

Happy May Day!

So many of you thought the April Fools newsletter was too obvious. Accordingly, I'll try to raise my intellectual game. This month I plan to discuss, amongst other items, '*Bike Shelters*'.....I'll be very impressed if you can work out how I am going to be able to weave this into a Parkinson's newsletter given it has nothing to do with smoking or adolescent fantasies. Confused? Need another clue? OK, it's all about '*Trivial*' things like '*Nuclear Power Stations*'! I suspect many of you are looking for the X button that closes this email. Before you do please check out these important events. After these, I'll explain more and will leave it to you if you are going to close me before the end!

100 Club subscription annual renewals soon

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 soon due again (end June/early July). Our Treasurer Steve, will contact you all soon by email with the subscription payment details.

Foundations Physio Fundraising for the Branch

Amado, Duncan and Adam are running the Silent Pool 10k on Tuesday 11 July, a twilight run starting at 7p.m. to raise funds for the Branch. If you would like to sponsor them, here is the link to their JustGiving Sponsorship Page <https://www.justgiving.com/page/adam-poulter-1682496907981>

Parkinsong is now available over Zoom

You do not have to be able to sing to participate and enjoy a Parkinsong class. They provide a great breathing exercise workout. They are now held in person each Friday lunchtime, and simultaneously over Zoom. For more details please contact our Membership Secretary, Keith.

Paul Mayhew-Archer's Incurable Optimist

I am pleased to share that the Farnborough branch (www.parkinsons-farnborough.org.uk) is hosting a performance/fundraiser of Paul Mayhew-Archer's show on Friday 9 June. For those who missed the event last September, this is an excellent opportunity to attend and support the cause. Additionally, if you attended the previous event and enjoyed it, why not go again?

Some of you will recall that I have a background in IT which proves to be very helpful in a number of activities for the Branch. For example, I have acquired the skills necessary to be able to edit *The Park* which hopefully should be delivered to your doorstep any day soon. Additionally, as a person with team and project responsibilities, I received an amount of management training. One of the things I have been trained upon is the Parkinson's law!

So firstly I must confess the Parkinson's law, I am about to describe, has nothing to do with Parkinson's Disorders and this is today's blatant attempt to pad out this newsletter

Parkinson's Law of Trivia states that people tend to give more time and attention to trivial tasks, rather than important ones. Parkinson provides the example of a fictional committee whose job was to approve the plans for a nuclear power plant spending the majority of its time on discussions about relatively minor but easy-to-grasp issues, such as what materials to use for the staff bicycle shed, while neglecting the proposed design of the plant itself, which is far more important and a far more difficult and complex task.

This law suggests that unimportant tasks expand to fill the time allocated to them, while crucial tasks often get postponed or completed hastily. In essence, the law suggests that people have a natural tendency to focus on less important things and put off the essential ones.

So for me personally, I think the above *is* related to my Parkinson's Disorder in that having Parkinson's enables me to realise what is and isn't important in life.

Have a glorious May!

Keep Smiling

David