

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

Happy September <<**First Name**>>!

I hope everyone has had an excellent Summer. For those who are fans of 'the ramblings of a mad-man' you are in luck as this month provides a double combo – not only do you get this Chair's Newsletter but you should have received the latest edition of The Park. Luckily for those who do, there is a comprehensive suite of articles covering the Branch Activities and a detailed review of Disabled Benefits.

As with all magazines we have a cut-off date for article submission and accordingly some items get finalised late in the day and don't necessarily get the complete focus they deserve. Luckily, this Newsletter allows us to repeat the key dates and messages.

- **Wed 4 September**- Pilates classes restarted at the British Legion Hall, West Clandon GU4 7TD (opposite the Onslow Arms) at 1.30 pm.
- **Mon 9 September**- Carers Group meets once a month on the second Monday afternoon at the Inn on the Lake, Godalming. If you would like to join the meetings, please contact Myra Newnes-Smith - details on our website.
- **Tues 10 September**- Join our local Recently Diagnosed social meetings held on the second Tuesday of the month. These are held at [The Grantley Arms](#), Wonersh, Guildford, Surrey, GU5 0PE from 7.00 pm. Please note that you are asked to submit your menu choice in advance.
- **Wed 18 September**- The next monthly Friendship Group social evening will be on Wednesday 21 August at The White Hart, 19 Bourne Road, Farncombe, Godalming GU7 3NH at 7.00 pm.
- **Tues 24 September** – The last Tuesday of each month, 2.00 - 4.00 pm Social Meeting at Shalford Village Hall resume. For this meeting Lindsey Brown will give a demonstration of her chair yoga classes, and those who wish to participate are welcome to do so.

Are you aware of the concept of 'Subliminal messaging' in advertising? This involves the use of stimuli that are designed to influence individuals' behaviour or attitudes without their conscious awareness. This is typically done by advanced techniques, that embed 'the message' in multiple media types (text, images, sounds).

As always the “Dave approach” is much simpler – I repeat the word over and over again. So, did it work? Do you realise the topic for this month is ‘Luck’? I used it 3 times in the first 2 paragraphs.

Luck is a concept that has fascinated and perplexed humanity for centuries. It is often perceived as a mysterious force, an unpredictable variable that can change the course of our lives. Here are some of the ways it has influenced me....

100 Club – Double down or call it a day

The reason I thought of Luck as a topic was because I needed to decide what to do about renewing my 100 Club numbers. I have been an active supporter since its early days but have never won a single prize. I have even done the maths and the probability of me having not won is around 4% and falling fast with every draw. The conundrum before me is:

1. Do I consider Lady Luck is against me and I should cut my losses.

OR

2. Do I assume Lady Luck is waiting in the wings, aware that my chance of not winning is becoming infeasibly low, and ready to give me a big win.

My heart is solidly backing option ‘2’ - surely, with single-digit probabilities of not having won then it’s going to happen and soon.

My head rejects the above sentimentality, remembering probability theory, recalling that each event is independent meaning the outcome of one draw has no influence on the outcomes of subsequent draws.

My conclusion was simple. I am fascinated to see how unlucky I can be that I’ve pushed forward with my existing numbers. Let’s see what happens in the August draw – wish me luck :-)

A Clinical Perspective

As you all know by now, I am taking part in a clinical trial involving significant periods of time in a PT or MRI scanner (the Polo mint machines as I call them). Before I enter the PT scanner, the doctor would wish me luck. This simple act raises an intriguing question: What role does luck play in a controlled environment like a scanning session as part of a clinical trial?

My conclusion is that Luck doesn’t come into it. All the variables are defined and the degree of flexibility negligible. I therefore conclude the translation of ‘Good Luck’ is really ‘You are the main variable in the success/failure of this scanning session so don’t mess it up’. In other words, the doctor is really wishing himself good luck that I do a good job!

Idiopathic Parkinson's: A Twist of Fate

When it comes to idiopathic Parkinson's disease, the role of luck becomes even more poignant. The term 'idiopathic' itself means that the condition has no known cause, no identifiable origin. So, is my idiopathic Parkinson's a stroke of bad luck?

My initial response is a resounding 'yes', as it appears to be an arbitrary twist of fate that has altered the course of my life. However, with time and contemplation, it is clear that my experience with Parkinson's has led me to discover a new sense of purpose. As Chair of the Branch, I have had the privilege of meeting a remarkable group of members who share this journey with me. These relationships, the support, and the sense of community that has emerged has been a blessing.

So if Parkinson's is a product of luck, albeit luck that I wouldn't have chosen then perhaps the answer is clear: I should stop worrying about what is good or bad and simply embrace life in the moment.

Be lucky in whatever you do...

David

STOP PRESS! The 3rd prize winner in the 100 Club August Draw is Mr David Lowther. He is now £10 richer. What a 'Lucky Man'!

Enjoy our latest Newsletter online

<https://www.guildfordparkinsons.org.uk/?p=2824&preview=true>

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