

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 NAME: **PARKINSONS DISEASE SOCIETY OF THE UNITED KINGDOM**
SORT CODE: 20-00-00
ACCOUNT NO: 03859762

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



Mr S Heron
Treasurer,
Guildford and South Surrey Branch of Parkinson's UK
11 Merrow Woods,
Guildford
GU1 2LQ

CHEQUES SHOULD BE MADE OUT TO ACCOUNT NAME ABOVE
PLEASE GIFT AID IF POSSIBLE - DETAILS FROM sheron@guildfordparkinsons.org.uk

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