

## **Guildford and South Surrey Branch, Parkinson's UK**

The Guildford and South Surrey Branch of Parkinson's UK is organised and run by a Committee of dedicated volunteers and, through its own fundraising, provides a wide range of activities to support those living with Parkinson's in or near the Guildford and Waverley areas.

We provide three important elements which Parkinson's consultants advise is vital for all people who have Parkinson's to do:

**Stay physically active**

**Stay mentally active**

**Stay socially active**

### **Recently Diagnosed?**

Join our local **Recently Diagnosed social meetings** held on the second Tuesday of the month at The Seahorse pub, Shalford. For more details please contact Sharyn Bullen: [secretary@guildfordparkinsons.org.uk](mailto:secretary@guildfordparkinsons.org.uk)

Details of all our branch activities, from specialist exercise and speech classes, to monthly social meetings, fundraising events, outings, and other gatherings, can be found on our website <https://www.guildfordparkinsons.org.uk/> and in our Branch magazine *The Park*.

### **Social meetings**

All members and their partners, carers and family members are welcome to join our **Tuesday afternoon social meetings** which start at 2.00 pm on the last Tuesday of each month at Shalford Village Hall, Guildford. These allow you to make new friends, learn from each other's experiences and often hear a guest speaker whilst having light refreshments. Please contact Sharyn Bullen: [secretary@guildfordparkinsons.org.uk](mailto:secretary@guildfordparkinsons.org.uk).

**Wednesday evening social meetings** are held on the third Wednesday of each month at the Squirrel Inn, Godalming from 7.00 pm. This group is known as the Friendship Group and anyone is welcome to attend this informal get-together. Please contact Keith Black: [kblack@guildfordparkinsons.org.uk](mailto:kblack@guildfordparkinsons.org.uk)

### **Support for Carers**

A **Carers Group meeting** is held on the second Monday afternoon of the month at the Inn on the Lake, Godalming.

Members can take part in numerous organised activities, many of which are subsidised by the branch. These include:

### **Exercise classes**

Two highly professional local providers offer our members 'Parkinson's focussed' weekly exercise classes in Cranleigh and West Clandon. These are held in person, with one class also available on Zoom.

New members attending the exercise classes are given an initial assessment by the provider to identify the best level of class to meet their needs. Annual follow-up assessments are carried out to monitor physical progress. These assessments are a one-to-one review with a NeuroPhysiotherapist. The Branch fully funds the initial assessment.

### **Pilates/PACET**

A PACET class, which is a combination of Pilates and PD Warrior exercises, is held each Wednesday at 1.30 pm in West Clandon.

### **Parkinsong Voices**

We have a weekly class for our Parkinsong Voices. The class is held in Godalming and concurrently over Zoom online and is held at 11.45 am on a Tuesday.

### **Speech Maintenance**

Local NHS speech therapists are trained to help people with Parkinson's who may develop problems with speech, swallowing, saliva control etc. Further details from your Parkinson's Nurse or directly from the Royal Surrey Speech Therapy Department (based at Milford Hospital) on 01483 956472.

In addition, the branch offers an online monthly **Loud and Clear** speech maintenance class. Currently, there are two classes, each with up to 10 members each month. They are held the first Monday and Wednesday of the month, at 3.30 pm for one hour, delivered over Zoom.

### **Dance**

We offer a weekly in person Dance for Parkinson's class for People living with Parkinson's and their carers. This takes place in Godalming on Wednesday, 2.00 pm – 3.00 pm.

### **Boxing 4 Parkinson's**

Olympia Boxing runs weekly Virtual Boxing 4 Parkinson's sessions on Zoom every Thursday 12.00 noon – 1.00 pm. This free, non-contact BOX Fitness programme is solely for people living with Parkinson's and their carers to engage in and have fun.

For more information about the Guildford & South Surrey Branch of Parkinson's UK and the activities we offer please visit our website <https://www.guildfordparkinsons.org.uk/> or Contact us via email at [info@guildfordparkinsons.org.uk](mailto:info@guildfordparkinsons.org.uk)

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