

Happy July!

I hope you remember the small riddle I shared at the end of June's Newsletter. Let me refresh your memory:

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?

Congratulations to those who recognized that I was referring to the group of individuals who accompany me to the committee meetings in my VW Golf.

Initially, I thought this would be a one-time occurrence, but I must say it's truly a pleasure to spend time with these individuals. It has become one of the gatherings I look forward to the most. I find these situations fascinating—when you have a preconceived notion about how an interaction with someone will be, only to find it completely different. My concern is that Parkinson's disease attempts to narrow our horizons, causing us to lose out on the joys of life. I believe we need to fight against the elements of Parkinson's that make us lethargic and introverted. Perhaps this is what is meant by the term "to stay socially active."

My final real-world example of Parkinson's trying to hold me back was my initial lethargy to attend the June Shalford meeting with Roy the Bee Keeper. Based on the subject matter and my knowledge on the subject limited to Camberwick Green (<https://www.youtube.com/watch?v=fCMIOBretzE>), I had anticipated it would be one of the dryer talks. However, I must admit, he was a brilliant speaker and kept us thoroughly entertained. I enjoyed every minute of it and wondered why I had started out so negatively.

My advice is to fight back by communicating with people. I have discovered a kindred spirit in Hilary, who shares my belief that people are inherently fascinating and that everyone has a story to tell.

So, here are some opportunities to spend time together ...

8 July - Occam Singers Concert "Rossini's Petite Messe Solennelle" - 7.30 p.m. Holy Trinity in Guildford.

It's not too late to surprise yourself by enjoying a classical choral music concert. The well-respected Occam singers have chosen the branch as their charity of the year. Their next performance is on Saturday, July 8th at 7.30 at Holy Trinity church at the top of Guildford High Street. They are singing an unusual piece: Rossini's Petite Messe Solennelle, which apparently isn't small, solemn, or a mass! Come and see what you think and support the choir who are supporting us.

Tickets are still available:

- Online in advance £15 (Students £8.50) from www.occamsingers.co.uk/July 2023
- On the door £17 (<https://occamsingers.us1.list-manage.com/track/click?u=48e00aeb1e92eb5d33400f125&id=388fe6934e&e=2f4bf56c50>)

8 July - Shamley Green Village Cricket Match - 1.00 pm.

The Branch is the nominated charity for any funds raised at this match. Anyone interested in an entertaining afternoon watching the match should bring their own chairs and some refreshments, the nearby shop has quite a good selection of coffee and cakes.

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 7 pm 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 Poulter is fundraising for Parkinson's UK \(justgiving.com\)](#)

Further information from Valerie, boxvl66@gmail.com

25 July – Bake Off-themed Shalford Meeting. Typically we would not hold a monthly meeting in July but having had to cancel the Summer Picnic due to a lack of volunteers we decided there needed to be an opportunity to talk together and eat cake! So turn up at 2 pm to have an opportunity to taste and vote for your favourite.

...and a public service broadcast:

Is anyone thinking of getting a mobility scooter but would like to try one first? Valerie Box has a Kymco Mini Comfort that she doesn't want to dispose of but would be happy to lend until she might need it. The scooter breaks apart to fit a largish car boot. Contact Valerie for details. valeriebox@outlook.com

Returning to the theme of 'everyone has a story' I decided to take up Boxing at the Aldershot Gym. The Boxing instructor is a lovely guy called Sanchez. I noticed immediately he was very sharp and muscular. It transpires he was close to being a professional sprinter. I know little about sports but know 10.8 is quick for 100m. Further digging told me he left sprinting to be an American footballer – one of those short, fast ball carriers. This was going well until someone crashed into his knees with their helmet. To cut a long story short this ended his career so he took up MMA (mixed martial arts) which led him to me....

If you have a story to share please send it to ThePark@GuildfordParkinsons.org.uk and the Editor Board will consider publishing it in *The Park* or a future newsletter.

Enjoy the sun

Regards, David