

Happy June,

Time really does seem to be flying by, and before we know it we are already approaching the middle of the year. Firstly, an apology for the delay in getting printed copies of the latest edition of *The Park* magazine into members' hands. The electronic version has been available on the website for around three weeks, but illness at our printers, Oakleaf, means they have been unable to support the original production timeline. Hopefully these production problems will have been resolved by the time you read this. If, for any reason, you do not receive your copy of *The Park*, please let me know so that we can investigate and correct any issues (Chair@GuildfordParkinsons.org.uk).

We are now moving into what is traditionally the busiest period of the year for the Branch, with many of our larger fundraising activities and outdoor events taking place over the summer months. These events are hugely important, not only because they raise essential funds which allow the Branch to continue supporting local people with Parkinson's, but also because they provide opportunities for members, families and friends to meet socially and enjoy themselves together. We would therefore encourage everyone to get the dates into their diaries early and, where possible, come along and support the events — even better, bring the family and friends with you.

- **Fri 12th June- Charity Golf Day, The Drift Golf Club, East Horsley**
 - We are beneficiaries of funds raised and have volunteers supporting the event
- **Thurs, 25th June- Picnic and Pinks Evening Concert, Chilworth Manor.**
 - We have volunteers supporting the event, sadly tickets now SOLD OUT
- **Sat 4th July – Occam Singers Concert, St Mary's Guildford 7.30pm**
 - We have volunteers supporting the event, tickets from Occam Singers



- **Sat 11th July- Summer Jazz - Trad's Army Dixieland Jazz, St Catherine's Village Hall.**
 - **Starting at 2.00pm this is our annual afternoon Jazz Concert, with wine, drinks and snacks available for purchase.**
 - **Tickets available on the Eventbrite website:**
 - <https://www.eventbrite.com/e/summer-jazz-tickets-1988384073289>



- **Sun 2nd August – Music in the Park - 'Abba Stars', Godalming Bandstand 3.00pm**
 - This is a Free Concert and we will have volunteers present fundraising

- **Sun 13th September - Walk for Parkinson's, Alice Holt Forest, Farnham, GU10 4LS**
 - A Parkinson's UK fundraising walk to raise funds for their Nurse Appeal
 - We will have an information stall present promoting the Branch



Shalford Village Hall Social Meetings

Our monthly last Tuesday afternoon social meetings will shortly be taking their usual summer break. The last meeting is on Tuesday 30th June 2.00pm with guest speaker: **Mahan Heydari Clinical Research Practitioner** "*How members can make simple steps to aid research*"

These meeting **restart on 29th September** with the ever popular **Drumheads** getting us into rhythm!

100 Club update

We recently canvassed for views on whether we should revamp the existing 100 Club to make it generate more funds for the Branch. This could be achieved by increasing the price per number and equally increasing the prize amounts to make it more enticing to join. **I am pleased to say most responses so far have been very positive** to the proposal to change the per number monthly cost to £5.00 and increasing the prize funds. Your Committee have therefore decided that we will close the existing 100 Club at the end of June and **launch a new Club from 1st July**. That is when most members make their annual subscription payment, so it is a good timing. The June draw will be the last of the existing 100 Club.

All existing members will be contacted by Steve, our Treasurer and will need to both complete a new revised 100 Club membership form and amend their annual bank standing orders appropriately. Those members who have different months when they joined will also be contacted by Steve to arrange a transition to the new 100 Club.

Annual Raffle Update

This has been a successful generator of funds for the Branch over the last two years. I am pleased to say we fully expect to run our **Annual Raffle** later this year. We are trying to secure a "money can't buy" First Prize. More details will follow once arrangements are finalised.

Exercise Class in Pirbright area

Finally, for those living near the Pirbright area, there is a new exercise class which may be of interest. Further details are on the Branch website or by contacting Rachel on www.mounterfitness.com , 07783041224 or info@mounterfitness.com

Committee Update

As I write this, I am sad to report that **Margaret Westwood** who has been the minutes secretary for the Committee for over 15 years died on Thursday 14th May. She was a great character and will be missed by many of us.

As a volunteer run organisation, her passing depletes the ranks of the Committee even more. To continue to support you all in the ways we do, we equally need your support. Please deeply think what you may be able to do in this regard.

To help the Committee and existing volunteers, we are currently need new volunteers to:

- manage our **Membership** records
- identify **Fundraising** opportunities
- support our **Communications** (ideally with some **Social Media skills**)

Sadly, we also now require a **Minutes secretary** to join us.

These roles do not require superhero qualifications — just enthusiasm, reliability and a willingness to help. Friends or relatives of members are more than welcome to take on these roles. **Please contact me for more information.**

Ramblings of a Madman

I would like to express my gratitude for the wonderful chums and conversations that occur after the Monday 9:30am exercise class at Witley. What officially appears in my diary as an “exercise class” has gradually evolved into something much larger — part support group, part comedy club, part café society and part completely unstructured free-range conversation.

We do occasionally talk about Parkinson’s-related topics, especially if Danny is present, as we are all extremely keen to hear the latest feedback regarding his DBS journey and the practical realities of how things are progressing. Real-life experiences and honest conversations are often more valuable than anything found in leaflets or official guidance.

No topic is off limits. Only recently we collectively embarked upon a spirited rant regarding the absurdity of benefit payments that are first awarded and then effectively removed through means testing, resulting in hours of wasted time on the telephone trying to navigate systems seemingly designed to defeat the human spirit.

We are also fortunate that new people continue to join the group. Mark, now something of a superstar following his appearance in the May edition of *The Park* for his legendary “dressing up,” has fitted in remarkably well with the general atmosphere of cheerful disorder.

Some things, however, still go completely over my head. I blame age — not dementia, before rumours start — but simply the fact that certain cultural references belong to another era entirely. For example, I had absolutely no idea who Joyce Grenfell was, nor why she apparently insisted on “being called Sausage.” It seems one is expected to possess working knowledge of the 1950 *The Happiest Days of Your Life* to fully appreciate the joke.

And if all of that were not sufficient, some of the more generous attendees arrive armed with hideously luxurious biscuits or dangerously good homemade delights which, frankly, undermine the entire concept of exercise.

Perhaps, in the interests of accuracy, I should simply rename my Mondays: “Social Event with Optional Exercise Add-On.”

David Lowther, Branch Chair

Page 4 - overleaf is a handy poster listing all our summer key events and other information for you to hang next to your calendar, or on your fridge door!



Guildford Parkinson's Branch Summer Info



Time really does fly!

The Park
May 2026



Parkinson's UK
Guildford and South Surrey

If you don't receive your copy, please let me know:

Chair@GuildfordParkinsons.org.uk

THE PARK MAGAZINE Apologies for the delay!

The electronic version has been on the website for around three weeks, but illness at our printers, Oakleaf, meant they couldn't meet the original timeline.

Now resolved –
thank you for your patience



Get the dates in your diary!

SUPPORT – ENJOY – BRING FAMILY & FRIENDS



Fri 12th June

Charity Golf Day

The Drift Golf Club, East Horsley

We are beneficiaries & have volunteers



Thurs 25th June

Picnic & Pinks Evening Concert

Chilworth Manor

We have volunteers –

SOLD OUT!



Sat 4th July

Occam Singers Concert

St Mary's Guildford – 7.30pm

We have volunteers – tickets from
Occam Singers



Sat 11th July

Summer Jazz – Trad's Army Dixieland Jazz

St Catherine's Village Hall – 2.00pm

Wine, drinks & snacks available

Tickets on Eventbrite →



Sat 19th July

Parkinson's UK Big Walk

Various routes – join the team!

Details on our website & socials



Sun 2nd
August

Music in the Park – 'Abba Stars'

Godalming Bandstand – 3.00pm

Free Concert – fundraising on the day

SHALFORD MEETINGS – SUMMER BREAK

Our last meeting before the break is:



Tues 30th June – 2.00pm

Guest Speaker: Mahan Heydari
Clinical Research Practitioner

"How members can make simple
steps to aid research"

Meetings restart on

Tues 29th September

with the ever popular Drumheads
getting us into rhythm!



100
CLUB

100 CLUB UPDATE

New look 100 Club launching
1st July!

- ✓ £5 per number per month
- ✓ Bigger prizes
- ✓ More funds for the Branch!

June draw is the last of the
current 100 Club.



ANNUAL RAFFLE UPDATE



We'll be running our
Annual Raffle later
this year with a
"money can't buy"
First Prize!

More details soon!

EXERCISE CLASS IN PIRBRIGHT AREA



New exercise class
available!

Details on our website
or contact Rachel:

www.mounterfitness.com

07783 041224

info@mounterfitness.com

COMMITTEE UPDATE

We were very sad to
hear of the passing of
Margaret Westwood
on 14th May.

Our thoughts are with
her family and friends.



WE NEED YOU! COULD YOU HELP?

We're a volunteer run organisation –
we need your support to keep going!



Manage our
Membership
records



Identify
Fundraising
opportunities



Support our
Communications
(Social Media skills
ideal)



Minutes
Secretary
needed

No superhero skills required – just enthusiasm & a willingness to help!
Please contact me for more information.

