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

The Park

Magazine of the

Guildford and South Surrey Branch of Parkinson’s UK

May 2024

Cover

* Cover is of Jing Zhou Garden Expo Park, Hubei Province, China for Chinese New Year by Henry Lester. All copyrights are acknowledged

The Committee of The Guildford and South Surrey Branch would like to thank Oakleaf Enterprises for their efforts in printing and distributing this Magazine

TUESDAY AFTERNOON SOCIAL MEETINGS

Venue: Shalford Village Hall, King's Road, Shalford, Guildford, GU4 8BQ

All Members (and non members) and their partners, carers, and family members are welcome to attend these monthly social meetings. These meetings are free of charge to attend. They allow you to meet new friends, learn from each other's experiences and often hear a guest speaker while having light refreshments.

2024	Main Presentation
30 January 2024	Quiz
27 February 2024	AGM
26 March 2024	Ruby Ho, Qualified Ba Duan Jin Instructor
30 April 2024	Parkinson's UK Admin Team
28 May 2024	Brooke Frances Rose Huxford (Research)
25 June 2024	David Pascoe (Benefits)
20 July 2024	Meeting replaced by Family Friendly Picnic
27 August 2024	No Meeting
24 September 2024	Lindsey Brown (Chair Yoga)
29 October 2024	TBD—Drumming?
26 November 2024	TBD
3 December 2024	Meeting replaced by Christmas Lunch

Foreword from the Chair…

I am pleased to announce that between the Parkinson's Specialist Nurses (PD Nurses) in Surrey and our Branch, we have developed a robust process for providing information and mutual support to those who are newly diagnosed. The cornerstone of this process is ensuring that upon diagnosis or soon thereafter, individuals receive a copy of *The Park*. They are encouraged to peruse it and explore available resources that may assist them along their journey with Parkinson's. There is absolutely no pressure, but I extend a warm welcome on behalf of the entire committee and our members to anyone reading *The Park* for the first time.

For more seasoned readers of *The Park*, I hope you will find a balance between articles documenting the activities of previous months, such as our Monthly Tuesday Afternoon Meetings, and write-ups on some of our initiatives.

Have any of you seen the recent Netflix film called 'Bank of Dave'? It tells the story of a man, unsurprisingly named Dave (Fishwick), who endeavours to establish a community-based bank in Burnley. Based on a true story, it chronicles his struggles to overcome challenges posed by incumbent banks benefiting from maintaining the status quo. Remarkably, no new banks had been established in the last 150 years. Though I can't confirm its accuracy, in a clever twist, the banks accept his application on the condition that the bank is adequately capitalised. In other words, he needed to raise £20 million from the local community.

This got me thinking: how do you motivate a community that inherently agrees with a proposal to take action? In the film, the entire town of Burnley stood to benefit from a local branch, yet it's often easier to sit back and let others shoulder the burden.

A few days later, I noticed distinct similarities with the Jazz concert being organized by the Fundraising Team. Fundraising is undoubtedly a focal point for our Parkinson's Branch. The financial outcome of such activities provides the necessary funds to subsidize various branch activities.

So the question arises: how do we cultivate a sense of community spirit that encourages mutual support? Unfortunately, the film only briefly touches upon this.

Lastly, as documented in *New Membership System* (Page 9), I have spent a considerable amount of time reviewing membership records for accuracy. During this task, I observed two things:

- Firstly, practically everyone I spoke to was lovely. The community spirit is exceptional, but the challenge lies in translating this spirit into action.
- Historically, I have focused on improving activities, as these are tangible and solvable issue which can always be fixed with effort and time. I have shied away from addressing how to engage members who are unable to attend organized activities, through no fault of their own.

I am wise enough to realize that I cannot solve this conundrum alone, primarily because I am not clever enough; I am astute enough to recognize that one or more of you may possess ideas that we can leverage to enhance cohesion between active participants and those unable to engage in activities.

So if you think you have valuable insight drop me a line.

David Lowther

Newly Diagnosed Support Group Meeting

2nd Tuesday of Month 7pm Onwards

Note New Venue

The Grantley Arms, Wonersh , GU5 0PE

Contact Sharyn (sbullen@GuildfordParkinsons.org.uk) to pre-order food

GUILDFORD AND SOUTH SURREY BRANCH

MINUTES OF THE ANNUAL GENERAL MEETING

held on Tuesday 27 February 2024 at 2 p.m.

Welcome by the Chair.

A good turn-out of some 50 plus Members assembled in Shalford Village Hall for the AGM. David Lowther welcomed Katy Slade, Community Fundraiser for Thames Valley as the Parkinson's UK representative at the meeting. She had previously been the Fundraising Manager for our area. Katy was accompanied by Katherine Dennis who has succeeded her for our area.

Apologies for absence: Lin and Colin Woolmington .

Minutes of the AGM February 2023:

The Minutes as published in ***The Park*** in May 2023 were approved.

Treasurer's Report:

Steve Heron tabled a detailed report of the Branch finances for the year ended 31 December 2023. It had been a very successful year, largely thanks to a very generous donation from the Vernon Ely Charitable Trust, such that the Branch ended the year with higher financial reserves that at the start of 2023. This would ensure that the current level of activities would be maintained through 2024 and possibly beyond. However he stressed that the Branch was responsible for its own funding and received no financial support from PUK. Fundraising must continue to remain high on the Committee's agenda.

The move to cash-pooling with PUK had its advantages: the Branch now received interest on its bank account which in 2023 amounted to over £1300.

A colourful analysis showed a successful year in terms of the aims and objectives of the Branch. The subsidised Exercise class provision remains the biggest expenditure (58%) with almost 100 members participating on a weekly basis. The Committee had endorsed the recommendations in the Budget proposed for 2024 and the Branch looked forward to yet another successful year. The report was warmly received by the Members who joined in a vote of thanks to Steve for his hard work on behalf of the Branch.

Report of the Committee by the Chair:

David Lowther felt the year had gone well with membership showing a constant upward trajectory. Over the past 12 months, the number of new members attending meetings at the Seahorse pub in Shalford had increased from about 5 to 25. The Treasurer's report demonstrated the range of activities/events members could take part in should they choose to do so, and the Committee continues to look for new opportunities for members.

Communication had been substantially improved; in addition to the Chair's monthly Newsletter, and ***The Park*** (published three times a year) the Branch has a well-maintained website,and new information leaflets are published on specific areas of interest, such as local car schemes for help with transport. Getting the message out to GP surgeries and pharmacies involved legwork by volunteers for which he and the committee were very grateful. The Chair concluded by thanking the

Committee for their commitment to the Branch, and also thanked the "occasional" volunteers – which he immediately reworded, saying that they go way beyond helping "occasionally" but give their support week-in week-out.

Election of Lead volunteers:

The Chair, Vice Chair, Treasurer and Secretary – all offered to serve for the year ending 31 December 2024.

Katy Slade, PUK, presided over the Election of:

Chair: David Lowther (nom.-Joan Peacock; seconded- Nick Hetherington.)

Vice Chair: Hilary Austin (nom.-Valerie Box; seconded- Rona Lester)

Treasurer: Steve Heron (nom.-John Oldham; seconded-Janet Oldham)

Secretary: Sharyn Bullen (nom.-Clare Price; seconded:-Tom Kelso)

(All elected *Nem. Con*.)

Election of the Branch Committee 2023:

All serving members of the Committee were eligible for re-election and were nominated *en bloc* by Sharyn Bullen, seconded by Paul Dowson:

Keith Black (Membership Secretary), Debbie Gaskell (Communications), Myra Newnes-Smith (Carers' issues), Clare Price (Events), and Margaret Westwood (Minutes & Meetings Secretary).

Any Other Business:

Katy Slade invited members to raise points/issues under AOB and one member described the problem of variable availability of the medication needed by his wife. It was argued that chasing supplies (going from one pharmacy to another) was extremely stressful for all concerned, but changing to an alternative drug could also cause problems. It seemed that GPs and PDSNs were unable to give a reason for the shortage of supplies and were equally frustrated. Katy was sympathetic to the questioner and suggested contacting PUK's procurement specialist.

This issue was also picked up by Keith Black, the Membership Secretary.

The Business Meeting closed at 3.05 p.m

oooOOOOooo

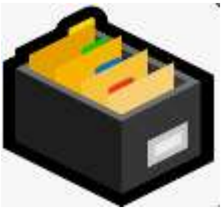
Everyone was ready for tea and cake (an important feature of the AGM**). Katy Slade** offered to prepare a summary of her role and that of her successor to be published in **The Park**. During the serving of tea and a tempting variety of cakes, Sharyn called the Raffle which ensured a significant number of members went home clutching their winnings.

Margaret Westwood,

Minutes and Meetings Secretary

New Membership System

Parkinson’s UK rules of inclusivity states that a Branch must provide activities to anyone with Parkinson’s, whether they be a Branch Member or not. The Executive Committee are happy to comply but feel that good governance demands a further clarification—where we subsidise an activity we must know who we are paying for. This seems common sense and accordingly we need to maintain a small membership recording system. Historically we have done this using an Excel spreadsheet but this has not stood the test of time as the membership numbers and the number of activities on offer increases.



We have got ourselves into the position whereby we have multiple lists of Members’ details which are inconsistent. This is one of my bugbears! It really frustrates me when I go to an exercise class and ask if anybody there is taking part in another event that has been highlighted in the Chair’s Monthly Newsletter, only to find that they have not received the regular email and have no knowledge of the event. When we dig into it, we find that some Members are receiving information from one distribution list while the event was publicised by another - and that there was inconsistency between them.

Accordingly, the Committee started the process to resolve these inconsistencies and decided upon Mailchimp as part of the technology to address the problem. In case Mailchimp sounds familiar, a free version has been used by Keith to distribute the Newsletter. What has been implemented is a much more powerful solution.

INTUIT mailchimp

Obviously, any Membership system is only as good as the quality of the information contained within it and hence we have spent considerable effort cleaning the data. I have spent time phoning, emailing and texting people in order to ensure that records are as accurate as possible. I have to say that all the individuals I have spoken to have been lovely, whether they decided to remain a Member or relinquish receiving our communications.

The latest status is that we have the basic system running and data for 381 members ported. I expect to carry on improving the system and request your support and patience.

David Lowther

Living Brave - starting a new PDFit exercise class

Fourteen years after Robin's Parkinson's diagnosis, we have got into a routine. Robin and I enjoy various activities supported by the Parkinson's UK Guildford Branch, so when Foundations Physio started another PDFit class in Clandon, incorporating the PD Warrior program, we wanted to have a go!

Once we registered our interest in the class, Annabelle, a physiotherapist from Foundations Physio, came to our home to do an assessment of Robin's Parkinson's challenges. It made us feel reassured that they would be aware and help tailor, where possible, exercises he was capable of.

During our first in-person class, Robin did various exercises that were timed and then he moved to the next with the support of Charlotte, Ben, a rehabilitation assistant, (and me). There were a wide range of abilities in the class and Robin was well supported.

The class included a boxing session with Ben (pictured). Robin was both standing up and sitting down, punching lights that illuminated in random patterns. Other exercises involved Robin using his feet to touch a range of disks on the floor and pulling a resistance cord. I was worried he would have been exhausted at the end of the session, but just the opposite – he had MORE energy!

Now PDFit is firmly in our weekly schedule, and we are sure happy we tried something new.

Foundations Physio provide a variety of classes, both in face and online. We attend at the West Clandon Royal British Legion where they have 2 sessions on a Monday morning: 09:30-10:30 am and 10:30-11:30 am. Please check on their website for all their classes offered. You are welcome to come and observe a class if you would like, please contact FP to arrange.

The initial home visit assessment is paid for by the Guildford Branch and the classes cost to the attendee is £7.50 per session; also subsidised by the Branch.

Contact Foundations Physio by phone 07817 495791, or email admin@foundationsphysio.com . Website address – Foundationsphysio.co.uk

Come give it a go!

Rona Lester

Remember to Gift Aid any donations!

When you donate to the Branch don't forget to Gift Aid the amount!. This means we can claim an extra 25p for every £1 you give, and it does not cost you any extra!

giftaid it

Last year (2023) Gift Aid refunds from HMRC gave us over £1,000 additional income.

It is easy to Gift Aid your donation, simply complete a Gift Aid declaration form and send it to the Treasurer at the below address:

Mr. S Heron
Treasurer
Parkinson's Disease Society Guildford
11 Merrow Woods
Guildford
GU1 2LQ

You can find the Gift Aid declaration form to download on our Branch website at :

https://www.guildfordparkinsons.org.uk/donations/

You only need to complete the declaration once, then any future donations you make to us over the next 4 years will be covered for Gift Aid. You need to send the original completed declaration to the Treasurer by post. HMRC will only accept original documents from us.

If you have already completed a Gift Aid declaration for us within the last 4 years, then please let the Treasurer know so we can continue to claim gift aid on any donations you make. If you think your last Gift Aid declaration is more than 4 years old, please complete a new declaration. It is better to be safe!

If you do not use the internet, please e-mail, or write to the Treasurer and he will ensure you receive a Gift Aid declaration to complete.

Treasurer email: sheron@guildfordparkinsons.org.uk

The only caveat you need to be aware of is that you need to be paying enough UK tax to qualify for Gift Aid. Your donation will qualify providing the total of your annual donations is not more than 4 times what you have paid in tax, in that tax year (6 April to 5 April). The tax could have been paid on income or capital gains. Therefore remember to tell our Treasurer if you have previously completed a declaration and are now no longer paying tax.

Steve Heron

Ba Duan Jin

On Tuesday 26 March for the monthly Shalford meeting, we had a fascinating talk by Ruby Ho, a retired Occupational Therapist and qualified Health Qigong Ba Duan Jin (BDJ) instructor. She gave an interesting PowerPoint presentation, demonstrated some of the BDJ moves, and included an opportunity for everyone to join in to do a few of the exercises. We had a lovely big group, about 40 people, and everyone seemed to be participating with great concentration!

Ruby is running a second series of classes for people with Parkinson's, which is free. These are online, using Zoom.

Those of you who would like to sign up for the classes that began on 3 April please contact Ruby at hqgruby@hotmail.co.uk. Your partner or carer is welcome to do the class alongside you.

It is known that it is beneficial to do exercise that encourages neuroplasticity, and I feel Ba Duan Jin fits into this category. The body and the mind are both engaged. One's posture is improved by strengthening and toning muscles of the back, for example, which helps improve the stooped posture that is often seen in Parkinson's. Every movement benefits various parts of our body.

Once you have attended the lessons, you can also practise by following a YouTube video demonstrated by a BDJ Master, Ruby will give the link to this. Keith and I found that Ruby's classes gave us an understanding that we could apply while practising with the YouTube video, which only takes about 12 -15 minutes. We feel benefits each time we do the sequence. (Ruby's classes are 1 hour each as there are warm-up exercises and many explanations) Keith and I have enrolled to continue our classes with Ruby (starting 3 April)

You can enrol in either the sitting or standing class. All you need is loose clothing, flat shoes, water to keep hydrated, and minimal floor space in front of your computer screen.

Things you learn can be extended into your daily life. For example, do not cross your legs while sitting, and be aware of your posture during daily activities, such as while you are brushing your teeth! We all spend too many hours in front of a computer, so gentle slow BDJ movements benefit all parts of your body and health.

An intriguing voluntary extra, for 10 people who do her course, is to have an analysis by a BDJ professor who can study a before and after photo of the tongue, to see if regular practice has been beneficial.

If interested in doing Ruby's course, please contact Ruby at hqgruby@hotmail.co.uk.

Val Black

Leaving something to the Branch or Parkinson's UK in your will

Parkinson's UK provide a useful guide on their website to leaving a gift in your will to the Charity.   You can find this guide at:

https://www.parkinsons.org.uk/get-involved/be-cure-leave-gift-your-will

If you wish, you can also specify that some (or all) of the gift is passed on to the Branch as well. This will help us as a Branch to continue to provide the many activities on offer to our members into the future.

To include a gift in your will to the Branch, simply take the following details to your chosen solicitor or professional will writing provider:

Charity name: Parkinson's UK

Charity address: Parkinson's UK 215 Vauxhall Bridge Road London SW1V 1EJ

Charity number: 258197 (England and Wales)

Branch name to benefit from the Gift: Guildford and South Surrey

Living Brave—Joining a Research Study

As I have documented previously in The Park and various Newsletters, I have no embarrassment about having Parkinson’s or telling people about it. I think this attitude originates from the fact that, as far as I’m concerned, I’ve done nothing wrong; Parkinson’s is after all not the sort of condition that you catch from poor hygiene or anything like that.

I have also never had any issues with allowing a junior doctor or other health professional try out the corkscrew test on my worse arm in order to allow them to experience what the feel of rigidity is really like.

If there is a concept of ‘Medical Philanthropy’ then count me in. I think I’ve always been a fan – for example pre-Parkinson’s I used to regularly take part in blood donations and achieved my Silver (25 donations) badge pin.

The above background is a smoke screen for the fact that I don’t know when or to which database I provided my contact details that resulted in my receiving a message from the Neurodegeneration Imaging Group at The University of Exeter.

The message explained that the Michael J. Fox Foundation was funding research with the following snappy title ‘Evaluation of Serotonergic Neurotransmission in Premotor and Motor Parkinson’s disease’. This has thankfully been shortened to “Fox 3”.

I am yet to have the first visit but I understand that the study will use imaging scans called Positron Emission Tomography (PET), Single-Photon Emission Computed Tomography (SPECT) and Magnetic Resonance Imaging (MRI) to look for biomarkers that can be used to track various changes in the brain for those with Parkinson’s.

I'm afraid it's bad news....we've found biomarkers associated with being stupid!

Obviously there are risks to be considered and as such I have read the Patient Briefing document cover to cover. I believe if you are to say yes then you have to put in the commitment – I’ll work on giving my all to these demands…’ page 3: Throughout the visits, we will provide refreshments’, ‘page 6: Refreshments will be offered after the PET scan.’, ‘page 6: Refreshments will be offered after the second

PET scan', "Page 7: Refreshments will be offered after the SPECT scan.'

I have some concerns. It is stated that during participation in a study the medical team might identify a previously undiagnosed illness or detect something which is abnormal and potentially clinically significant (known as an 'incidental finding'). The picture on the previous page shows one of these 'incidental findings' that keeps me awake at night :-)

David Lowther

TOO MANY SEASONS GONE

Too many seasons gone, that
thought that wakes a drifting mind
not quite asleep but letting go
the now, the near, the things I find
are other men's scenarios.

By which I mean I do not see
a face or figure that I know,
a smile that sparkles when I speak,
sweet lips that halt the salty flow
of tears that trickle down my cheek.

Uprooted, loosed and lost are words
I do not use to gather in
a caring look, a hand on mine;
I cannot flinch, I must begin
to build again, to mark the lines

the lines that I can move within,
to stake a claim and be a part,
write the plot of years to come –
a play that will engage my heart
so dried insides again may run

with elixirs, with potent draughts
that soothe to life a body paused
with limbs and mind in unison
singing there can be no cause
to fear too many seasons gone.

© Peter Taylor 2014

Dance for Parkinson's

We continue to offer a weekly Dance for Parkinson's classes at both:

Godalming United Church, Bridge Road, Godalming GU7 3DT.

St Mary's Centre for the Community, Stream Close, Byfleet, KT14 7LZ .

They are provided by **Inclusive Intergenerational Dance** (IID) and are subsidised by the Branch.

IID charge members £40.00 in advance for a term of 10 classes.

Each dance class lasts 1 hour and starts with seated exercises working up to standing and travelling dances, offering variations as required. The aim of the classes is to enjoy dancing, trying different styles, storytelling and creative tasks.

There has now been a lot of research to prove the positive effects of dancing for people living with Parkinson's, improving balance, gait, fluidity of movement as well as confidence. These regular dance classes offer the participants a great opportunity to meet, connect with each other and express themselves.

For more details contact IID (Kate Finegan)

tel: 07984 791402

email: iidconsortium@gmail.com

Money, Fame and more Money!

Let’s be honest and have a reality check: the main driver that will determine the speed with which a cure for Parkinson’s is found is money. Additionally, while we wait for a cure the main driver that will determine how well individuals are looked after by the NHS is once again money. The amounts however are very significantly large and only achievable when politicians, pharmaceutical CEO and research organisations align and co-operate while all being generously funded. Parkinson’s has, for too long, been left in the back water as an old persons disease. Luckily the tide is turning. Above is Harry Styles from One Direction—while many will say “who?”, the younger generation think of him as an Elvis/Cliff Richard type person so when he says ‘Parkinson’s is one of the fastest growing neurological conditions in the world. Currently there is no cure. My Grandad has Parkinson’s and so I know how brutal it can be. Together we can help fund the pioneering research needed to find a cure.’ people take notice.

In terms of other well known celebrity supporters of Parkinson’s, Paul Mayhew-Archer has been a fantastic role model. Recently, he has joined up to form a podcast group called Movers and Shakers with Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Sir Nicholas Mostyn, and Jeremy Paxman.

While initially lost for direction they were lucky to meet with Caroline Rassal of Parkinson’s UK who guided them along with “I think I've got a challenge for you guys actually because you've got a unique position. So if you think about what's happened with motor neurone disease, I mean there's been a whole changing tide in terms of people being aware of it and in terms of government talking about ring-fencing money for MND. But they mustered the strength of people who are in the public eye. You are in the public eye and all have a wealth of experience. And actually we need you to help us, to help everyone in the room. That's where the power will come of kind of working together. We can think of innovative ideas of how to help the story be told. That's the world now, isn't it?

It's all about polarising what the issues are and getting people who are in the public domain and who everybody knows to talk about. What are you doing on the 11th of April (World Parkinson’s Day)? Because I think together with some people from the community and the support of the charity, we could really make a difference, whether we can stand outside 10 Downing Street, Whitehall or other location”

As challenged, the Movers and Shakers, supported by the three main charities in the UK: Parkinson’s UK, Spotlight YOPD and Cure Parkinson’s all got behind a Charter of five main points that they were calling upon the Government to act upon (see opposite). The Movers and Shakers, supported by the charities went out to seek support for the Charter and despite very short campaign timescales, when delivered on the 11th of April there were 20,464 signatories.

As many of the Movers and Shakers are BBC journalists they were able to use their network of contacts to ensure further publicity for the above handing in ceremony. For example, Rory Cellan-Jones and Mark Mardell were interviewed on a prime time slot on BBC Breakfast.

Jeremy Paxman and others gave press interviews to the major UK newspapers further boosting exposure.

Hopefully this is just the start

David Lowther

THE PARKY CHARTER!

FIND OUT MORE AT
MOVERSANDSHAKERSPODCAST.COM

1 ACCESS TO NEUROLOGISTS!

Every person referred by their GP for possible Parkinson's diagnosis should see a neurologist or geriatrician within 18 weeks. After diagnosis there should be a maximum of a year between neurological appointments.

2 INFORMATION!

At diagnosis, every PwP should be given a leaflet containing essential information about Parkinson's, as well as information on local groups, Parkinson's nurses, and details of upcoming appointments.

3 RACE TO A CURE!

Parkinson's is incurable -but it doesn't have to stay that way. The government should commit to a major increase in funding for research into Parkinson's from today's level.

4 MULTIDISCIPLINARY APPROACH!

Every PwP should have access to, advice from, and treatment by, a multidisciplinary team including Parkinson's nurses, physiotherapists, nutritionists and speech therapists.

5 THE PARKY PASSPORT!

After diagnosis and assessment, PwPs should be given access to a passport that entitles them to certain benefits: free prescriptions, a 'blue badge', streamlined benefits applications, and other clearly defined services.

Fix your mask and breathe normally!

Starting Hyperbaric Oxygen Therapy at the Samson Centre

The Samson Centre charity has been providing Hyperbaric Oxygen Therapy (HBOT) for Multiple Sclerosis patients for many years in Guildford. HBOT is a popular therapy, and some people find it helps relieve certain MS symptoms such as bladder problems and fatigue.

The charity has kindly offered members of our Parkinson's branch the opportunity to use their HBOT facilities to help treat some Parkinson's' symptoms. Some studies suggest improvement in depression and anxiety caused by Parkinson's. It has also been reported by a Branch Member their relief of night leg cramps

The HBOT treatment enhances the body's natural healing process by inhalation of approximately 100% pure oxygen in a chamber, where atmospheric air pressure is increased and controlled. Oxygen is carried in both the plasma and as a compound attached to haemoglobin.

How is Oxygen therapy delivered?

You sit in pressurised chambers and breathe oxygen through a mask for one-hour sessions.

There are two single-person chambers and a multi-person chamber which holds a maximum of three people. This is also suitable for wheelchair users and people who are not so mobile.

The experience

Robin and I booked seats in the multi-person chamber. We sat in comfy chairs and it didn't feel at all claustrophobic. After fitting our masks and getting hooked up to the oxygen, it took about 20 minutes to pressurise the chamber.

The Centre has someone watching you at all times to check you are OK. We were taught some hand signals to communicate, so if your ears feel plugged, like on an airplane, you hold up your hand in a STOP signal and they will slow down the pressurisation. This allows you time to 'pop' your ears.

Once pressurised they time you for an hour. Robin read a book and I replied to emails. Depressurisation took a further 20 minutes.

Following the treatment, Robin initially felt tired. But I could see an immediate improvement in his walking/hesitation and stiffness which stayed with him for several days following the treatment. On a side note, my bad back felt much less painful. Win-win!

Paul Dowson (pictured right) recently tried the individual chamber and found he was tired following the session but soon returned to his normal energy levels. Having dozed off during the session Paul wondered if his tiredness was due to this unusual morning nap. The session had no discernible positive affects but still keen to give it a go, he booked into a second session a week later.

We are excited to continue our treatment to get the full benefits from it. Robin and others will continue to provide feedback on their journeys and update you on progress in future editions of *The Park*.

What is the cost?

The normal session cost is £20, but the Branch is subsidising this by £8 so the cost to Branch Members will be **£12** per session (one per week).   PLEASE NOTE - If any of our Members want more than one session per week, they would need to pay the full £20 themselves for that additional session. Similarly, if a Member wants their spouse or carer to be with them in the chamber, especially initially, then they would pay the full £20 rate for the spouse/carer.

If you are interested in learning more and joining us on this oxygen therapy journey, please contact Steve Heron, sheron@guildfordparkinsons.org.uk

Rona Lester

WI—RAISING FUNDS FOR THE BRANCH

Every year my WI, Busbridge Evening, in Godalming, raises money for a local charity. Suggestions are made by members who give a short presentation about their proposed charity. A vote is then taken. My proposal for the Guildford Parkinson's Branch, which I joined in 2017, won the vote for 2023. In January I invited Valerie Box to talk to the members about Parkinson's, how it affects people and its various symptoms. She also explained how the activities offered by the Branch help people with Parkinson's. Various fundraising events took place throughout the year, such as coffee mornings and lunches. One highlight was a wonderful afternoon cream tea, with raffle, held in a member's colourful garden in June. In August, in another member's beautiful garden, complete with marquee, we held a Pimms and nibbles evening, again raising money with a raffle. In October, the committee hired Busbridge Village Hall to hold an afternoon tea party. Many delicious home-made cakes were on offer. Steve Heron came along and gave a short talk about the activities offered by the branch, which all depend on gifts and fundraising. In November, a bottle tombola stall was held at a Christmas Fair in Farncombe. Members donated bottles throughout the year to provide an impressive display on the day. The year of fundraising ended with the magnificent total of £1,600. Myra Newnes-Smith very kindly came to our Christmas meeting to accept the cheque on behalf of the branch. I must thank the WI committee for all their hard work in turning my initial proposal into a successful fundraising year for the Guildford Parkinson's Branch.

Janet Oldham

The photo shows Myra Newnes-Smith from the Branch (right) receiving the cheque from Ann Heward, Busbridge Evening WI President on the left, and Susan Strudwick, WI Treasurer, in the middle.

Guildford and South Surrey Branch of Parkinson's UK

Family friendly Summer Picnic

- Fun and Fundraising event –

Saturday 20 July 2024
1.00 pm to 5.00 pm

at Great Halfpenny Farm, Halfpenny Lane,
Guildford GU4 8PY

Clare & John Price kindly invite Branch Members and their wider families, neighbours and grandchildren to a Summer Picnic at Great Halfpenny Farm. Bring your picnic table and chairs, food and drink and set up your picnic in beautiful surroundings and enjoy the views

Win an opportunity to stay at The Glass House at Great Halfpenny Farm, a 2 bedroomed single level architect designed home with a stunning outlook.
Visit http://www.airbnb.com/h/architect-style-glass-house-surrey-hills (Conditions apply)

Activities for children include 'meeting the animals' - lambs, horses and chickens. There will also be a Treasure hunt, Ball games, Cake Stall, Pimm's bar, Tea/coffee, Tombola, music and more!

Ticket prices Adult **£5** Child **£3 Family ticket** 2 adults and up to 3 children **£15**.
For tickets please apply to Clare Price by email cprice@guildfordparkinsons.org.uk

Parking on grass. Please bring sensible footwear - some uneven ground and gentle slopes.

Sorry no dogs. No BBQ's. Bring your own table/chairs and food/drink.

All profits to the Guildford & South Surrey Branch of Parkinson's UK

Jazz Event

Jazz Event—another great success from a Saturday afternoon: dozens of Members and friends of the Guildford Branch assemble in Onslow Village Hall. It is a bright sunny day (if a bit blustery) as they seat themselves at tables decorated with blue and white balloons. All very sedate - until Trad's Army Dixieland Jazz Band played their opener. The wall of sound hit hard: many of us were transported back to the days of our youth spent (or mis-spent) in the dungeon known as the Jazz Club, 100 Oxford Street . In the late 1950s Humphrey Lyttleton brought the legendary Louis Armstrong to the London Jazz Club, a move that subsequently kick-started a huge following for Dixieland Jazz (remember "Bad Penny Blues"?) which dominated the jazz scene for the next decade.

At first they sat and listened, applauding the riffs. Then the restless legs began to tap with the beat - and a brave lady took to the floor. By the time the interval arrived several people had done a twirl or two - which inspired others after some refreshments from the cash bar! There were a handful of students from the

University of Surrey in the audience who not only thanked us for a “great afternoon” but also were very helpful putting chairs and tables away afterwards.

Our thanks to Valerie Box and Clare Price for organising the event. And HUGE THANKS to the fabulous musicians of Trad’s Army Dixieland Jazz Band for a wonderful afternoon’s entertainment.

Finally, we would like to acknowledge the generosity of our sponsors:

- Burns and Webber
- Optical Studio in Godalming
- Mullard’s Funeral Directors, Godalming and Luff’s Funeral Directors, Cranleigh
- Whitley’s Jewellers, Godalming
- Tesco Weyhill

Margaret Westwood

The band performed a piece written by Edward Elzear 'Zez' Confrey called 'Stumbling'. Born in 1895, Zez was a jazz pianist/composer who retired after WW2 but continued to compose until 1959. He lived with Parkinson's for many years and died in 1971 in New Jersey, US.

The event raised £1700-

Our '100 Club'

Our 100 Club has been running for two and a half years and continues to grow. We now have almost 200 numbers 'in play' each month. It raises funds for the Branch and provides 100 Club members the monthly chance to win:

1st Prize - £60

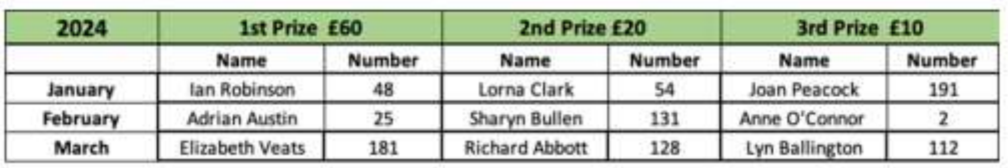
2nd Prize - £20

3rd Prize - £10

In 2023 we raised £759 for club funds after prize winnings of £1,080 were paid. Some members generously choose to donate their winning back to the Branch.

It is very easy to join, and costs £1 each month for each number. Many members have more than one number. Contact nhetherington@guildfordparkinsons.org.uk or the Treasurer for more details and the application form.

Recent prize winners since the last Park are:



2024	**1st Prize £60**		**2nd Prize £20**		**3rd Prize £10**	
	Name	**Number**	**Name**	**Number**	**Name**	**Number**
January	Ian Robinson	48	Lorna Clark	54	Joan Peacock	191
February	Adrian Austin	25	Sharyn Bullen	131	Anne O'Connor	2
March	Elizabeth Veats	181	Richard Abbott	128	Lyn Ballington	112

Do we need reinstate Zoom support sessions?

Your committee is very keen to support all our members, partners and carers. This is why we have facilitated the groups for newly diagnosed, friendship and carers and of course the long standing Shalford social meetings. However, we are concerned that there may be carers who are feeling isolated and are unable to attend the carers group. A group on zoom could be reinstated for those who have internet access if there is enough interest.

Contact Myra Newnes-Smith. Details on the back cover.

Branch Activities

Activity	Where	When	Comments
Carer's Group	Inn on the Lake	2nd Monday of Month	Share with others Carers
Committee Meeting	Church House	6 weekly 10:00 - 12:00	volunteers always welcome
Friendship Group Meeting	Squirel, Hurtmore	3rd Wednesday of Month @19:00	All welcome Option to eat or not
Loud and Clear Speech Therapy	Online	1st Monday and Wednesday	Improve your speech in fun format
Newly Diagnosed Social Meeting	Grantley Arms Wonersh	2nd Tuesday of Month @ 19:00	All welcome Option to eat or not
Tuesday Social Meeting	Shalford Village Hall	Last Tuesday of Month @14:00	Guest Speaker, Refreshments and Camaraderie
Dance for Parkinsons	Godalmin United Church, Godalming	Weekly on Wednesday	
Parkinsong Voice Classes	Busbridge Village Hall (and Online)	Tuesdays 11.45 - 12.45	Work on breathing
PD Warrior type Exercise Class	Whitley	Weekly	Multiple sessions on different days
PD Warrior type Exercise Class	West Clandon	Weekly	Multiple sessions on different days
PD Warrior type Exercise Class	Cranleigh Youth Centre, Snoxall	Weekly	Multiple sessions on different days
Pilates	West Clandon	Weekly on Wednesday	

Key Email Addresses for Branch

Chair	David Lowther	Chair@GuildfordParkinsons.org.uk
Treasurer	Steve Heron	Treasurer@GuildfordParkinsons.org.uk
Communications Manager	Deborah Gaskell	Comms@GuildfordParkinsons.org.uk
Membership Secretary	Keith Black	Membership@GuildfordParkinsons.org.uk
Carers Support	Myra Newnes-Smith	Carers@GuildfordParkinsons.org.uk
Support Groups	Sharyn Bullen	SupportGroups@GuildfordParkinsons.org.uk

National Website www.parkinsons.org.uk

Local website www.guildfordparkinsons.org.uk

Parkinson's Nurse Specialists (NHS)

Amanda Dodson *Dawn Rowson*	*Rose McKinley*
Milford Hospital	Farnham Hospital
01483 362020	*01483 908183*
rsch.gw.ms.parks@nhs.net	**vcl.parkinsonnurses@nhs.net**