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**PARKINSON'S<sup>UK</sup>**  
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# The Park

## Magazine

**SEPTEMBER 2019**



## **GUILDFORD AREA BRANCH MEETINGS 2019**

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

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

**October 22nd 2019** 'Into the dark' an amazing story about  
RAF Bomber Command - Janet Hughes who wrote a book  
with her father Reginald Wilson, a RAF Flight Navigator. (see P 11)

**NB: This the 4th Tuesday but not the last Tuesday in October**

**November 26th 2019** 'The role of the Nurse for the Parkin-  
son's

sufferer' Dr Mary Baker MBE , past CEO of Parkinson's UK.

(see P 11)

**December 6th Friday** Christmas lunch—See P 19, booking  
slip enclosed.

**January 28th 2020** TBA

## **A few words from the Chair.....**

For many of us, September will always be associated with that “back to school” feeling, and talk of “what I did in the holidays”. I hope that you were all able to take advantage of the hot (too hot?) weather we had, and had an enjoyable time away or at home with friends and family. I know that at least one of our members found a novel way of getting on to the beach at Wittering, as you will see on page 17.

All the Branch's meetings and activities resume this month, thanks to the untiring work by many members of the committee. It is invidious to single people out, but I would like to say a special thank you to Hilary, who organises the monthly meetings at Shalford and has been the driving force behind many of our other activities. And to Angela, who not only helps run the Branch meetings but has also presided over some very special events this year such as the trip to Milestones Museum in April, and the Cream Tea in July, and is even now turning her mind to the Christmas lunch!

A lot of the committee work is “behind the scenes” and can be extremely time consuming. Sadly, our much-loved Treasurer, Sophie, who has been with us for more than two years, has decided that her busy full-time job does not allow her the time she would like for running the Branch's finances. She will be leaving us at the end of September and we are actively seeking a successor. She has been instrumental in ensuring that we make the best possible use of our funds, especially the legacy, and her wise advice will be sorely missed.

On a more cheerful note, we filled the vacancy for Branch Secretary, when Sharyn joined the committee earlier in the summer. Sharyn is also very active in the Working Age Group. As Branch Secretary/Programme Manager, Sharyn is working with our various providers (e.g. those who run our exercise classes) to streamline our processes for organising and subsidising the classes, and supporting the new assessment process introduced by the physios.

A few words from the Chair continued:

Sharyn's work will help us to be more professional in our arrangements, and to plan for 2020 onwards when Florence Pite's legacy comes to an end. ***Inevitably, the current level of subsidy will not be possible and more active fundraising will be needed. But we will still want to support you in every way we can, by organising social, therapeutic and other activities designed for those with Parkinson's, even if a greater degree of self-funding is necessary.***

Enough from me! We look forward to seeing you at many of the events planned for the autumn – or if you have any ideas for different activities, then do tell us.

*Niki Tompkinson*

## **We would like to see you!**

There are many members that have not been to any of our Shalford meetings or other events and the committee want to be sure we are doing all we can to make them welcome. If you are tempted to come along and need assistance or would just like to be met in the carpark, do give us a ring. A member of the committee will be there to greet you, escort you in and introduce you to others.

If however we haven't had the pleasure of your company because our programme of events does not appeal to you, do please make suggestions as we are always looking for new ideas.

Ring Myra on 01483 422440

## WANTED – URGENTLY!

We are seeking a **Branch Treasurer** to replace Sophie, who has worked so hard for us for the last two years, but who can no longer continue in the role because of other commitments.

This is a key role which enables us to carry out the valuable work of The Branch, especially funding events and activities.

A full role description is on the Parkinson's UK website but, in short, the Treasurer

- monitors our spending,
- pays the bills, banks any donations, and
- reports to the Committee and to Parkinson's UK.

The Treasurer does not need to be a qualified accountant, but should be happy working with figures as well as with people.

Time commitment is 8-10 hours per month.

Committee meetings (2 hours) every six weeks on a Wednesday morning.

Your Branch needs you!

Or someone close to you

Please ask your friends and family – spread the word or for an informal chat, do contact the Chair, Niki Tompkinson on 07717048977 or [ntompkinson@guildfordparkinsons.org.uk](mailto:ntompkinson@guildfordparkinsons.org.uk)

## Bongo Drums, 28 May 2019

About 30 people attended the event lead by

**Sean Quinn from Drumheads.**

A few of us from the Working Age Group joined in with this wonderful workshop and we thoroughly enjoyed ourselves. Sean is an accomplished drummer and runs workshops for community events and groups. He studied percussion in India, West Africa, Brazil and the UK.



We used bongo drums from Sean's large collection from

West Africa. We each had a drum and Sean demonstrated simple rhythms that we could imitate. We had great fun using our hands to make rhythmic beats, echoing his drumbeat rhythms. After a while he brought in some percussion instruments, and our rhythms became more complex. The interweaving of sounds made us all feel included and the afternoon was a very good experience. We could achieve instant results, but it also involved our skills of focus, co-ordination and listening. By the end of the session I felt uplifted and positive, and I hope everyone else had a similar experience.

Afterwards we had tea, coffee and cakes and fun having a raffle draw. Thank you to the organisers and to Sean Quinn.

To find out more about Sean, I have included a link:

<http://www.drumheadslive.com/>

*Val Black*

## Quiz and Games Afternoon, June 25

It was a fine afternoon for the meeting in June and the challenges of a Quiz and Games afternoon. Myra had set a thought provoking 21 question quiz - our table had very different views on which is the largest lake in the British Isles but no problems with identifying the composer of the New World Symphony.

There was a good spread of questions and with tables of three or four, someone generally knew the answer. Or thought they did !

Over tea to revive our brain cells we could choose from a large selection of games on display to play either individually or in groups. There really was something for everyone, and all enjoyed this relaxed and yet mind stretching meeting.

James & I certainly enjoyed the afternoon and I do feel it was valuable for the PD members to be able to try a game they had either played in the past or could have a go at something new in safe and understanding companionship.

*Sophie Ferguson*

**DON'T FORGET TO BOOK FOR THE CHRISTMAS LUNCH**

**ON FRIDAY 6 DECEMBER 2019**

**BEFORE FRIDAY 18 OCTOBER 2019**

**(see page 19 for details)**

**BOOKING SLIP ENCLOSED**

## Cream Tea at Guildford Golf Club, Monday 22 July

In July the annual cream tea was held at the Guildford Golf Club. It was a very happy gathering, including a good turnout of people from the Working Age Group. As always, these functions are a time to chat with friends and to relax. The tables were attractively decorated with flowers and bright napkins, and it was a warm summer day. Angela and Hilary had planned it all so well and the event was much appreciated! John Campling was captain of the Club a few



years back so we are grateful he and Angela could facilitate the venue. Hilary hosted the afternoon beautifully.

We were treated to some spirited singing from the 'Motivation by Music' singers led by Emily Bollon.

The choir sang with such joy and gusto and it was very uplifting listening to them. They brought a big smile to my face



We were served a plentiful supply of tea and sandwiches, followed by scones with cream and strawberry jam.

There followed a presentation by Sylvie Webb of a cheque for £471.32 on behalf of Nationwide Cranleigh, doubled by the organisation to over £900 (see cake sale P.13). Hilary thanked Sylvie and Valerie Box who had helped her and Emily and her Motivation by Music for their performance and for their help selling raffle tickets.

Finally we had the fun of the raffle draw, and happiness for some lucky winners who went home with pretty plants and other prizes.

*Val Black*



## **Programme for the Guildford Working Age Group**

**NB:** Our meeting place is no longer at The Parrot. After many happy years gathering there, the pub has closed.

**New venue is: Queen Victoria Club, Station Row, GU4 8BY**

There is parking outside and if more space is needed, use the Vet's parking area next door.

Third Tuesday of each month. If ordering a meal, we meet at 19:00. Otherwise, arrive at 19:30.

Remaining events for 2019:

**16 September For this time only, the meeting is on a Monday.**

A short walk near the river, then dinner at The Queen Vic. For the walk, meet at The Queen Vic to depart at 18:30. If it is raining we will not walk but the pub gathering will go ahead.

**15 October (Tuesday)**

Meet at The Queen Vic. PD Nurse Amanda will give a talk at 20:00

**19 November (Tuesday)**

Meet at The Queen Vic. At 20:00 Jan Hughes presents **A Bomber Command Hero's WW2 Survival Story**. Jan has published this book about her father and his story is fascinating! Her book will be on sale (£10).

**6 December (Friday)**

This event is not at The Queen Vic. Members can join with the Guildford Group for the Christmas Dinner but need to book places as seen on page 19 .

**17 December (Tuesday)**

The WAG group will meet at the Queen Vic. Possibly we will have a festive Christmas meal at The Queen Vic if the pub can tweak the menu for us.

## **Meetings this autumn**

We have two very interesting and rather different meetings coming up this Autumn.

In October our speaker is **Janet Hughes** and the title of her talk 'Into the Dark' is the title of a book co-written by Janet and her father Reginald Wilson, a RAF Flight Navigator in Bomber Command.

Reg survived ten operational flights before being shot down over Berlin on January 20<sup>th</sup>, 1944, Reg became a prisoner -of -war but four of the crew of eight died.

In 2005 Reg embarked on a mission to find his aircraft a Halifax LW337. With the help of other highly motivated individuals, both British and German and the use of modern technology the mystery was solved. It is an intriguing story with a surprising ending,

In November our speaker is **Dr Mary Baker, MBE** and it is a great privilege that she has agreed to visit us. Mary has had a long and distinguished career much of which has been involved with Parkinson's Disease.

Mary is a past President of the European Federation of Neurological Associations, and has been a Consultant to the WHO and Chair of the Working Group on Parkinson's Disease formed by the WHO in May 1997. A Patron of the European Parkinson's Disease and a former President Mary, served as **Chief Executive of Parkinson's UK for eighteen years.**

# Having fun and raising awareness as well as money for Parkinson's UK

## 1. Abseiling Down Guildford Cathedral Tower

Grannies, (with their friends and relations) join the leap for Parkinson's UK

Parkinson's UK is 50 years old this year and members and friends of Guildford and South West Surrey group celebrated by abseiling from the top of Guildford Cathedral Tower on Saturday May 18th – a very exciting experience. All those pictured below joined 42 others during the day to test their stamina by ascending the 249 steps to arrive at the top of the tower. They then tested their nerve by leaving the building backwards via a controlled rope to reach the ground.



*Left to right: Sven Wooderson; Julie Wooderson; Lin Woolmington; Valerie Box; Sue Owen; Sharyn Bullen*

They all succeeded and have their medals to prove it! For Lin Wilmington, it was her third descent whereas for others, once was nerve wracking enough and some had to overcome a fear of heights to do it at all. All together, 6 group members took part raising in excess of £4,000 between them for Parkinson's UK centrally.

Members of Emily Bollon's choirs came along to support fellow chorister Sue Owen and sang "I'll be there" to her during her descent to encourage her and quell her nerves. This was one of the songs sung by supporters from all Emily's choirs, including Parkinson's voices, at the Flash Mob on Victoria Station earlier in May, when we raised £385.54. That was another fun experience where we also sang the charity single composed by Emily specially for our Parkinson's local group, and which can be downloaded from this link.

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

**If you would like to register your interest for abseiling the Guildford Cathedral Tower in 2020 please email, [fundraising@parkinsons.org.uk](mailto:fundraising@parkinsons.org.uk) or call 0207 963 3912.**

## **2. Spreading the word—a cake sale in Cranleigh**

Sue Owen, an abseiler and member of Emily's Motivation for Music Choir was having a pre-Christmas meal with her friend Sylvie Webb of Nationwide in Cranleigh and described how several of Emily Bollon's choirs had combined to record a song Emily had written for them and it would-be released on Parkinson's Awareness day April 11. Sylvie immediately said Nationwide in Cranleigh would hold a cake sale on the same day and Sue also enlisted Valerie Box's help Parkinson's UK provided Sylvie with T-shirts, bunting, tablecloths and flags to aid promotion and fellow members of Nationwide offered cakes as did The Bakery, Yangaz Bistro and Cromwells and Costa Coffee gave cups, napkins ,milk and sugar as well cake, so it was a well supported community affair. They also had Easter eggs and small gifts

The sale was a huge success and they were so busy that Sue and Valerie who came to help for an hour stayed over four hours! The sale lasted 2½ days and raised over £471 .At Nationwide they are able to apply for fund match and this gave a total of £942.64

Sylvie presented the cheque at the July Cream Tea where it was accepted by Hilary Austin who was able to give her thanks on behalf of the branch for all the hard work it had entailed .



### **3. Walk for Parkinson's UK**

#### **A walk round the Denbies Wine Estate Dorking**

Three members of the Guildford Group, Edith and Nick Hetherington, Anne Folkes and Anne's son Charles joined around 138 other walkers comprising families, friends and dogs to take part in the Walk for Parkinson's in the Surrey Hills on Sunday 14 July.

Despite a showery start to the morning the clouds broke for the three and six mile walks, setting off from Denbies Wine Estate, heading up through the vines and on to the edge of Ranmore Common.

The shorter of the two walks then sent its participants back past the Gothic spire of St Barnabas Church before returning to the vineyard, while the six mile (which on completion turned out to be nearer seven...) pushed further into the historic

Denbies estate before taking in views of the lawns and house at Polesden Lacey, finally re-joining the other walkers near the church.



*Charles Folkes*

Both walks offered stunning views of the hills and surrounding countryside with a mix of terrain and some quite complicated walking through woodland and open fields as well as Denbies famous grape vines.

It was also a great opportunity to meet other people Involved with Parkinson's UK. After a final descent down the steep sides of the hill the ice cream at the end felt well deserved!

The day raised a total of over £10,000 and rising.

Editor's note: As the event was so successful it will be repeated next year but the last steep downward slope will be replaced by an easier finish—I'm pleased to say!

## **4. Singing for Parkinson's UK**

In the May issue of the Park, Hilary described how our *Parkinsong Voices* recorded the original song 'Spring of Life' alongside choirs from across the *Motivation by Music* community and health choirs network. Choir Leader Emily Bollon wrote the song specifically for our Parkinson's UK singing group!

The song was released as a Charity Single on Parkinson's Day April 11th, 2019, and with money raised by the Flash Mob at Victoria Train Station, our fundraising total is close to £5000! To listen to the single, watch the music video and donate, please head to [www.justgiving.com/mbmcharitysingleforparkinsons](http://www.justgiving.com/mbmcharitysingleforparkinsons)

## **Obituary notice for DAVID PEACOCK (1928-2019)**

David first joined the Guildford Branch in 2009, and soon made his presence felt through his quirky sense of humour. Within 2 years he was co-opted to bring his wit and wisdom to the Branch Committee business - and to the pages of The Park. He became editor in 2013 - and single-handedly compiled, edited and produced every edition from Issue 90 - 96 as regular as clockwork. From his first edition the hand of *EDP* (as he unassumingly styled himself) was clear: he had a way with words.

David's career was outstanding. He won a scholarship to Pembroke College Cambridge and after National Service in Germany, he read Classics and Law. He began his business life working for Headleys - which took him to Australia.

A man who always met his deadlines, David contrived to arrive back in England just 24 hours before his wedding to Joan - which took place in Pembroke College Chapel. Together they shared 63 years of happy marriage.

The last 20 years of his career were spent as Commercial Director of the British Paper and Board Federation and he was awarded the prestigious gold medal for outstanding service to the paper industry world-wide.

David loved all sports - soccer, tennis, squash, cross-country running, skiing - and in his mature years - golf. (His claim to fame was a hole-in-one in 1989)

After he resigned as editor of The Park, David remained an active member of the Committee - until his health began to go down-hill. But typical of a man who gave full commitment to everything he did, he only missed one meeting during his 7 years of service on the Committee.

David was a shrewd, erudite, amusing and engaging man who gave so much to everyone he met. He will be greatly missed by his family, his many friends and by everyone who knew him.

*Margaret Westwood*

### **NAIDEX March 17-18<sup>th</sup> 2020 NEC Birmingham**

If you are you looking for disability living aids it is worth considering a visit to the above exhibition where everything, including mobility scooters is under one roof and direct comparisons can be made.

Although Birmingham may seem a long way it is easier then travelling round different places.

For further information see <https://www.naidex.co.uk>



## Do you fancy a day at the seaside?

The West Wittering beach have two 'Sandcruiser Wheelchairs' that you can borrow. There is no charge but you do have to leave a £20 deposit when you collect it from the estate office. It is advisable to book one in advance to avoid disappointment and of course it's worth first studying the tides and weather forecast!

The weekday carpark fee for high season is £7 for the day (£5 after 3 pm) but more at weekends. There is no reduction for Blue Badge holders. For further information go to - [westwitteringsestate.co.uk](http://westwitteringsestate.co.uk) or <tel:01243-514143>  
It was easy to push the

Sandcruiser on the sand but I left Roger to float back up off the beach on the tide!

Only joking of course but you do need help to return and it was quickly offered

If you fancy a **holiday** by the sea then a good destination might be the Pembrokeshire Coast and the Gower Peninsular. There are Sandcruisers at Broadhaven, Saundersfoot, White Sands and Langland Bay.

*Myra Newnes-Smith*



### Note from the editor.

Do let us know if you come across other facilities to aid a trip out so that we can share it with our members.

If there is somewhere you would like to go but wonder if it is suitable look up [www.euansguide.com](http://www.euansguide.com) which has reviews written by disabled people for disabled people.

## British Red Cross First Aid Course

Early last year the Red Cross ran a course for our carers and it was very well received by those who attended. Several of our members were unable to make the date on that occasion and so the Red Cross have agreed to repeat the half day course for us.

**It will be held on Wednesday 9<sup>th</sup> October, 10.30am to 12.30pm.**

Venue – Guildford Rugby Club, Guildford Road, Godalming GU7 3BU

Although the Red Cross do not charge for the course we do have to pay for the venue. So this time we are asking for £3 per person which will include tea and biscuits and parking is free.

There are spaces but there is a limit on numbers so if you would like to join the group it will be on the basis of first come first served.

Please email [myra.newnes-smith@hotmail.com](mailto:myra.newnes-smith@hotmail.com) or Tel: 01483 422440

## Parkinson's UK Members' Day and AGM

Join your fellow Team Parkinson's members at this year's Members' Day and Annual General Meeting (AGM) on Saturday 12 October 2019. How can I register?

Contact Tyler Events on 01509 631 530 or email [parkinsonsuk@tylerevents.co.uk](mailto:parkinsonsuk@tylerevents.co.uk) by Friday 4 October 2019

[Team Parkinson's](#) is the new name for membership of Parkinson's UK – and it's a new way of showing the world that we're one big community, uniting to end Parkinson's. Forever.

## **Parkinson's Christmas Lunch**

**Friday 6 December 2019**

at

Broadwater Pavilion

Home of Guildford Rugby Club

Guildford Road Godalming GU7 3DH

£15 including wine

Please return the enclosed reply slip and a stamped addressed envelope to

Mrs Margaret Westwood by

**FRIDAY 18 OCTOBER 2019**

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

**RESPOND NO LATER THAN 8 NOVEMBER 2019**



## **Guildford and South Surrey PDUK Branch Exercise Classes moving forwards .....**

The Summer has been an extremely busy time for Sam Goodwin and Kim Wilson-Neurological Specialist Physiotherapists who have reviewed their class structure so that the branch members who currently attend the PD Exercise Classes in Haslemere and Godalming have each been assessed. To date 54 out of 66 class attendees have had their assessment and identified the areas they need to work on within the group exercise setting.

From these assessments it has been identified that

- Classes need to accommodate a wide range of needs – balance and falls risk, ability to understand and retain instructions safely, ability to be challenged further to slow progression of symptoms, other medical pathologies that impact on ability to exercise safely
- Classes need an assistant with the lead Physiotherapist to support individual needs in their exercise.
- Classes need to be split into ability levels to maintain the safety of all and challenge those able to be challenged appropriately at all levels
- An annual review is required for all participants to identify any new needs, changes in health condition, and to ensure appropriate and safe tailoring of exercises

The annual review has also offered an opportunity for people to see how well they are doing with their exercise regime – aiming for status quo of a degenerative condition, and in some cases outcome measures have actually shown **improvement!**

We are pleased to announce that from September:

- ◆ Participants will pay **£5** per session and Guildford and South Surrey branch of PDUK will subsidise **£10** per session. Once the legacy money runs out this will need to be reviewed and participants assist with fundraising for the branch.
- ◆ Participants will pay one month in **advance** to book their place in the class. No refunds for non-attendance will be given, but a suitable alternative will be offered if available.

- ◆ Carers can attend classes for free (basic medical screening required for safety to exercise).
- ◆ Participants will only be subsidised for one Physiotherapy-led class per week. They are welcome to attend further sessions but at the full cost of £15 per session.
- ◆ The increase in fees will also cover an annual Neurological Physiotherapy review assessment
- ◆ Class participants must be members of the Guildford and South Surrey Branch of PDUK

Sam and Kim have been delighted to put this structure in place and to have had this opportunity to assess so many through the support that the Branch has given to the exercise classes moving forward.

Here are some of the responses they have received from those who have been assessed:

*It's been great that someone has been interested in listening to my problems*

*It is good to know that I'm actually doing the right thing with my exercise regime*

*Thanks for all the advice on different exercises and stressing how I need to push myself to do more*

Haslemere and Godalming Classes will continue to be led by Sam and Cranleigh classes -including PD Balance, PD fit and Young PD fit will be run by Kim

Watch this space for these exercise classes moving forwards.....

Contact Surrey Hills Rehab on 07456 641356 or [kim@surreyhillsrehab.co.uk](mailto:kim@surreyhillsrehab.co.uk)

or visit [www.surreyhillsrehab.co.uk](http://www.surreyhillsrehab.co.uk)



PACET is a new exercise programme based on the Pilates principles, which help improve posture and balance, but also incorporates high intensity movements, dual task training and cognitive exercises all of which have been proved to help the motor symptoms of Parkinson's.

PACET classes are chair based with the exercises flowing from one to the other, designed to be fun, interactive stimulating and planned in such a way to suit all levels of fitness.

PACET classes are subsidised in the same way as the exercise classes in Godalming, Haslemere and Cranleigh and the same rules apply (see page 20/21), the cost is £10 per class or £5 for members of the Guildford and South Surrey Branch of Parkinson's UK. The classes are currently running in West Clandon and a new class will start in Milford in October.

### WEDNESDAY

**British Legion Hall, West Clandon**

**CLASS 1: 1.30pm - 2.15pm**  
**EVERYONE: 2.15pm - 3.00pm**  
**Coffee, Tea & Chat**  
**CLASS 2: 3.00pm - 3.45pm**

### NEW Class FRIDAY

**The Clockhouse, Chapel Lane, Milford**

**CLASS 1: 2.45pm - 3.30pm**

If your interested in knowing more and would like to come along to either the new class starting at The Clockhouse in Milford or the classes in West Clandon please get in touch with Sue Buckland.

T 01483 285111 M 07914 512573 E sue@pacet.org W www.pacet.org

## Committee Members

**PLEASE NOTE CHANGE IN EMAIL ADDRESSES**

### **Chair**

Niki Tompkinson

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

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

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

### **Treasurer**

Sophie Cordice [sophiecordice@hotmail.com](mailto:sophiecordice@hotmail.com)

### **Membership Secretary**

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

### **Secretary**

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

### **Committee members**

Angela Campling (Branch meetings and other events)

[angelacampling003@gmail.com](mailto:angelacampling003@gmail.com)

Myra Newnes-Smith (Carers' issues)

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

Margaret Westwood (Minutes secretary)

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

Anne Folkes (Editor of The Park)

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

Val Black (Working Age Group representative)

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

## **Useful Information**

### **Parkinson's Local Advisers**

Guildford, Runnymede, Surrey Heath, Waverley and Woking

*Jackie Wingrave 0344 225 3669*

Reigate, North Tandridge and East Surrey

*Nicky Lawrence-Gravestock 0334 225 3743*

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

*Emma Southwell 0334 225 3772*

Mid Sussex, Tandridge, Horsham, Crawley and East Grinstead

*Carol Coupe 0334 2253686*

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

Milford Hospital Assessment Unit

*Amanda Dodson 01483 782750*

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

North Surrey. Farnham Hospital Outpatients

*Rose McKinley 01483 783481*

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

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

Lines open: Monday to Friday 9.00 am–8.00 pm

### **National Website**

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

### **Local website**

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

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