

Funded by

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

The Park

Magazine

JANUARY 2023



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

2023

- | | |
|--------|---|
| JAN 31 | Nordic walking with poles Vickie Goode from Surrey Striders |
| FEB 28 | The AGM followed by Anne Williams, from Milford Hospital, talking about her work with Parkinsons newly diagnosed couples. |
| MAR 28 | The Air Ambulance from m Reigate |
| APR 25 | Sarah Jane Vickery The art of colouring to help with feelings |
| MAY 30 | THE Beekeeper (to be confirmed) |
| JUN 27 | dance for Parkinsons (to be confirmed) |

Cover photograph –A.Folkes, 'My sanctuary in the snow.'

Parkinson's Friendship Group

(formerly known as the Working Age Group)

Typically, we meet on the third Wednesday of each month at 7 pm at the Squirrel Inn (Hurtmoor, GU72RN).

These evenings are friendly, informal get-togethers and are open to anyone who has or knows someone with Parkinson's.

Most of us order something to eat and drink, there is a varied menu from which to choose.

For information about the pub, the food menu, etc please see here: <http://www.thesquirrel-hurtmore.co.uk/>

Typically, we meet on the third Wednesday of each month at 7 pm at the Squirrel Inn (Hurtmoor, GU72RN).

These evenings are friendly, informal get-togethers and are open to anyone who has or knows someone with Parkinson's.

Most of us order something to eat and drink, there is a varied menu from which to choose.

For information about the pub, the food menu, etc please see here: <http://www.thesquirrel-hurtmore.co.uk/>

New members are welcome.

The next meetings will be on 18 January 2023.

Further information can be found on our website: <https://www.guildfordparkinsons.org.uk/future-events/>

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

Words from the Chair...

While on the topic of thanking, I would like to express my gratitude to those of you who have sent me emails expressing the benefits and support you get from the publications we produce. A lot of effort goes into *The Park* and the monthly newsletter and knowing you enjoy them makes it all worthwhile. I would particularly like a shout-out to the individuals who do not feel that they can yet participate in face-to-face activities but get support and reassurance from the words we write. You are equally important to us and therefore we will continue to support you through our publications!

Going back to the original theme of timing, it seems odd that I saw an advert for an animation of *The Boy, the Mole, the Fox and the Horse* which I see is now scheduled to be shown on BBC 1 Television on Christmas Eve. For those who read my December newsletter all will be clear. I'm wanting to tell you it's on at 16:55 but what's the point as you will be reading this in 2023. The amazing thing about technology, for those who are able to utilise it, is that it should be available on Catch-up TV. *[Utilise being a euphemism for getting friends, children or grandchildren to set it up and get it started]*

Finally, New Year is a traditional opportunity to commit to new activities and ways of thinking. Mine are still in the process of creation, but I can tell you one of them will be about diet. This has been brought on by a case of acute constipation ('Too Much Information' you may say), which, as you know is a symptom of Parkinson's and exacerbated by the medicines many of us take. While it has been a pain in the bottom *[Clean version]*, I think these things are there to help remind us that we have to adapt.

So, you will be hearing from me again, in future copies of *The Park* and monthly newsletters. I look forward to entertaining you for the coming year

David Lowther, Chair.

ANNUAL GENERAL MEETING

To be held on Tuesday 28 February 2023 at 2 pm

AGENDA

- 1. Welcome by the Chair**
- 2. Apologies for absence**
- 3. Approval of the Minutes of the Meeting held on 22 February 2022**

see **The Park** May 2022 or website
www.guildfordparkinsons.org.uk

4. To receive and approve the Report of the Treasurer for the year ending 31 December 2022

5. To receive the Report of the Committee

6. To elect 4 lead volunteers to serve until the next AGM as Chair, Vice Chair, Treasurer and Secretary .

7. To call for nominations and election of a branch Committee

Current members eligible for re-election are: Hilary Austin, Sharyn Bullen, Steve Heron, Myra Newnes-Smith, Keith Black, Debbie Gaskell and Margaret West]wood.)

8. Any other business.

Our Branch Finances as we go into 2023

Happy New Year to all.

It is hard to believe we are into a New Year, and 2022 seems to have gone by in flash....or is it just me getting old!!

I write this article in early December to provide a review for you on the state of our Branch finances as 2022 ends and what is planned for 2023.

In 2022 we got back to provision of a normal programme of provider led exercise and therapy events with the vast majority held in person rather than over Zoom. The new provider activities introduced during 2021 (**Dance for Parkinson's** and **Loud & Clear**) have flourished, as have our specialist exercise classes with **Surrey Hills Rehab** and **Foundations Physio**. Sadly, a couple of our older activities, **Parkinsong** and **Pilates** have had a reduced membership and we have several spaces on both - *if any of you wish to try either contact me for more details.*

All these providers operate under commercial contracts we as a Branch have negotiated and are renewed each year.

We also held a full programme of social activities, with monthly afternoon meetings at Shalford Village Hall, monthly evening Friendship Group (formerly WAGs) Meetings and several successful fundraising events (*detailed in a separate article*). We even introduced Carers and Newly Diagnosed monthly meetings.

All activities are significantly subsidised by the Branch, and we spend over £6,000 a month (£1,500 a week!) providing them. Our funds come from the donations and fundraising we receive.

The last year we received a very large £30,000 donation from the Vernon Ely Charitable Trust made a significant positive impact on our Branch finances, as well as several smaller ones from individuals or organisations.

Fundraising more than exceeded our expectations, and a summary of the various events is covered in the separate article. Part of Branch fundraising is our '**100 Club**' which goes from strength to strength. There are roughly now 60 members participating each month and we now have over 207 numbers in play. We increased the prize amounts at the February 2022 AGM, with now a £60 first prize, £20 second prize and £10 third prize each month. This continues to be fun activity contributing almost £1,500 annually to Branch funds. It is easy to join this mini branch 'lottery', please contact myself or Nick Hetherington for more details.

Please remember the Social and Fundraising events often require a fair amount of planning and organising, so as ever we are always looking out for both volunteers to support the activities, or ideas for activities. The Committee are all volunteers and we receive no finance support from Parkinson's UK towards any activities or support we provide as a Branch.

As regards our **overall 2022 Finances** the key numbers as members that you should focus on are that I expect (*as at start Dec 2022*) we will have an

Annual expenditure = approx. £74,000

Annual income= approx. £63,000

This means the Branch is running at a loss of between £11,000 to £12,000 a year.

This loss is reflected in the drop over 2022 in our bank 'reserves', starting 2022 with just over £90,000 in our bank and ending the year under £79,000.

In developing the Branch budget for 2023 I have anticipated some of our contracted providers will be increasing their charges, as they have not seen any increases over the last 3 years. I also need to be somewhat conservative in forecasting our income for 2023. Both these effects combined indicate we could be facing a 'loss' of up to £25,000 in 2023 unless we take some action.

Therefore, the Branch Committee agreed at our meeting on 30th Nov that we should:

A) Slightly reduce the financial subsidy the Branch provides for the various classes/activities.

Over the last few years, the level of subsidy per member for each class has been approx. 55% - 60%.

Starting in January 2023 the subsidy will reduce to 45% - 55 % approx. This will vary by activity and our contractual agreements with our providers. Members will roughly see an increase of approx. £1.00 per week per class. More details will be provided in January, once we have concluded our contractual negotiations with the various providers,

B) Remove the 'Special Additional Items' budget introduced in 2021.

This was only ever a temporary measure to spend the remaining funds from the major Legacy we received in 2015,

(Cont. from P.6) It provided for several Week Respite Grants, Day Respite Grants, and Fighting Fit Grants. Whilst only intended for 2021 it was extended into 2022 as some funds still existed.

The Week Respite Grants have been particularly beneficial and although we cannot maintain them, we are amending our separate Monthly Top Up Respite Care offering to provide more flexibility in how members can use it (*more details in separate article*)

The net effect of these two changes should see our 'loss' for 2023 reduced to approx. £13,000 (instead of £25,000 mentioned earlier) with forecast 'bank reserves' of around £66,000 available to carry forward into 2024.

Obviously this is only a forecast, but we need to be financially prudent with our Branch funds to ensure we can keep the Branch as active and supportive to members for as long as possible.

Introducing these changes now should see the Branch remaining stable and active for at least another 5 or more years.

In terms of details of our **proposed 2023 budget**, they are:

1. Expenditure Budget will be broadly £78,000 to be spent as follows:

£44,500 for subsidised exercise classes (*Surrey Hill Rehab, Foundations Physio, Pilates*)

£8,200 for subsidised Parkinsong Voices

£2,200 for subsidised Loud & Clear classes

£2,900 for subsidised Dance classes

£10,000 for additional monthly Respite care for 10 members

£6,500 for any social activities (monthly meetings, Christmas 2023 party, etc)

£2,200 for cost of producing three printed editions of The Park, including postage

£1,500 for costs of maintaining Branch website, Zoom meeting service, email, etc

Income Budget, at this stage I forecast it to be approximately £65,000 made up from:

£30,000 Donation from Vernon Ely Charitable Trust (not guaranteed!)

£8,000 General Donations and Grants

£19,000 Fundraising (*target*) -100 Club, Summer Picnic, etc

£7,500 Class and other fees paid direct to Branch

£500 Misc. fee incomes, etc.

Charity income is always difficult to forecast, so all this income may not be met, and remember we receive no financial support from Parkinson's UK.

All the monies we spend on subsidised activities have to be raised locally from donations, fundraising, legacies, etc.

We continue to need all your efforts to fundraise for the Branch.

I will present this Budget at the Branch AGM in February.

I hope the above helps enlighten you to the somewhat dry subject of our Branch finances. I will be more than happy to take any questions on this at our AGM in February.

Steve Heron.

Treasurer.

Fundraising Review of 2023

and other income

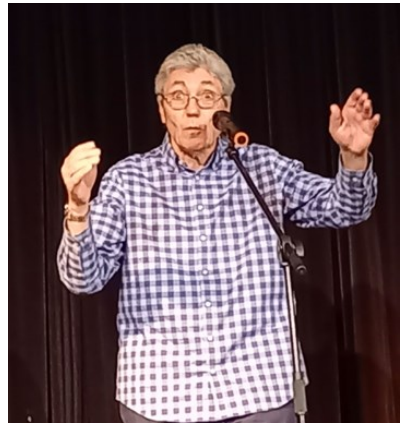
Our Branch continued its great history of fundraising in 2022.

This was quickly followed with a magnificent **History of the Trumpet Concert** held at Barrow Hills School in May, where we raised just over £2,00

Our **Summer Picnic** was again held in Clare Price's magnificent gardens at the end of July and raised over £1,6000



Then the Paul Mayhew -Archer show at Kings College School raised a magnificent £6,000!



]In October and December providing a bar at the **Occam Singers Concerts** raised almost £500

Several other smaller fundraising events raised approx. £1,000.

Much praise must be lauded on **Valerie Box** who was the main driving force behind many of these Fundraising events. Her drive and ability to spot great fundraising opportunities is exceptional. The Branch is privileged to have someone with her talent in our ranks.

All these events require a great deal of planning and organisation, and **we are always in need of volunteers to take on a few tasks** to help these events happen. If you would like to get involved and are happy to give a few hours of your time, please contact myself or Valerie.

It is worth noting that **we get some very generous donations** from local clubs, other organisations, as well as grants and legacies. In 2022 we received, amongst others, the following notable funds:

£600 – February from **Henry Smith Ewhurst Charity**

£2,000 - April from **Losely Charitable Trust**

£30,000 - July from **Vernon N. Ely Charitable Trust**

£500 – September from **Hall Hunter Farm** (sponsored bar at Incurable Optimist Show)

£221 – September from **Guildford Lions** (sponsored Kings College School Hall Hire)

£723 - November from **Cobham Brass Band**

£1,250 - December from the **Bramley, Shamley Green, Wonersh and Blackheath Nursing Association**

There were also several significant individual donations from members, totalling over £4,000 once Gift Aid is added. Please remember to always add Gift Aid to any donation!

Finally, let's not forget the humble charity collection tins that raised £460!

Steve Heron

Treasurer

There were also several significant individual donations from members, totalling over £4,000 once Gift Aid is added. Please remember to always add Gift Aid to any donation!

Finally, let's not forget the humble charity collection tins that raised £460 !

Steve Heron

Treasurer

DATES FOR YOUR DIARY

We are one of the charities to be supported by Guildford Quilters in 2023. You may like to visit their exhibition to view an possibly purchase their excellent work.

GUILDFORD QUILTERS EXHIBITION

MAY 9th - 14th 2023 10 .00 am - 5 00 pm daily

PLACE FARM BARN WEST HORSLEY PLACE

EPSOM ROAD LEATHERHEAD

KT24 6AW

An example of their work



Incurable Optimist

A one-man show by Paul Mayhew- Archer

Her Majesty Queen Elizabeth II was well-known for her great sense of humour as well for her considerable support for the work of charities for over 70 years. Hence, after careful consideration and in line with government guidance, the Committee felt that She would have supported our decision to go ahead with our scheduled fundraising event on 17 September.

After observing a period of silence as a mark of respect for Queen Elizabeth II, a packed audience of over 250 was treated to a fabulous evening of humour as the comedy writer and producer, Paul Mayhew-Archer, entertained us with his hilarious one-man show Incurable Optimist. Paul, who for 50 years has been involved with hits from The Vicar of Dibley to I'm Sorry I Haven't a Clue, showed us that there are jokes aplenty to be mined from Parkinson's as well as from everyday life. Laughter is a great tonic and Paul not only gave us a lovely evening of laughter but he also inspired us to think more positively about life with Parkinson's.

King's College Guildford very kindly hosted the event, and a raffle and cash bar helped us raise an amazing £6,000-plus for the Guildford Parkinson's Branch.

We were honoured to have some illustrious guests, with the Mayor of Guildford, Councillor Dennis Booth, Deputy Mayor of Waverley, Councillor Penny Rivers and the Mayor of Haslemere Councillor Jacquie Keen, and their consorts joining us.

Of course such events only happen due to the generosity of sponsors and volunteers. Valerie Box captained the ship, supported by several teams of wonderful helpers who set up and organised the bar, the tickets and the raffle as well as the PA our thanks to all those who came and supported this important fundraising event.

up and organised the bar, the tickets and the raffle as well as the PA system.

Our heartfelt thanks to King's College Guildford for providing us with their wonderful school hall and facilities; to our sponsors, Hall Hunter partnership; Guildford Lions Club; and Foundations Physio and all the local businesses that donated raffle prizes. Thanks also for the generous donations from the Lord Lieutenant of Surrey, the Grainger family and Crowther family.

Finally, a great show is nothing without the appreciation of a lovely audience so our thanks to all those who came and supported this important fundraising event.



GUILDFORD AND SOUTH SURREY BRANCH

CHRISTMAS LUNCH

6 DECEMBER 2022

It could not have been a better day for members of the Branch to come together for the Annual Christmas Lunch! The sun streamed brightly across Pavilion Dining room bringing cheer to an otherwise chilly day. Some 70 members and guests assembled in the warm and welcoming bar for pre- lunch drinks. There were over twenty “ first-timers” at the Lunch so this foregathering provided a splendid opportunity for old friends to make new acquaintances. The Christmas lunch lived up to our expectations and the wine and conversation flowed freely. The Chair, David Lowther, congratulated the Committee whose team-effort on behalf of Branch ensures a full calendar of events throughout the year. He singled out Dr Anne Folkes, Editor of The Park. who has decided to step down at the AGM in February 2023. Over the past six years Anne has re-formatted and energised The Park into a handsome publication which is enjoyed by all members, whether received by post or subscribed to on-line. Finding someone to take over as Editor



given the high standard she has set will be no easy task! On behalf of the Committee David thanked Anne for all her creative work and presented her with a bouquet.

As in previous years the generosity of members and supporters of the Branch saw to it that a wide range of goodies and gifts were on offer as raffle prizes. At the close of the raffle (and a good many people were lucky winners) there was a bonus offer - a brand new, never used, Brother sewing machine. It was expertly auctioned by Sharyn and added £100 to Branch funds. The One Hundred Club December Draw was activated and the three winners named: Clare Taylor, Laura O'Connor and Maria O'Connor - this family holds a fistful of “numbers” hence the O'Connor's' success in the monthly draw. (It's called probability theory). The 2022 Lunch was a joyful occasion and a splendid start to the festive season. Good wishes to everyone who helped to make it happen!

Margaret Westwood



Directory of Volunteer Car Schemes

It has come to our notice that some of you are experiencing problems with taxis either arriving late or even not arriving at all. A few years ago, a directory of local voluntary car schemes was produced for our members and circulated. The original directory has been checked and updated and we hope you will find it a useful alternative to taxis.

All the schemes listed provide transport to GP surgeries, hospitals and other appointments and some are even willing to transport people to London hospitals. A few of them can offer more such as shopping trips.

The service is provided, by members of a local community, **only** for the people who live in their area. The volunteers use their own cars for the purpose. Several of the groups are having trouble in recruiting drivers since the onset of the pandemic, so it is wise to book well in advance. Telephone calls are taken Monday to Friday at the times posted or there is an ansaphone. Please note it is not a same day service. If a wheelchair is to be transported please check, when booking, that it can be accommodated.

Almost all the groups suggest a donation, with some specifying the amount expected, but they will waive it for hardship cases. For local trips £3-£5 is commonly currently suggested. Trips to the RSCH and Frimley Park vary according to the distance to be covered.

Waverley Borough

Bramley Wheels: 07599 430763 (10am-12md)

Car Go (Chiddingfold): 07899 340073 (10-12md)

Care Farnham: 01252 716655 (10am-1pm)

Care in Haslemere: 01428652505 (10am-12md)

Cranleigh Village Care: 07908976394 (10am-12md)

Helping Elstead: 01252 702702 (10am-12md)

Ewcare: 01483 277606 (10am-12md)

Milford & Witley Village Care: 07871 570160 (ansaphone)

Shamley Green Village Care: 01483 898779 (9am-5pm)

Help in Thursley (HIT): 07538 201276 (ansaphone)

Tarns (Tilford and Rushmoor): 07721 013583 (10am-12md)

Woncares (Wonersh): 01483 894004 (ansaphone)

Guildford Borough

The 3 C's (Chilworth & Blackheath): 01483 538886 (ansaphone)

Care for Guildford (GU1 & GU2 + part other): 01483 566635 (9-1pm 2-4pm)

Clandon Good Neighbours: 07858506023 (10-12md)

East Horsley Care: 07410633409 (ansaphone)

Effingham Volunteer Drivers: 01372 452024 (9-5pm)

Fairwood Helpers: 01483 237619 (10-12md)

Peaslake, Shere & Gomshall: 01483 205446/ 07771537150

Ripley Good Neighbours: 01483 210007 (ansaphone)

West Horsley Wheel of Care: 07788552767 (10-12md)



Zoom Meetings for Carers

The zoom meetings for Carers [only] are monthly and are held on the third Monday of the month at 2pm for one hour. Participants can drop in and out as they wish during the hour and other Carers would be very welcome to join us. It is most appropriate for the partners of those who are in the mid to later stages of their Parkinson's Journey.

The sessions have been particularly helpful in exchanging tips and ideas on all aspects of dealing with Parkinson issues.

In the past I was facilitating monthly lunches for Carers. I am now able to facilitate face to face meetings of Carers once more if there is enough interest. This can be for lunches or just for a cup of coffee/tea at a café.

If you would like to join the zooms or to discuss face to face meetings, please phone or email.

Myra

01483-422440

Mnsmith@guildfordparkinsons.org.uk

DATES FOR YOUR DIARY

We are one of the charities to be supported by Guildford Quilters in 2023. You may like to visit their exhibition to view an possibly purchase their excellent work.

GUILDFORD QUILTERS EXHIBITION

MAY 9th - 14th 2023 10 .00 am - 5 00 pm daily

PLACE FARM BARN WEST HORSLEY PLACE

EPSOM ROAD LEATHERHEAD

KT24 6AW

The Occam Singers

The Occam Singers chamber choir have a wide range of musical repertoire, and their concerts are promoted to benefit local and national charities. Over the last 40 years since they formed they have raised over £100,000 for charity.



Their very enjoyable Classical Masterpieces concert on Saturday 22nd October at Holy Trinity Church, Guildford was another concert in the return to normality after COVID. They had an audience of roughly 100.

Keith McClurey, one of our members, is

Secretary of the choir and through him they asked us to provide the interval bar to raise funds for our Branch.

Although everything was arranged at relatively short notice, we raised almost £330 from bar and donations on the evening. Our thanks go to Sian and Bill McCoy who arranged the bar and were ably assisted by Ian Robinson.

We are also providing the bar for their Christmas Concert on Saturday 10th December at St Nicolas' Church, Guildford, 18.30 with drinks and nibbles afterwards.

They have selected us as their Charity of 2023 and we will be providing the bar at their concerts on 4th March, 8th July, 21st October and 16th December

Tickets and more details of all these events can be found either at <https://www.occamsingers.co.uk/>

<https://thelittleboxoffice.com/Occam's>



My name is Paul Baxter and I gave a talk at the branch meeting on October 25th 2022. The subject was Tai Chi. It discussed its history and its origin in western China lead by the Chen family. It also briefly considered what you might expect from a class, its potential health benefits as well as its application of Tai Chi to Parkinson's Disease. There were also some anecdotes along the way based on my own personal experience as a long term practitioner and advocate.

There are a number of teachers in the area for anyone interested in starting a class. I for example study with Surrey and Hants Tai Chi and Qi Gong based around Aldershot, Farnham, Mytchett, Farnborough, Blackwater and Hawley and Camberley.

I hope the talk was inspiring and know of at least one person who has started a class. I would be happy to try and answer any questions about Tai Chi and can be contacted on Paul.Baxteronfire@gmail.com.

DrumHeads. At the branch meeting on the 27th of September, we were treated to an unusual experience. As a backup event since the bowling meeting was cancelled, Hillary managed to get "Drumheads" to fill the gap. Though it seems some of us knew them from about three years ago, many of us had not had this experience. Sean Quinn had bought with him some 30 traditional West African drums of different tones and many other percussive musical instruments.

Once he had demonstrated how to get various notes from the drums, we all then had to play a short personal signature of a few notes. Then Sean played examples of introductory and closing sequences of notes. We then tried to get a recognisable spell of music using his example. The resulting noise was not music to any particular beat, but it was certainly loud and enthusiastic.

We continue to enjoy variations on the drums and other instruments for the next half an hour after which our heads were ringing.

Well done Sean, this event was good fun and enjoyed by everybody. Though I'm not so sure that the African's who had made the drums would have been very impressed by our music, we were very pleased with it.

So, thank you Sean for bringing the drums and allowing us the enjoyment of beating em.

Nick Hetherington

Visit to Wisley

At the end of July we had a very successful plant sale at the summer picnic inspite of challenging weather conditions. Encouraged by this and realising we have a lot of members who enjoy gardening a trip to the RHS gardens at Wisley was organised.

We met outside the entrance so that our non RHS members could partner with members in order to facilitate entry. To make the visit more interesting



I managed to secure the help of a local guide Vince Gradwell. Vince has enjoyed

a career in horticulture, having spent a part of his training working at Wisley.

The walk was at an enjoyable strolling pace with stops at points of interest. Some of our group were able to book mobility scooters

which made getting around a lot easier. Members of our group were able to ask questions and get individual and particular gardening advice from Vince.

Afterwards we all enjoyed catching up with refreshments on the terrace at the cafeteria. It was a lovely autumnal afternoon .

Ursula Glover

Queen Elizabeth Foundation for Disabled People

When Hilary told me about taking the advanced driving test I asked her to write up her experiences for the Park—it is not for the faint hearted. The Editor.

My three daughters were anxious that I should stop driving because my PARKINSONS was causing an increase in the number falls I was having. I decided to apply the above foundation at my cost The DVLA had no reason to be involved. After paying privately £225.00 I was requested to attend the Mobility Services at Carshalton, Surrey at 9.30am for time period of several hours

The morning was divided into sections requiring me to give a detailed medical report and list of prescription drugs. The assessors were a registered nurse and gentleman with qualifications such as DVSA

We had another hour, after a comfort break, my driving history and social situation were discussed with behaviour and cognitive findings such receptive and expressive communication, visuospatial perception and memory were marked on the higher levels.

CHANGING CAR on to their automatic car of some age was achieve without problem and a short drive round the private circuit before launching onto the roads around SUTTON, KINGSTON and CARSHALTON FOR FORTY FIVE MINUTES, describing my driving and answers en route about speed limits etc we returned to base with assessment

Completed . I was happy to be told I was positively assessed and could drive my own car home.

The final suggestion was that I should return in six months to repeat just the driving on the grounds that my Parkinsons may have caused further loss of balance or other symptoms.

Hilary Austin.

Obituary: Michael Lawrence William Cox, 22 July 1935 – 23 August 2022

Many of you will remember Michael who, with his wife Gina, regularly attended the Tuesday afternoon meetings and also the Christmas lunches, and you will be sorry to hear of his death on 23 August 2022 aged 87. Michael was in hospital for seven weeks, mostly in the Royal Surrey County Hospital where he passed away, but for two weeks he was in the Stroke Unit at Frimley Park Hospital. He was admitted to the Royal Surrey on 4 July with a bleeding duodenal ulcer; he then developed delirium and, because he had to stop taking Warfarin to prevent further bleeding, he suffered a massive stroke from which sadly he could not recover.



In his younger days, Michael was in the Fleet Air Arm of the Royal Navy, serving on aircraft carriers including HMS Bulwark and HMS Ark Royal. After leaving the Navy, he pursued a career in Electronic and Computer Engineering. He travelled a lot for work and lived in Yugoslavia before he and Gina met in the offices of International Computers Limited in Putney, South West London, where he was an engineer and Gina was a secretary. Michael and Gina lived and worked in India and in Kuwait before settling in Shalford in 1982.

The funeral was held on 27 September Crematorium and had a Naval theme, with a White Ensign Drape on the coffin and a Standard Bearer from the Aldershot Branch of the Royal Naval Association in attendance. The first hymn was, of course, the Royal Navy hymn “Eternal Father, Strong to Save”. The service was followed by afternoon tea at the Guildford Rugby Club – Michael was a keen rugby fan and used to play rugby when he was younger.

Michael and Gina were together for 46 years and would have celebrated their 43rd wedding anniversary on 8 December 2022, having married in 1979. Michael has left an enormous hole in Gina’s life.

Michael and Gina, Christmas 2021



BMW PGA Championships

Wentworth 2022

Back in the summer I received an email from Keith Black from The Guildford branch of Parkinson's UK asking if anyone was interested in an introduction to golf session. Having never played golf, although I have several friends who do play, I responded and a couple of weeks later on 9th September 2022 I found myself driving to the 2022 BMW PGA Championships at Wentworth.

Having told my golf playing friends and son that I was going to play golf at Wentworth they were very jealous. The session was arranged by the European Disabled Golf Association (EDGA), in conjunction with Parkinson's UK with the objective of offering an opportunity for people with Parkinson's who have not tried golf before to be part of the game.

The day was well organised with parking arranged for us in the nearest car park only about 100 m from where it was all happening. There were about 10 of us from The Guildford Branch and the weather was glorious (can you still remember the hot summer?).

We started by watching some of the competitors taking part in the EDGA competition teeing off and were very impressed at their ability. We were then taking to the practice area and were very well looked after by two of the EDGA's coaches who instructed us in the rudiments of the game and the skill of putting. We all had great fun and honed our putting skills (well some of us did!). After our two-hour session was over, we were free to watch the professional golf players and walk around the stands in the golf "village". It was a thoroughly enjoyable day and a great experience. Thank you Parkinson's UK and The EDGA

Alistair Jack from Parkinson's UK is keen to develop contacts with golf clubs in the UK to make the game more accessible to people with Parkinson's so if you want to start/continue playing then he would be glad to hear from you and to assist you. (ajack@parkinsons.org.uk)

Ian Robertson

Fighting Fit Programme

Ian Robinson

It was with some trepidation that I set off for Cookham in Berkshire, to attend the Parkinson's Fighting Fit weekend course. I had found out about the course on the Parkinson's UK - Guildford branch website and although I am definitely not fit, I am a fighter so I thought I would give it a go.

The event is run by the Fighting Fit organisation and financial assistance to attend was provided to me by the Guildford Branch which was very much appreciated.

There were approximately 20 of us on the course of which about 60% were female. The aim of the course is to provide information and advice on living and coping with Parkinson's and is targeted at people with Parkinson's who are still fairly mobile who have probably been diagnosed in the past couple of years. You can attend on your own or be accompanied by partners/carers. During the course whenever we were doing the physical sessions the partners/carers were invited to separate sessions aimed specifically at them and their role as carers.

All food, teas & coffee and accommodation are provided for the price of £170 and the event took place in a conference centre with nice en-suite bedrooms and air-conditioned meeting rooms (A God send as the temperature was over 30c degrees all weekend). I was provided with plenty of information in advance so I knew where to go and what to do on arrival.

Friday afternoon began with the usual introductions, hopes and fears, and expectations. Then there was a good mixture of classroom based and practical sessions during the weekend, starting with "Self Help," which provided lots of information and website addresses. This was followed by "Speech & Language" which gave us some good strategies and exercises to help with those of us that have problems making ourselves heard. In between these two sessions was a demonstration and introduction to Nordic Walking. The day was rounded off, just before dinner, with a final session of "Dancing for All." This was great fun and demonstrated how music and dance can be a great help.

Saturday morning consisted of a presentation on the "Importance of Exercise as Medication" followed by another on "Diet & Nutrition." In between these was the physical morning session on PD-Power exercise for PWP

After lunch we had a session called “Skills for Everyday Life” which aimed to help us develop tactics to exercise session on “Home Based Exercises”. Some of these were on you-Tube and were great fun (boxing to Eye of the Tiger). The final session on Saturday was on “Psychological Wellbeing” which provided advice on coping with apathy, anxiety and depression. After some downtime we all met up for the “Singing for All.” This was the one part of the course I was dreading the most but turned out to be most enjoyable. The two songs we crucified were “I Would Walk 500 Miles” and “Bohemian Rhapsody” which were a couple of beltters. Saturday night was rounded off, after dinner, with the obligatory quiz with drinks purchased at the in-house bar.

Sunday, although a short day ending at 15.00, was still packed, including an excellent talk by a PD Nurse on medication and treatments, which has changed the way I take my medication. The first fun session was a Watercolour Workshop aimed at getting our creative juices flowing. Unfortunately, it just reinforced my art teachers view from 50 years ago - “Ian, have you considered taking up rugby!” However, some budding artists were discovered. The final exercise session consisted of Yoga, which was a new experience for me, followed by advice on how to get involved in research into Parkinson’s and what some of the potential benefits to the individual may be.

All-in-all it was a fantastic weekend which has helped me a great deal and opened up other avenues of treatment, coping strategies and living with Parkinson’s. I am now involved in research programmes and hoping to go to Italy to spend a week at the European Parkinson Therapy Centre to further expand my knowledge about Parkinson’s.

If you fit the profile then I would thoroughly recommend you apply for the “Fighting Fit Weekend.” If you are interested their website is fighting-fit.org

Ian Robertson

Woke up to snow today and was
glad I had to be up and out,
to be about before the silence broke.
I like the idea of white all round,
emerging as the night draws back,
revealing random perambulations, say,
of a fox that senses scents are dulled
beneath the snowy overlay.

My turn to tread and feel the ease
of printing paths across the land –
more clearly than a walk on sand,
earth, grass or stone; now I could
send a snow-code note to all those
watching from above. Who might they be?
I guess with snow signs you must believe
and so say something others just see.

First light snow alone, a brand new
canvas for the ice-smith, starting fresh;
man's home for a moment washed, pure
and cleansed. Lay those words end to end
and you'll get some idea of the simple
goodness in any layer of nature's white –
come my night, turn me inside out and
cover me, bathed in bright moonlight.

A score more cures, I'm bound to say,
array themselves in my tidied mind,
alongside new opportunities – though
subdued in winter's grey; a shaft of light required to
set on fire the snowflake chandelier,

A score more cures, I'm bound to say,
array themselves in my tidied mind,
alongside new opportunities – though
subdued in winter's grey; a shaft of light required to
set on fire the snowflake chandelier,
to give a clearer view of works of art
that wait patiently, yet are anxious to be
freed from the shadows in our hearts.

My choice today of such treasures:
joy unmeasured, all those photographs
I've long meant my fasting soul to feast on,
of five, bright, young lights – now grown and
flown, in the sense that hugs all round
give way to softer caresses of thankful thoughts;
a touch of sorts and we are more than grateful for it –
and for the snow's good work, of course.



The Hundred Club

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

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

Here are the lucky winners:

	1	2	3
August	Peter Witter	Geoff Morling	Jane Harding
September	Ian Robertson	Hilary Austin	Laura O'Connor
October	Anne O'Connor	Elizabeth Veigh	Sue Hardy
November	Margaret Hilier	Henry Emden	Lucy Austin
December	A C S Taylor	Gruber Burnik	Mary Connor

]

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}

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

Myra Newnes-Smith (Carers' issues)

mnsmith@guildfordparkinsons.org.uk

Margaret Westwood (Minutes secretary)

westwood.m@talktalk.net

Anne Folkes (Editor of The Park)

afolkes@guildfordparkinsons.org.uk

Deborah Gaskell Communications Coordinator

dgaskell@guildfordparkinsons.org.uk

DON'T FORGET TO BOOK YOUR TICKETS FOR

THE OCCAM SINGERS

See P 20

KEEP COLLECTING INK CARTRIGES.