

Happy June,

You may remember that last month's newsletter finished with an explanation that I had received significant personal training in my role as a manager in an IT company. I'm sure this training has helped me accept, understand and move forward with my Parkinson's diagnosis.

My company, like many forward-thinking, high-tech organisations, understood that it is the relationship between the people that sets the environment/culture which determines how effective and efficient a team can be.

Interestingly, despite the thousands of pounds invested in me, I feel that volunteering as Chair of the Branch actually provides me with greater insight and experience in understanding peoples' character than any project or training could ever achieve.

There are many individuals who dedicate themselves to the service of others and can be relied upon to step up to the mark whenever needed. These individuals inspire and leave everlasting footprints on others as they travel through the journey of life.

While we are gifted with more than our fair share of heroes, unfortunately, these individuals cannot give indefinitely and accordingly this Branch, like all others, needs a constant supply of volunteers from both existing and new members.

As a tangible example, I am sad to have to report that after much debate the Committee determined that it was not possible to hold this year's summer picnic due to the lack of a person to take the lead organisational role. I really don't want to have to do this again with other events so please back me up and be one of those heroes.

I appreciate everybody has their own challenges and cannot take part in every event but please as a minimum review the following activities and see which you can support in some positive way:

100 Club subscription annual renewals

It is almost two years since we launched our successful '100 Club' in July 2021. Most of you who joined at the start pay by annual subscriptions direct to our Branch bank account. These will be due again between the end of June and early July. Our Treasurer, Steve, will contact you all soon by email with the subscription payment details.

Congratulations go to this month's winners:

Prize	Winning Amount	100 Club Member	Winning Ticket Number
1st	£60	Anne Folkes	100
2nd	£20	Virginia Ann Cox	97
3rd	£10	Alex Sim	163

11 July - Guildford and South Surrey branch of Parkinson's UK: Supporting our 10K runners

The physios who run the invaluable Parkinson's Warrior classes for the branch are taking part in a sponsored 10K trail run, starting from the Silent Pool car park on the A25 near Shere at 7pm on July 11th. This will be a social event for members who can enjoy a BYO picnic, eating it at Newland's corner, where there are loos and a café, after the runners have been cheered on their way. This is a trail run, not a race, so there won't be crowds of people, but we can promote the charity as long as we don't hand out flyers or rattle collecting tins. Do come and support the guys, and/or sponsor them at their Just Giving page: Adam , Amado and Duncan are fundraising for Parkinson's UK

(<https://www.justgiving.com/page/adam-poulter-1682496907981>)

Further information from Valerie: boxvl66@gmail.com

25 July - Guildford and South Surrey branch: Monthly Meeting

As usual, on the last Tuesday of the month, the group will meet at Shalford Village Hall at 2pm. Instead of a speaker, a social afternoon is planned with the branch's version of the Great British Bake Off. Bring a cake and have a taste of other cakes

before deciding the overall winner. Anyone with an association with Parkinson's will be welcomed.

Parkinsong is now available over Zoom

You do not have to be able to sing to participate and enjoy a Parkinsong class. This provides a great breathing exercise workout. The classes are held in person each Friday lunchtime, and simultaneously over Zoom. For more details please contact our Membership Secretary, Keith (membership@guildfordparkinsons.org.uk)

Another example of our volunteer heroes:

Thank you to Lorna Clarke and her band of Fernhurst people with Parkinson's who booked a table at the village fair (Fernhurst Revels), covered it with an eclectic mix of 'stuff', from rhubarb to a brand new Braun razor and made £252 for the local group. Lorna also baked a cake for 'guess the weight of the cake' but surprisingly the two jars of sweets for 'how many sweets in the jar' attracted very few entries. This was entirely Lorna's own initiative and her initial doubts about her ability to run something herself were soon dispelled. For anyone who feels inspired and wants to find out more, contact Valerie Box or Lorna Clarke. This is the season of summer fairs!

Before I sign off here's a riddle of sorts. You may recall I told you I would share my journey as Chair. One aspect is my membership of 'Team Golf'. I'm one of four members – 2 men and 2 ladies. We meet as a team typically every 8 weeks. Strangely we never hit a shot...what's this all about?

Keep Smiling

David