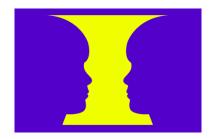


The Park Bench

The Monthly Newsletter of the Guildford and South Surrey Branch of Parkinson's UK

Happy August!

I'd like to begin this edition with a nod to the curious world of **optical illusions** — particularly the classic *Rubin's Vase*. Some people see a vase others see two faces in profile. It's a gentle reminder that the same thing can be seen differently, depending on your perspective — and sometimes, both interpretations can be true.



So why mention this? Because it reminded me of our recent

Family Friendly Summer Picnic at Great Halfpenny Farm. After weeks of sunshine, the weather turned uncertain just in time for the weekend. I couldn't believe it — the Met Office issued an amber weather warning! With a heavy heart, I arrived early to set up the stalls, assuming the event would be poorly attended. Pre-paid ticket sales had been slow, which didn't help my confidence. In other words, I had already decided how the day was going to go — and it wasn't looking good.

Now, I completely understand why people wait and opt for flexibility rather than pre-paying — but from an organiser's perspective, it's stressful! This is one of those situations where you might ask yourself:

"The fundraising team only organise three events a year plus an Annual Raffle. Is it really too much to help them by paying in advance?"

So, back to the event. I found myself helping **Amado and Adam from Foundations Physio**, who had kindly donated their time. I was soon engrossed, watching them teach young people how to use *Blazepods* (a reaction game) and demonstrating boxing — two of our weekly exercise activities. Then, almost without noticing, I looked up and the weather was clearing — and the event was buzzing!

It was at that moment I realised that people **had come**, in considerable numbers — and they were having a great time. More importantly, I realised *I* needed to change my outlook. This wasn't going to be a washout — this was shaping up to be a **cracking event**!

Thanks to **Clare and John** for allowing us to use their beautiful gardens, and to everyone who helped set up and run stalls. (By the way, Clare is now my favourite — she always gets the mantra right!)

Thanks to your generosity, we raised just over £1,000 in much-needed funds for the Branch. If you couldn't attend but would still like to support the event, it's **not too late**.

Why not become a supporter and have your name (or not!) associated with the event — just like **Pepsi** supporting the Women's Euros? One of our biggest expenses was **toilet hire**, which came to **£288** — it would be fantastic to recover that and finish with an even healthier profit.



ACCOUNT NO: 03859762

ACCOUNT NAME: PARKINSONS DISEASE SOCIETY OF THE UNITED KINGDOM SORT CODE: 20-00-00

PLEASE REFERENCE THE PAYMENT 'DONATION'.
PLEASE NOTE FOR PAYMENT PURPOSES, THERE IS NO APOSTROPHE IN PARKINSONS.

Mr S Heron Treasurer, rkinson's UK

Guildford and South Surrey Branch of Parkinson's UK 11 Merrow Woods, Guildford GU1 2LQ Now that you are in a fundraising mode and into the concept of pre-paying for tickets let me invite you to our autumn event...

- **Fall into Jazz**
- Saturday, 20 September, 2.15-4.30pm
- Chiddingfold Village Hall, GU8 4QA

Our next Branch fundraising event is a lively gig by Trad's Army, a traditional Dixieland jazz band. Last year's event was hugely popular and nearly sold out — so save the date and secure your place early!

Attendees will be seated at tables, but you're welcome to dance if the mood takes you. Refreshments (alcoholic and non-alcoholic) and snacks will be available by **voluntary donation**. Bring friends, family, neighbours — all are welcome.



Ticket Prices

Early Bird (until 6 September):

- · Adults: £15
- Members & Under-16s: £7.50

Standard (7–19 September and on the door):

- · Adults: £20
- Members & Under-16s: £10
- For tickets, please contact Clare Price at: cprice@guildfordparkinsons.org.uk

All offers of help and to volunteer with the tombola, bar or refreshments gratefully received. Contact valeriebox@outlook.com or cprice@guildfordparkinsons.org.uk

The venue has ample parking and is also accessible by public transport. The Haslemere to Guildford Stagecoach bus 71 stops a few minutes walk away and also goes to Witley station.



While you're organising payment for your tickets, would you also consider making a donation to support the production of *The Park Bench*?

As you may know, the initiative to provide a monthly printed newsletter started as a **trial** — aimed at ensuring that those who enjoy reading a paper copy can continue to receive it by post. Unfortunately, **postage costs have risen considerably**, and

there's now some debate about whether it's sustainable to continue offering this.

I regularly receive **lovely feedback** from members who value the newsletter and enjoy the ramblings of a madman — but the best way to show your appreciation and help us keep it going is by making a **small donation**.

Donations can be made using the bank details provided with this newsletter.

Please reference your donation as: Donation PB

(so we can distinguish these contributions from other fundraising income).

Thank you for your continued support — every contribution helps!

David Lowther