brake Connect Fund. A pound-for-pound matched fund created generously by the Frank Brake Charitable Trust. In 2020 The Frank Brake Charitable Trust created a £600,000 matched fund to transform our information and support services and drive forward our vision of being there from day 1 for the Parkinson's community. Every pound you raise will be matched, pound-for-pound, by the Frank and Evelyn Brake Connect Fund, up to £200,000. Raise £50 from your walk and £100 will go to help make sure no one misses out on the information and support they need.

For further information and to register for this event see parkinsons.org.uk -walk in the Surrey Hills

Start and finish: Denbies Wine Estate, Dorking RH5 6AA.

Start time and date: 10am, 10 October 2021

Sign up fee: £12 for adults and £6 for under 18s

Sponsorship: £50

Routes: 3 miles or 8 miles.

Registration for this walk closes: Sunday 3 October 2021

We will not be accepting any sign ups on the day of the event.

The walk will be compliant with all coronavirus (COVID-19) guidelines. Details will be confirmed to participants a week before the event to ensure they are up to date.

Working Age Group meet the Hogs Back Chapter

On Wednesday 17th July the Working Age Group were joined at their monthly meeting by the Hogs Back Chapter, a group of lovely people who own Harley - Davidson Bikes to meet the group as their have very kindly nominated the Guildford PD Branch as one of their two charities that they would like to raise money for this year, with this in mind we thought it would be nice to get the two groups together so that they could meet one another, and the Hogs Back Chapter get to learn a little more about Parkinson's Disease.



It was a wonderfully warm evening with a brilliant turnout from both groups, there were Harley Davidson bikes everywhere which was a great amusement to the general public who were very intrigued to find out what was going on. We met at the Withies Inn, Compton which is the normal meeting place for WAGS and after dinner we were invited to have a ride on one of the bikes (who could refuse an opportunity to ride pillion on a Harley). For those who were not too sure about two wheels there was also the offer to try a trike. It was a fabulous evening, and everyone thoroughly enjoyed themselves. We made some great new friends that night and are looking forward to meeting up again next year.



Thankyou so very much to the Hogs Back Chapter for coming to meet us all, for giving us the chance of a lifetime to have a ride on the bikes but mostly for being generous enough to find the time to fundraise for the Guildford Branch this year.



Also, our special thanks go to Hugh and his brilliant team at The Withies Inn for allowing the bikes to turn up, take over the carpark, for feeding us all and for practically taking the pub over for the night.

Sharyn Bullen



Golf remains Gerry's perfect pick-me-up

An interview with Gerry O'Connor by England Golf on World Parkinson's Day

Gerry O'Connor was just 48 when he was told he was living with Parkinson's. Now – 13 years on from the diagnosis – the Irishman remains as enthralled and, crucially, as involved in the game of golf as he has ever been. The message from the member at Worplesdon Golf Club in Surrey is clear; "Golf can remain a huge part of your life even after a Parkinson's diagnosis. The beauty of golf is that it can be flexible to suit individual circumstances. It need not always be about a full round of 18 holes.

Whether it's a game of putting or some chipping, a hit on the driving range or a few holes in a loop on the course before retiring to the 19th hole for some craic with your friends, golf is not one-dimensional. All it requires is individual drive and a little patience and



understanding from those around you at the golf club. Typically, you'd assume Parkinson's would be a condition you'd find in older people. I was just 48 when I got the news. All my life I'd loved golf and was able to play the game to a reasonable standard and enjoyed it immensely. I was determined not to give it up. That was for many reasons both sporting and social. I was competitive and loved being out in the open-air playing a great sport with my friends and family. For the first few years I was able to carry on competing as before and play to my handicap. My deterioration has been gradual, but there did come a point where my scores were horrendous! I lost a lot of my strength; my coordination was out of synch and my short game was terrible. I was just going up .1 every round and couldn't break 100. But as my old dad said to me 'a bad score will always beat an NR! My golf club also recognised what was happening and made allowances with a new handicap. That combined with some lessons and a bit of adaptation to my game allowed me to get going again. The arrival of the new World Handicap System is another good thing – as this accurately reflects your actual playing ability. I now have an index of 16.4 and I still live-in hope that I can get this going back down. For me, the little wins are big successes."

In Gerry's case, his club have been hugely supportive as has his circle of friends and family. They soon recognised that with a few tweaks to the old routine, Gerry could continue his love affair with the game and enjoy the mental and physical benefits of playing the sport

"Golfers might be put off at the thought of playing if they feel they are a hindrance to their playing partners or others on the course." admitted Gerry, originally from Naas in County Kildare. "Inevitably a player with Parkinson's moves at a different pace from others – but again it's all down to recognition of this and patience from others. I didn't hide the fact I had Parkinson's, but nor did I advertise it. But as people learned about it, they adapted as much as I did. Listen, when it rains putting waterproofs on and fiddling with towels and drying clubs is a nightmare. My friends also joke about the time I take after a round to get changed. But if I need a button done, they help. If I need help with a jacket, I can call on them. Sometimes there are jokes flying about and I don't mind – it's all good fun and done in the right spirit. I still love my golf and the social interaction, and I want that to continue for a long time yet. I'd say to anyone with Parkinson's that golf can take many forms and there will be something in the sport for you to enjoy according to your own situation".

Photo: Gerry with his brother Frank.

Funds Raised by Surrey Hills Rehab and others with the "Surrey 3 Peaks Challenge"

In early April, a number of our members walked up the Surrey Hills 3 Peaks (Box Hill, Leith Hill and Holmbury Hill) to raise funds for the Branch. They raised at least a magnificent **£6,000** through their four Just Giving sponsorship pages, potentially more to come from Gift Aid. So far over £2,500 of this money has reached our Branch bank account with remaining due in before the end of the year.

We aim to make this an annual event for PD day and our Saturday Young PD Group have continued to explore the Surrey Hills on walks with new puppies!

The Casual Ward or Spike.

In my talk on the history of Guildford Hospitals I described the development of the public hospital the forerunner of St Luke's Hospital

This was the Guildford Union Workhouse with accommodation for 300 paupers and had male and female infirmary wards. It was built in Union Lane (renamed Warren Road in 1904) It had its own Chapel, school and laundry. It opened in 1838.

It is the only one of the original buildings which remains and has, through the efforts of the local history society and others, been preserved as the Casual Ward or Spike and can be seen behind the high wall in Warren Road.



It is now possible to go on fascinating tours - go and meet the Tramp Master and experience the sights, sounds and smells of a casual ward in 1906. Discover a working cell and what a vagrant had to do to earn his keep.

The tours last approx.. 1 hr 20 mins and refreshments are available.

If you have any questions, please get in touch: heritage@charlotteville.co.uk or 01483 598420



Anne Folkes

Committee Members

Chair Niki Tompkinson

ntompkinson@guildfordparkinsons.org.uk

Vice Chair (and Referrals and Activities)

Hilary Austin hillawrie@googlemail.com

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Sharyn Bullen sbullen@guildfordparkinsons.org.uk

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westwood.m@talktalk.net

Anne Folkes (Editor of The Park)

afolkes@guildfordparkinsons.org.uk

RECYCLING INK CARTRIDGES

Now we are meeting again on Tuesday afternoons please bring your empty ink cartridges to help raise funds.

Anne Folkes

 brother

EPSON



FRAMA ■



Canon

Useful Information

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

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

North Surrey. Farnham Hospital Outpatients

Rose McKinley 01483 783481

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

Parkinson's UK Helpline Service 0808 800 0303

Lines open: Monday to Friday 9.00 am–8.00 pm

National Website

www.parkinsons.org.uk

Local website

www.guildfordparkinsons.org.uk

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