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PARKINSON'S^{UK}
CHANGE ATTITUDES.
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The Park

Magazine

SEPTEMBER 2022



CONTACT US**TUESDAY AFTERNOON MEETINGS**

Venue: Shalford Village Hall, King's Road, Shalford, Guildford, GU4 3JU

All Members and their partners, carers, and family members are welcome to attend these monthly social meetings. These meetings are free of charge to attend. They allow you to meet new friends, learn from each other's experiences and often hear a guest speaker while having light refreshments.

During lockdown, we provided these social meetings over Zoom. We have now resumed in-person meetings at Shalford Village Hall and we are also investigating the possibility of retaining Zoom meetings. Those uncomfortable returning to in-person meetings should register an interest in Zoom meetings by contacting Sharyn on

sbullen@guildfordparkinsons.org.uk

SEPT 27 Grass Bowls with Shirley (weather permitting) and Cream Tea

OCT 25 Tai Chi

NOV 29 Janet Hughes returns with the film she and her father, Reginald Wilson, a Flight Navigator in RAF Bomber Command, made about his search for his Halifax shot down over Berlin in which four of the eight crew died.

DEC 6 Christmas Lunch, Broadwater Pavilion, Home of Guildford Rugby Club

(see p.) Booking slip enclosed.

2023

JAN 31 TBA

FEB 28 AGM

Autumn at RHS Wisley—A Folkes

PARKINSON'S FRIENDSHIP GROUP

formerly known as THE WORKING AGE GROUP (WAGs)

Change of Meeting Place



The Squirrel Inn, Hurtmore Road, Godalming.GU7 2RN

Meetings are held on the third Wednesday of each month at 7 pm. These evenings are friendly, informal get-togethers and are open to anyone who has or knows someone with Parkinson's. Most members order something to eat, there is a varied menu from which to choose.

Occasionally we have a speaker join us; see the website for any monthly updates (www.guildfordparkinsons.org.uk)

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

Sharyn at sbullen@guildfordparkinsons.org.uk or

Keith at kblack@guildfordparkinsons.org.uk

Meetings for **Newly diagnosed** people are held on the second Tuesday of each month at 7 pm alternating between zoom and in-person at The Seahorse 52-54, The Street, Shalford, Guildford, GU4 8BJ . These drop-in sessions are to offer support and information to those who are coming to terms with the diagnosis. New members are welcome. Names to Sharyn at secretary@guildfordparkinsons.org.uk

Meeting dates: 13 Sept, 8 Nov. 10 Jan.2023 The Seahorse

11 Oct. 13 Dec. Zoom

Message from the Chairman

Hi Folks,

Welcome to the latest edition of *The Park*. I know many of you wait in anticipation for its arrival. Anne and Team do a splendid job and need a jolly good pat on the back for their constant efforts and enthusiasm.

As you know I always start with the mantra.....All health professionals strongly advise you to :

Stay Physically active

Stay intellectually active

Stay Socially active

This time I'd like to reflect on staying socially/intellectually engaged. I'd like to share my thoughts on how one stops oneself from becoming reclusive and lose that spark in life that makes you the dynamic person you can be!

I can only speak for myself, but I'd like to share my magic saying - **"You get out what you put in. Don't expect more until you do more"**. While I have no idea of its origins, I can tell you this has been a strong influence on me. About 15 years in to my 25-year IT career I felt I had lost my mojo and was falling into freewheeling. For example, I had the tendency to write an email but never send it just in case it ruffled feathers and put my head well over the parapet. While attending a high ropes course (not great as I don't particularly like heights) I realised that provided the intention was positive you should engage and push to get your point across.

I realised that the local Scout Group which my sons attended was providing experiences and role models that were shaping my sons lives for ever. I knew I had to do my bit and hence the reason I have been Secretary and Chairman for the last 15+ years.

Finally, the one you might be most familiar with and that's my calling to step up and be Chair of our wonderful branch. While this involves a lot of work you get to engage with some of the most interesting and professional people.

Now the wonderful thing about **“You get out what you put in. Don’t expect more until you do more”** is that it works at multiple levels. For example, I was slightly wobbling as to whether to go to the Crispian Steele-Perkins Trumpet Recital. I don’t have a musical bone in my body, and it involved a longish drive. Luckily for me I applied the saying and I can say it delivered abundantly – Crispian was amazing (as you can see in the write-up later) and I had a thoroughly wonderful time. Afterwards, I have to say I had no idea why I was initially so negative but thankful to the saying. I also find it has lasting powers - I now realise that attending the Summer Picnic, Paul Mayhew-Archer and the Christmas Dinner are a privilege and joyful events that enrich my life. Something to look forward to and not burdensome obligations!

So, I advise you all consider applying the powerful saying and see if it helps you find direction/joy/fulfilment. In case you need a starting point, you may want to try it out on areas of life such as volunteering effort, supporting fundraising or simply going to the events we organise. If it does direct, you to wanting to make a positive contribution then I’m always available at dlowther@GuildfordParkinsons.org.uk.

Enjoy the rest of *The Park*

David(Chair)

Parkinson's Christmas Lunch

Tuesday 6th December 2022 12 noon for 1 pm at the

Broadwater Pavilion
Home of Guildford Rugby Club
Guildford Road Godalming GU7 3DH

The price is £20 (including wine at the table) for Branch member and one guest. The price for any extra guests is £30.

If you wish to attend, ***please return the enclosed expression of interest slip by no later than Friday 21st October to:***

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

Please include a stamped addressed envelope

You will then receive the Christmas menu as acknowledgement, and you should then select your meal choice from the options available and then return the completed **choices form to Margaret, by no later than Friday 10th November.**

Payment for your Christmas Lunch can be made either by:

1/ Make an online bank transfer payment to our Branch bank account:

Account name: Parkinsons Disease Society of the United Kingdom (or as much as you can enter into your banks payee name area)

Sort Code: 20-00-00

Account No: 03859762

Please reference the payment 'Christmas'

2/ Send a cheque for the full amount, payable to 'Parkinsons Disease Society Guildford', Please write 'Christmas' on the back of the cheque and send to the below address:

Mr. S Heron

Treasurer, Parkinson's Disease Society Guildford

11 Merrow Woods, Guildford, GU1 2LQ

Please write 'Christmas' on the back of the cheque

PAYMENT MUST BE RECEIVED NO LATER THAN FRIDAY 10 NOV 2022



World class trumpeter wows Witley!

Valerie Box who masterminded the evening writes ;

Crispian Steele-Perkins performed “The History of the Trumpet: a Musical Journey in Time”, to about 120 people in the chapel at Barrow Hills School in Witley on May 21st. It can’t really be described as a concert as it is more of a demonstrated talk, with trumpets at various stages of development being played along the way.

Amongst other accomplishments, Crispian has played with top orchestras and soloists, participated in the film scores for 6 James Bond Films, played in sell out concerts in the Royal Albert Hall and Sydney Opera House and is best known as the soloist for the signature tune for the BBC’s popular show, The Antiques Roadshow, from which, he ruefully said, he had never received so much as a penny in royalties! He restores and collects period instruments and then tracks down the music of the time so the audience hears how the piece originally sounded. The enjoyed familiar and unfamiliar pieces and were introduced to lesser-known composers as well as the more famous.

He demonstrated that with the right mouthpiece, you (or at least, he!) can get a tune out of any piece of tubing and proceeded to play a length of hose pipe! Afterwards, several people commented how much they had unconsciously learnt from him during the evening. He was a delight to listen to both for his renowned clarity and purity of sound for every note on each trumpet, cornet and bugle he played and for the informative and amusing talk alongside. He was very well accompanied on the piano by Ian Richardson, the director of keyboard at King Edward’s School, which is associated with Barrow Hills. Crispian’s act is one well worth seeing and bears repeated hearing as each time the story is told differently.

The buzz in the refectory for the interval refreshments was tangible with everyone saying how much they were enjoying it. A wide spread of tempting finger foods had been prepared by a team of volunteers and was much appreciated. Other volunteers had overseen car parking, shown people where to go and the way to the food, while others ran the raffle. Huge thanks go to them for all their involvement: the event would not have been the success it was without them. And a success it was, raising **£2000** for branch funds- a magnificent result.



Due thanks were also given to King Edward's School for providing the accompanist; Barrow Hills School for providing a venue, persuading their caterers to provide the interval drinks, and their overall help; and to the local businesses who had provided generous raffle prizes that attracted visitors to buy tickets.

Now for the next event: Paul Mayhew- Archer's one-man show, "Incurable Optimist", is on 17 September at 7.00 pm at King's College in Guildford— *see separate article on page 17* Note the date and tell your friends. It isn't all about Parkinson's and it is very funny.

An invitation to you from Paul Mayhew-Archer

I'm Paul Mayhew-Archer and I'm writing to tell you about the comedy show *I'm bringing to Guildford. Eleven years ago I was chatting to a friend at the BBC and I mentioned that my handwriting was getting smaller. "I don't want to worry you" he said, "but I think you might have Parkinson's".*

What he'd have said if he HAD wanted to worry me I don't know, but he was right and I've been living with it ever since.

*It's caused by a lack of dopamine, which is the chemical the brain uses to send messages to the rest of the body. It means some of the messages don't get through. For instance it can take me 10 minutes to get my jumper on, what with struggling to get my arms through the sleeves, shoving my head through the top and tugging it down at the back. The other day I'd just managed it when Julie, my wife came into the room. "Not that jumper," she said and whipped it off before I could say a word. People with Parkinson's find different ways of managing the condition. Because of my background in comedy I focus on the funny side. I co-wrote *The Vicar of Dibley* and one of my Parkinson's symptoms is excessive drooling so I thought I'd call my one-man show *From Dibley to Dribbly*. Julie vetoed that idea so it is called *Incurable Optimist*. It is partly about my career in comedy and how, on separate occasions, I've had the luck to write for two of the funniest, sauciest women in the world - French and Dench. There's a double act to savour. It's also about my family. You wouldn't believe my family if we were in a sitcom. I'm my son's uncle. Want to know how? Come to the show.*

I've taken the show to the Edinburgh Fringe and all over the country, and people seem to love it, whether or not they have Parkinson's. They laugh a lot, some cry a little and we all feel better at the end. When I did the show in Abingdon an elderly man came up afterwards and said "I've been very down recently, but you've given me just the spark I need to carry on." I was very moved, though why Donald Trump came to see me I have no idea.

Many thanks to Claire Price and her husband John for allowing us to use their magnificent gardens at Great Halfpenny Farm to host a fabulous summer on 30th July in aid of the branch.

Huge thanks gorgeous Steve Heron, his large band of willing helpers for making it such an enjoyable day and a great fundraising event.

On offer were cream teas and Pimm's as well as tombola stall and plant stall groaning with goodies.

You were able to visit the chickens and beautiful horses on the farm. Just over 100 adults and ten children came along and the weather was warm and dry and we relaxed to a background of good music, enjoying delicious food and drink while taking in the amazing views of the North Downs. We raised a fantastic. £1300. for the branch

Debbie Gaskell

• .Cream Teas Stall	= £255.98 (2021 was £250)
• Pimm's Stall	= £152.20 (2021 was £318)
• Tombola Stall	= £304.82 (2021 was £353)
• <u>Plant Stall</u>	= <u>£351.71</u> (new for 2022)
TOTAL	= <u>£1,612.71</u>

Less expenses:

• Toilet Hire	= £258.00
• Paper plates, cups, etc	= <u>£56.66</u>
TOTAL	= <u>£314.66</u>

NET INCOME = £1,298.05 (2021 was £1,294)

THE SUMMER PICNIC GREAT HALFPENNY FARM



A Further Feat of Fundraising by DARREN DUNKLEY

I have done the abseil at Guildford cathedral I raised about £1,200 and I didn't see the point of doing it again so looked for something bigger and I thought about the National Lift Tower. In the early eighties; we could see it on the ride to school. It got nicknamed the Northampton lighthouse which is funny as Northampton is as far away from sea in any direction as is possible

I did get a chance to go to the top in the eighties but that was up and down in lift only so when I saw you could abseil down and it is over double the height of Guildford at 418ft I accepted the challenge.

I was hoping to have some other parky friends join me - they will remain nameless as they made their excuses

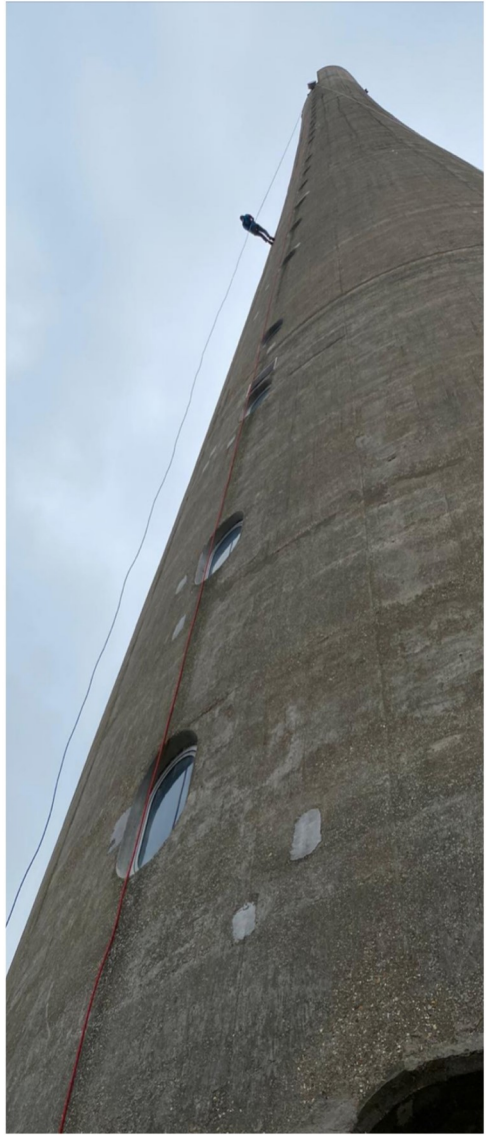
It took about 5 mins to climb the combination of steps and lifts to get to the top

Excellent view from top but very high !!

They clip you on and then there is a small challenge of sitting on edge put one leg over then the other. a bit of jerk as harness and ropes take your weight then they say 'let go with both hands for photo' - nervous moment then!

Then it's just a case of walking backwards down the tower !

It took about 10-15mins



DARREN DESCENDING THE NATIONAL LIFT TOWER

Obituary: Roger Newnes Smith

Many of our members knew Roger Newnes-Smith and will be saddened to hear of his death on 9 June at home in Godalming aged 80. Roger had been a regular attendee at the Tuesday afternoon social/ meetings and other activities until fairly recently, and had also previously been a keen member of the Parkinsons Voices. He was committed to the work of the Branch and supported his wife, Myra, in the many committee roles which she has undertaken.



Roger led an active and interesting life – living and working overseas for a number of years, playing sport and bridge, walking and cycling, attending concerts and opera, and being an active and devoted father of three and

grandfather of seven. His love of jokes and puns was legendary! Despite poor health in recent years, with a number of issues unrelated to his Parkinson's, he never complained and continued to enjoy family life and to keep as fit as possible. He loved to use his Tramper to accompany other family members on country walks (often "forgetting" that he could tramp at least twice as fast as anyone could walk!), to listen to music at home, and to play games. It is fitting that he played and won a game of bezique shortly before he died. He will be sorely missed by family and friends. A small family funeral was held in July and a celebration of his life took place at the end of August.

N.T.

PETER'S POEM for the PARK

THOUGHTS OF AUTUMN

Late summer sun, slow change in hues
 of leaves whose days are nearly done, dues
 paid for the year, so they may either linger on,
 through autumn's shifts, or drop tomorrow,
 an early gift to the earth below, and all the things about to grow
 in gardens, fields and water meadows. simple beauty in the lives of leaves

a bud forced through a tiny gap, then to
 spread a solar cloth to catch the light and
 send it back to feed the tree and so, each anniversary,
 augment the leaf community.

A year is short but look outside each day: it's
 lengthened by the grand display of colour that will
 wet your eyes. Yet you may be taken by surprise
 if buds appear much earlier than they did last year;
 or if winter, too soon woken, sighs its cold commands
 and roughly scatters younger lives.

Today is calm, leaves barely move, hard to believe this
 slow embrace and lightfoot waltz will gather pace and
 leave the dancers, no more face to face, but
 whirled this way and that by winds that weaken
 limbs and all the ties attaching to the tree.
 How could this arboreal harmony be rent apart
 in so few blows? Is there a price to pay for
 paradise? Can more be said, not just supposed?

As the hands of clocks complete their rounds more
 quickly, as the last ticks and tocks of day loom large,
 as the night marks the finite and the way full followed,
 so the last notes of evening birdsong, and the red pink
 slide of the sun's descent and final dip behind the turning
 Earth, make it worth its own end; and, in a sense, the
 end is in the start, or such a large part of it that it profit
 little to stop the whittling down of day.

And this whittling down may be meet, as metaphors go,
for poignancy requires a good point, after all – and a
sharp one at that – for the point does need to pierce the skin,
to let run out all that lies within, that hides inside. Then
we can be fine leaves, for our time, while light remains, and
teach delight in colours fading into night.



Fund Raising Concert

**Don't forget to book your tickets in advance for Paul Mayhew-Archer's
performance of his one-man show**

'Incurable Optimist'

on Saturday 17 September from 7.00– 9'15 PM

at King's College, Southway, Guildford GU2 8DU

(Park Barn, just beyond the hospital and Tesco's)

There is ample parking at the College and good disabled facilities. It isn't too far from the railway or bus station for a taxi from either, or there are frequent buses that go to Park Barn. It promises to be a super evening with plenty of laughter.

Paul co-wrote "The Vicar of Dibley" and as one of his symptoms is excessive drooling, his intention was to call his show "*From Dibley to Dribbly*" but his wife vetoed that! Paul was diagnosed with Parkinson's in 2011 and since then he has carried on as he always has, finding humour in any situation including his Parkinson's. He is a passionate advocate for raising general awareness of Parkinson's and for more research to find better treatments. The show covers his life before Parkinson's and how he found humour all around then as well as post diagnosis. Nothing is excluded, with subjects that aren't often mentioned being turned into comic anecdotes..

Tickets are £15 (under 16s £5) if bought in advance or £20/£7.50 on the door, available from sheron@parkinsonsguildford.org.uk or 07795963940.

The Bar opens at 6.30 PM and drinks will also be on sale in the interval.

There will be a super raffle. All proceeds will go to the Guildford and South Surrey branch of Parkinson's UK..

Who do you think Chair and Treasurer are?

Following the format of *“Who Do You Think You Are?”*, David and Steve presented us with a brief history of their families at the end of May Shalford Village Hall social afternoon



This very entertaining session started with the fact that **David’s father** was tried at the Old Bailey in 1985 for breaking the Official Secrets Act, albeit the Judge described the prosecution as a ‘disgraceful waste of public money’ before discharging the father.

The background being that David’s father worked for the Home Office Prison Service as an accountant and had passed 2 pages of a confidential report into the manufacture, by prisoners, of children’s toy typewriters for a private company, to a fellow Civil Servant ‘against the interests of the State’



This case followed on from that of a senior Civil Servant in the Ministry of Defence, Clive Ponting, who had leaked information about the sinking of the Belgrano to a Labour MP, which whilst also breaching the same section of the Official Secrets Act had ended with Ponting’s acquittal. Having lost the Ponting “Official Secrets Act’ case, were trying to make a point by pr

It appears the then government, prosecuted David’s father to show the Act still had teeth even for trivial leaks. This was clearly without success, and it was commented that the Act was now somewhat defunct.

Steve continued the presentation with a somewhat grand Heron Family Tree with an elegant coat of arms before revealing the real tree was much more modest with ancestors mostly weavers, shopkeepers, and labourers!

Steve’s Great, Great t Grandfather (John) was born in 1831 (before Queen Victoria came to the throne) in Newtownards, near Belfast and whilst initially following in his father’s footsteps as a weaver had become a successful fruit and vegetable shopkeeper by the 1870’s. He had 10 children, all boys.



Newspaper archive searches show that whilst successful as a shopkeeper, he left a footnote in history for being taken to magistrates’ court 3 times, firstly for being drunk, secondly for using abusive language and finally for assault!

Steve's **Great Grandfather (Edward), born 1861**, was the second eldest son and had moved to Workington, West Cumberland in the 1880's to start a similar fruit and vegetable shop business. At that time Workington was a boom town as Bessemer had recently moved his revolutionary blast furnace steelworks to the town

Whilst Edward appears as a shopkeeper in old trade directory's he also seems to have spent most of his career as a labourer on the docks or in the Iron and Steel factories.

Like his father he left a newspaper footprint for regular attendances at the magistrates' courts for not sending his children to school, being drunk, and so on. His own death in Jan 1921 is the likely result of a drunken fall that left an untreated cut hand that led to blood poisoning.



His Grandfather (John –note all the eldest sons by Heron family tradition were called John), born 1885, broke the magistrate court tradition by never being arrested for drunkenness!

His only appearance in court in 1912 was for taking scrap iron off a private beach area, to sell for food for his starving family. The Police Supt vouched for the character of John and advised the magistrates there was truth to the plea that there was 'no food in the house', who then bound John over for 6 months for 'good behaviour'

The newspaper report of the case was somewhat overshadowed by the sinking of the Titanic.

John subsequently volunteered for the army at the start of WW1, serving in France from Dec.1915 until 1918.

Steve's Father (Joe) born 1914, worked on the Steelworks for his whole career apart from service in WW2. He joined the Royal Artillery and volunteered for the DEMS (Defensively Enabled Merchant Ships). These were small squads of gunners, assigned to merchant ships, to provide rudimentary protection if attacked.



After a few North Atlantic convoys, in early 1942 Joe's ship was attacked and sunk by the German raider 'Thor' in the South Atlantic. He was officially listed as Lost at Sea, Killed in Action.

Joe then turned up in a Tokyo prisoner of war camp in December 1943 when his parents received a postcard via the Red Cross. He had been in the camp since September 1942 and had sent the postcard in December 1942 to say he was alive and being 'well treated' in Japan.



He was in Tokyo because the German raider could not return to Germany due to the Royal Navy blockade so was being replenished by the Japanese. On each trip into Japan, they would leave the captured seaman.

Joe worked as 'slave labor' on Kawasaki Docks. Joe was released by the US at the end of the war and came back to England via Canada, arriving home in Dec 1945

Joe had 'officially' come back from the dead.

Steve had also tempted us with revelations about a Murderer.

In the family tales as Steve grew up, there was always mention that a relative had 'got away with murder and fled to Australia'!!

In researching this, Steve discovered that one of his Gt Grandfathers (Edward) younger brothers was Samuel Heron

He was a successful businessman in Newtownards, managing a printing factory, as well as being a prominent local councilor, a Freemason and a senior Orangeman. However, he had a somewhat tragic family life with the death of his first wife in 1890's, then his second wife in 1905. His parents died in 1911, followed by his eldest son in 1914. .



By 1915 he was living beyond his means in a large house in Newtownards, and his stepson (Willie- adopted when he married his second wife) asked for his inheritance, held by Samuel, as he wished to marry. Shortly after this Willie is killed, and whilst there is no direct evidence the Police use circumstantial evidence to arrest Samuel. Particularly important was that the inheritance money was missing. Samuel is tried three times at the Crown Court in Northern Ireland, with each jury finding the case 'not proven'. In 1916, Samuel is released from prison.

Steve has discovered that Samuel subsequently moved to Brisbane in Australia where he reinvented himself as a commercial salesman, becoming the president of their Association, and was also president of the Brisbane Bowling Club. He had generous newspaper obituaries on his death in 1939, albeit no mention of his dark past.

Apart from an entertaining afternoon, and learning a little bit about how to re-search your ancestors, what can we glean from this presentation?

Don't trust David with a secret!!

Don't let Steve anywhere near alcohol!!!...and never ask him for money!!!!

The day that the Wobble came to Guildford

The members of the Guildford Parkinson's group had a busy afternoon with 30 members, including 7 new members, entertained by Diana Rang who came to give a demonstration of health and well-being exercises called WOBBLE which she has started within the Guildford area.

What is Wobble? Focussed on improving strength and balance for falls prevention. This class starts and ends in a chair and includes optional standing elements. Classes last 45 minutes and don't involve any floor work .

If you attend as a carer you will be asked if you'd like to stay on and join in.

The first session is free and £7 a session thereafter.

We all loved this afternoon and hope that Diana does well with her groups and she will come and see us again next year

After the exercise session Diana answered many questions as we enjoyed tea and cake.

Further information is available from Diana on 07850 779482 or email Diana

On Diana@fitness5.co.uk

Hilary Austin.

SO HERE IS A LITTLE STORY TO TELL IT IS A MUST

I decided that the patio decking needed re-varnishing, after all it was five years ago since I last took on this boring task and the decking was beginning to look a bit tatty. So I gathered all the necessary equipment including a dual height gardening seat, a full can of varnish, some turps, paint brush, and old worn out towel for mopping, up if necessary and set off for the patio.

The weather was perfect for painting, unlike the previous days when it was just too hot to do anything but snooze! I got the first plank done in no time, using the kneeling height on the chair to paint from and the longer legs to heave myself up and down between varnish pot and plank and my right arm and hand to support me when I was actually painting. This worked fine until I started on the next plank, when my right arm failed to support me and I fell, face first onto the still wet plank I had just finished. This left me spread across the kneeler and right over the very full can of varnish under my stomach with both my hands firmly planted in the wet varnish together with my full face. I tried everything that I could to get up or move somehow, but nothing worked, I had nothing firm to pull on, my wife was indoors involved in a Zoom meeting and anyway my voice is very faint and she would not have heard me. I eventually managed to roll onto my back, narrowly missing knocking over the can of varnish, and edged my way back to the back door on my back. By this time I was exhausted, covered in varnish and just had to wait for my wife's zoom meeting to finish, in order for me to get some help in getting up. When my wife realised I was not around she found me fast asleep on my back in the middle of the patio decking with varnish over both hands, I had been asleep for the best part of half an hour and had varnished only one and a half planks in two hours and both my hands and face... The rest of the patio is yet to be done! I would point out that my wife's hernia was not best pleased at having to try lifting 86kg of me into a chair via a garden kneeler and step-ladder!

The moral of this story is don't varnish the patio if you've got Parkinson's, get your wife to do it. *Colin Dorling*

Calling all careers.

Message from Myra Newnes -Smith

Carers please note!

In the past, there was a regular lunch get-together for Carers at The Rectory in Milford. There is now some interest in returning to face-to-face meetings. Of course, going forward it doesn't have to be lunch and perhaps morning coffee or afternoon tea might work best.

If you are interested please contact Myra by phone on 01483 422440 or email at mnsmith@guildfordparkinsons.org.uk

Did you Know?

If it is difficult for you to get to an optician and you are over 60 you can have a free NHS eye test at home with Outside Clinic. They also do hearing checks but if you require hearing aids you are obliged to purchase from them.

www.outsideclinic.co.uk info@outsideclinic.com

The Hundred Club

Our first monthly draw was in September. At the start of the new year we have **207** numbers in play.

Four individuals dropped out. {9 numbers} one new member, taking five numbers.

Here are the lucky winners:

	1	2	3
September	Anne O 'Connor	Valerie Box	Sheila Fullbrook
October	Niamh O'Connor	Sheila Fullbrook	Anne Folkes
November	Valerie Tanner	Geoff Morling	Joanna Brough
December	Niamh O'Connor	Jane Harding	Michael Cox
January	Elizabeth MacCullum	Denise Chapman	Anne O'Connor
February	Lorna Clarke	John Billington	Sharon Bliight
March	John Billington	Henry Emden	John Morris
April	Joanna Brough	Valery Tanner	David Moore,
May	Peter Witter	Geoff Morling	John Billington
June	Maria O'Connor	A C S Taylor	Joan Peacock
July	Hillary Austin for Mike Hardy		
	Rosemary White	John Ballington [again but not the same number]	

The Surrey Hills Rehab Team are on the move again!

-

Kim Wilson writes = We spoke to the people who did the Three Peaks Walk last year and they felt every other year, or a different and bigger challenge would be better as they would no doubt be asking the same people again for money

However, the SHR team are planning on doing a team running event at the end of October at Beachy Head (one person doing the marathon, the rest of us just the very hilly 10k!) and our plan is to raise money to fund some heart rate monitors for our new PD spinning group at the leisure centre and anything remaining will be donated to yourselves. The link is here if you want to share it

https://www.gofundme.com/f/equipment-for-surrey-hills-rehab?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1

Most of us haven't run anything like this before, or not run for years and so starting with the Couch-5k before we start our team training for it.



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

membership@guildfordparkinsons.org.uk

Secretary Sharyn Bullen secretary@guildfordparkinsons.org.uk

Committee members

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Margaret Westwood (Minutes secretary)

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Anne Folkes (Editor of The Park)

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Deborah Gaskell Communications Coordinator

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DON'T FORGET TO

BOOK YOUR TICKETS FOR THE PAUL MAYHEW-ARCHER SHOW

SAT 17 SEPT (See P.17)

RESERVE YOUR PLACE AT THE CHRISTMAS LUNCH TUES 8 DEC

(See P.6)

KEEP COLLECTING INK CARTRIDGES.

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}