

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

The Park

Magazine

MAY 2023



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

Cover

Table of contents	<u>2</u>
Tuesday Afternoon Meetings	<u>3</u>
Foreword from The Chair	<u>4</u>
Minutes of 2023 AGM	<u>6</u>
AGM VIP attendee (Steven Hooper FD Parkinson's UK)	<u>8</u>
Nordic Walking	<u>9</u>
Carers / Movers and Shakers	<u>10</u>
Branch Activities	<u>11</u>
A Poem for Spring—Bluebells	<u>12</u>
Directing Fundraising Funds	<u>13</u>
What makes a good AGM	<u>14</u>
Geat North Run, Occam Singers	<u>15</u>
Working Life with Parkinson's diagnosis	<u>16</u>
An evening with Kate Mosse	<u>18</u>
Air Ambulance	<u>20</u>
100 Club	<u>22</u>
Key External Contact Details	<u>23</u>
Key Branch Contacts (Back Cover)	<u>24</u>

* Cover is John Price at the 2022 Summer Picnic

TUESDAY AFTERNOON MEETINGS

Venue: Shalford Village Hall, King's Road, Shalford, Guildford, GU4 3JU

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.

Date	Attendee
Jan 31	<i>Nordic Walking</i>
Feb 28	<i>AGM</i>
Mar 28	<i>Air Ambulance</i>
Apr 25	Lindsey Brown – Parkinson's Yoga Therapy
May 30	Tom McJannet – "Puffins, polar bears and People" – ramblings of a wildlife tour leader
Jun 27	Roy Kelsey, Apiarist (Bee-keeper) – honey & demo
22 Jul	Picnic Great Halfpenny Farm (Caire and John Price)
Aug 29	NO MEETING
Sept 26	<i>TBC</i>
Oct 31	* Claire Swettenham – Hubs Mobility Advice Service - Alternative transport to driving
Nov 30	Gadgets and Aids – discussion and opportunity to try out a variety of Gadgets and mobility aids
Dec 26	NO MEETING

Foreword from the Chair...

Welcome to the May 2023 edition of *The Park*. Within these pages I hope you find stimulating articles together with details of upcoming events. We aim that the magazine provides you with the necessary information to extract the most from the Branch's exercise and social activities. If you think there is anything lacking then feel free to send an email with your suggestions to

ThePark@guildfordparkinsons.org.uk.



As you will be aware, the AGM was held at Shalford Village Hall at the end of February. Minutes of the AGM are included within these pages but in summary we have all the key foundations necessary to have a highly successful Branch:

- A solid and dependable Committee of unpaid volunteers who have agreed to re-stand for another year
- A strong financial position and an excellent Treasurer who has put in place minor modifications to the subsidy regime to protect our longer term financial security
- An active and engaged membership who support social and fundraising activities.

The Minutes also record that for the second year running I have been voted in as Chair. So bad luck, you'll have to put up with my storytelling and ramblings for another year!

As documented in my March newsletter, the main risk in producing introductions to *The Park* and the monthly newsletters is writer's block. In my humble opinion, the key is to find diverse sources from which to generate ideas. As an example, in planning what I should write for this edition, I thought I should consult an astrology chart for guidance. Well, when I say astrological chart, I actually mean I flicked through to the astrology section in the weekend magazine section of the *Daily Mail*, which is the paper my wife reads. Consulting my astrological sign, Leo, it states: *'You don't need be a neurophysicist or a member of Mensa to make the right decision this week. You just need some input from the intuitive voice of your heart. Listen to it, trust it, follow it where it leads'*.

Unsurprisingly, I am neither a neurophysicist or member of Mensa - in fact I didn't even know such vocations existed. However, this recent guidance does cover one of the turmoils in my life:

- My head is telling me I already spend too much of my life on Parkinson's-related activities and as such I should not add authoring of *The Park* to my list of spinning plates
- My heart is telling me that I am blessed with the technical skills to be able to produce such a magazine and that my time contribution is a drop in the ocean compared with the joy it brings to our Members.

So, as instructed, I will side with my heart and take up the mantle of chief editor/producer of *The Park* while we await a permanent volunteer to raise their hand. Hopefully, my astrological reading will hold true and if I place trust in a dedicated volunteer stepping forward then it will happen.

So, the outstanding questions in my future are:

- Not if, but when, will my saviour step forward to take over the role of chief editor and allow me to step back to my core Chair role
- Will MS Publisher get the better of me and I will spend my life trying to get text correctly wrapping around photographs and the like

Wish me luck....

Oh, and if you think you could be that saviour as our new Editor please email me at ThePark@guildfordparkinsons.org.uk. Ramblers and non-ramblers can apply.

SAVE THE DATE- 2023 BRANCH SUMMER PICNIC

We are holding this year's Summer Picnic on **Saturday 22 July**, again at the fabulous gardens of Great Halfpenny Farm. Please save the date in your calendar so you can attend this great event!

These Picnics are really enjoyable to all who attend and also help raise valuable funds for the Branch.

Coordinating and setting up these events relies on a handful of volunteers. If you would like to get involved as a volunteer helping making year's Picnic another success, please contact either Steve Heron on treasurer@guildfordparkinsons.org.uk or David Lowther on chair@guildfordparkinsons.org.uk

GUILDFORD AND SOUTH SURREY BRANCH

MINUTES OF THE ANNUAL GENERAL MEETING

held on Tuesday 28 February 2023 at 2.00 p.m

1. **Welcome by the Chair.** David Lowther was pleased to see a good number of Members present in Shalford Village Hall. Two representatives from Parkinson's UK Steven Hooper, Finance Director, and Jack Grant, Campaigns Officer, were in attendance.

2. **Apologies for absence:** Keith and Valerie Black; Fran and Colin Dorling.

3. **Minutes of the AGM February 2022:** approved.

4. **Treasurer's Report:** Steve Heron tabled a detailed report of the Branch finances for the year ended 31 December 2022. The analysis showed a successful year in terms of the aims and objectives of the Branch but he warned that without two substantial donations the situation would have been less secure. The Committee had endorsed the recommendation in the Budget for 2023 that fees for the exercise classes, which are heavily subsidised by the Branch, should be raised by a modest £1 per class. He reiterated that fund- raising must be seen as a priority if the Branch is to continue subsidising therapeutic classes and social events.



The report was received warmly by the meeting with a vote of thanks to Steve Heron for his sterling work on behalf of the Branch.

5. Report of the Committee by the Chair: David Lowther felt the year had gone well with an increased membership (currently 380) and active participation stable at about 120 (approx. 1/3) . The Treasurer's report had demonstrated the range of activities/events members can take part in should they choose to do so, but he stressed that not all members were ready or able to become engaged with the Branch. The Committee also favoured a flexible approach to membership: ease of geographical access was more important than a notional Branch boundary.

Communications have been substantially improved; in addition to the Chair's monthly Newsletter, a lively magazine, *The Park* (published three times a year) the Branch supported a newly-constructed website, new information leaflets, and banners promoting the activities on offer. Considerable effort had been made to spread the news and hopefully attract new members. He thanked the Committee for their continuing support and commitment to the Branch.

6. Election of Lead volunteers:

The Chair, Vice Chair, Treasurer and Secretary - to serve for the year ending 31 December 2023. Jack Grant, PUK Campaign Officer, presided over the Election of:

- **Chair:** **David Lowther** (nom. Hilary Austin ; sec. Olivia Ames- Lewis)
- **Vice Chair:** **Hilary Austin** (nom. Deborah Gaskell ; sec Paul Dowson)
- **Treasurer:** **Steve Heron** (nom. Deborah Gaskell; sec. Paul Dowson)
- **Secretary:** **Sharyn Bullen** (nom. Deborah Gaskell, sec. Myra Newnes- Smith)

(All elected *Nem. Con.*)

7. Election of the Branch Committee 2023.

Anne Folkes Editor of *The Park*, was standing down from the Committee but all other serving members were eligible for election and nominated en bloc by Valerie Box (sec. Olivia Ames Lewis):

Keith Black (Membership Secretary), Deborah Gaskell (Communications), Myra Newnes- Smith (Carers' issues) , Margaret Westwood (Minutes & Meetings Secretary).

The Business meeting closed at 2.45 p.m.

Minutes taken by Margaret Westwood

Stephen Hooper – Director of Finance & Planning at Parkinson’s UK

First of all, I just wanted to say what a pleasure it was coming to the Guildford Branch AGM last month. It is such a vibrant local group, doing some many wonderful things for the Parkinson’s community in Surrey.

My name is Stephen Hooper and I have been working at the charity for nearly six years and have seen a lot of change in that time. I joined in June 2017 as the Assistant Director of Finance and Performance and have spent a great deal of time working with colleagues to try and improve systems and processes as well as oversee the overall financial management of the charity.

I took over as the Finance Director shortly before Covid hit in early 2020. I am a relatively optimistic person but even I was amazed at how our fundraising bounced back from the lows of March 2020. The loyalty of our supporters continues to astound me even now and so the challenges and the narrative has very much flipped from wondering where the next pound is coming from to how best can the charity utilise its healthy reserves to drive the best impact for people with Parkinson’s. It certainly makes managing the charity’s finances on a day to day basis much easier.

Off the back of this and the feedback I’ve heard from colleagues across the charity and in the local branches on some of the bureaucracy associated with our processes, I’m keen to engage more with local branches to understand what’s working and what needs improvement in order to free up the local branches to focus on the great work that is done “at the heart” of the Parkinson’s community.

The cash pooling scheme started in 2020 has been a huge undertaking for the charity and it was really encouraging to see that the Guildford Branch has had a positive experience with moving to it. Getting Barclays to adapt their systems and processes during Covid was a real challenge but getting feedback from David and Steve on its positive impact for the Guildford branch is great to hear. Now that interest rates have climbed substantially in the last 9 months as the Finance Director, I’m looking at ways to maximise the potential interest on all our bank accounts. We’ve set up the cash pooling scheme so that groups get a return above the Bank of England base rate. The interest generated in 2023 should hopefully provide an important income stream for those groups in the Barclays scheme and

help the Guildford Branch alleviate some of the fundraising challenges it is encountering at the moment to fund the wide set of activities run by the branch.

I was impressed with the way the branch is run and hopefully it can grow its services in the years to come. I enjoyed hearing from members at the AGM talking through the challenges faced with certain aspects of the way things are done by the charity such as the state of the website. There are a few suggestions that I am taking forward with my colleagues here at HQ. I hope to come back with some positive news in the coming weeks on a couple of lines of enquiry.

As a finance team, we're looking to reduce the bureaucracy in the local group finance processes to help groups spend more time on supporting their members and everyone else who wants to get involved in local run activities. By the time that the next annual financial return is sent out for completion I expect it to be streamlined and be a more user friendly document for treasurers to fill in.

Thank you once again for your warm welcome at the AGM and I hope to come to a meeting later in the year.

Stephen Hooper

Director of Finance & Planning

Walking with poles: trying out Nordic Walking

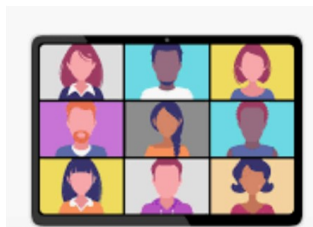
At the first membership social meeting of 2023, one way to fulfil one of our chairman's mantras, to stay physically active, was demonstrated. 43 members heard Vickie Green from Surry Striders extol the virtues of Nordic Walking to improve posture and gait in Parkinson's. She explained the difference between Nordic and trekking poles and showed us how to use Nordic poles properly. It looked so easy! A number of innocent volunteers had a go, quickly finding out that it was nowhere near as easy as it looked! It requires a lot of coordination for those of us who do not automatically move the opposite arm to leg when walking and the positioning of the poles seemed at first to be counter-intuitive. Some mastered the technique quickly and carried on practising outside, and at least one person signed up for more instruction, while others decided to opt for tea and cake instead! It was a very interesting experience and with perseverance, no doubt can be mastered and prove beneficial but it's not for me!

Valerie Box

STOP PRESS!

Carers Group Goes Face-To-Face

The Carers group is now meeting face to face monthly on the second Monday afternoon (currently) at the Refectory Milford.



Zoom meetings for Carers are now on the third Monday afternoon for those who are unable or do not wish to attend in person.



New members are very welcome to both

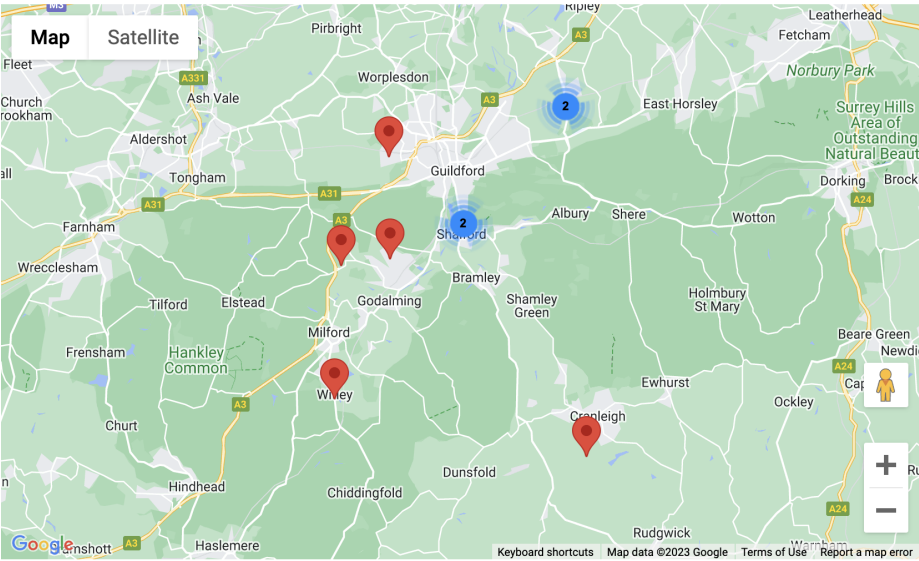
Please contact me by email for details.

Myra Newnes-Smith (msnsmith@GuildfordParkinsons.org.uk)



You may remember that Paul Mayhew-Archer presented his one-man show at Pirbright and Guildford last year and is a big campaigner for Parkinson's related activities. His latest initiative is to meet up with well-known BBC journalists to raise the profile of Parkinson's through a podcast. Called Movers and Shakers it's available here - <https://open.spotify.com/show/4dipKcMG0locnGsdRmB2nJ>

Branch Activities



1 - 9 / 9

Activity	Location	When	Comments
Committee Meetings	Church House	6 weekly	Volunteers always welcome!
Tuesday Monthly Meeting	Shalford Village Hall	Last Tuesday of Month @ 2pm	Guest Speaker, Refreshments & camaraderie
Newly Diagnosed Meeting	Seahorse, Shalford	2nd Tuesday of Month	Rotates between F2F and Zoom
Friendship Group Meeting	Squirrel, Hurtmore	3rd Wednesday of Month @ 7pm	All Welcome - option to eat or not
PD Warrior Exercise Class	Whitley	Weekly	Contact provider directly (see website)
PD Warrior Exercise Class	West Clandon	Weekly	Contact provider directly (see website)
PD Warrior Exercise Class	Cranleigh Youth Centre	Weekly	Contact provider directly (see website)
Pilates	West Clandon	Weekly on Wednesday	Contact Treasurer@GuildfordParkinsons.org.uk
Parkinsons Voice Classes	Biscombe Church Hall	Weekly on Friday	Contact Treasurer@GuildfordParkinsons.org.uk

We aim to offer a mixture of Social and Exercise based activities. All are welcome to attend one or more depending on their preferences and need.

In particular we offer:

- Monthly Meeting at Shalford Village Hall (see [Page 3](#))
- Newly Diagnosed meeting for those who would like to converse with other individuals in a similar situation
- Friendship Group (previously WAGs) for those who want camaraderie in a relaxed pub environment (some choose to eat)
- Finally but not least a Carers’ Group (see [Page 10](#))

A Poem for Spring - Bluebells

Glades of glorious wild garlic and bluebells
all around me, walking through to April's end;
I could not recall having seen such a blue –
not in sixty-odd years – though it's not as if I'd
looked properly, looked closely, for quite so many;
something switched inside me, a penny dropped,
I suppose not so very long ago.

Funny how I could not see that much before,
see that lilac blue, painted by who knows who,
who laid a coloured carpet for me and a friend
(no-one else there to share the scene, not even to
shout about how nice the way, how fine the day);
special because, in all the games they played, each
flower held hands with many thousands more.

And so, together, these bells built for me
the foundations of a house not yet designed,
of an idea not yet to words consigned, of a
rare blue name for an unborn child. And then said:
the shape of the house would be as a bell;
that bell would ring once for the clarity of the thought;
and bells rung together would spell the child's name.

The bells I saw were tied tightly together,
should there ever be battles with the weather –
fierce, I first thought, but in the end one-sided;
I do not see torn, tattered, scattered bells – if the
wind blows, they grow, by and large, below its gusts,
its ostentatious, showy, cuts and thrusts that
eventually tire and then retreat.

And if the heavens open to push aside and
prick dark clouds to summon forgotten winter rain,
urging it to teem in freezing sheets, unseasonably,
uncomfortably, unreasonably, these stalwart stems
will huddle close together and simply shake
the showered drops from off each head that makes a
tiny tent to keep its sheltered bell quite dry.

It's good to gaze across these lakes of blue,
yet leave each bell untouched, for they ring, they
sing, more sweetly, together in a choir,
each of perfect pitch, learned from any other flower
that chimes, in rhyme, nearby; a lone bell picked,
albeit beautiful, more so in a vase mixed with
others, is denied its place within the dell.

© Peter Taylor 2016

Fundraising is Fun, but make sure you carefully choose where you want the funds to go.

Sometimes, members set themselves up on Just Giving, or similar online platforms, where they plan to raise funds for charity by either taking part in some challenge such as a long distance walk, etc., or to mark some event such as a significant birthday. These online platforms are great, as they allow you to send the 'link' to all your friends and family, asking them to sponsor you with a sum of money which then goes to your chosen charity. The online platform then does all the work, collecting the monies, sorting any Gift Aid, and then paying them to the chosen charity.

When you set yourself up on Just Giving, they ask you to select the charity to receive the funds.

If you want to raise funds for either Parkinson's UK (the national charity) or the Branch, you should select Parkinson UK.

The platform then gives you the opportunity to enter a few words about the challenge or event, its date and then say a few words about yourself. One thing to be clear about at this stage is whether you are happy for any funds raised to go solely to Parkinsons UK, or whether you wish funds to come to the Branch.

If you wish the funds to come to the Branch to support the activities we provide locally, you should clearly state that in the wording about yourself. Parkinsons UK will then note this when they receive the funds from Just Giving and send them to our Treasurer. If you do not state you wish the funds to come to the Branch, Parkinson's UK will receive all the funds and use them nationally, for either Research or supporting individuals across the UK.

Anyone with concerns about this should contact Steve Heron, the Branch Treasurer on treasurer@guildfordparkinsons.org.uk

ANNUAL GENERAL MEETING



What Makes a Good AGM?

- AN UPBEAT REPORT FROM THE CHAIR?
- A TREASURER'S REPORT WE CAN FOLLOW WITH EASE?
- ELECTIONS CONCLUDED SWIFTLY?

This year about 40 people attended the 2023 AGM on 28 February in Shalford Village Hall. The little tables were dressed with starched table linen hinting at the promise of tea and cakes once the business was concluded. On a table at the end of the hall amazing raffle prizes tempted everyone to try their luck at “ £1 per strip” (choose your colour).

The Business was efficiently dealt with; the newly elected Committee resumed their seats. Ann Williams, a former PDS specialist nurse, was invited to share her *Journey with Parkinson's* . She described her holistic approach to managing the condition - not just 'how to live with Parkinson's' but 'how to live well with Parkinson's'. Her planned six-week course covers exercise, diet, speech therapies, and above all promotes psychological well-being.

And then it was time for *TeamTea* to swing into action. Ron and Maureen Wride take charge of the kitchen: they have prepared teas and coffees for Branch meetings, AGMs and the like for some 25 years. Olivia, Myra, Valerie and Sharyn served tea and *delish cakes* (to the delight of the Chair, who loves cake) as we awaited the first draw of the raffle - organised by members Valerie and Rosemary.

So what makes for a good AGM? A well-conducted business meeting, an interesting and thoughtful speaker, a warm and sociable gathering with a generous raffle and, of course, tea and cakes! Thanks to good leadership and the loyal support of members, the Guildford and South Surrey Branch is a winner on all counts.

Margaret Westwood

A message from Steve Heron.....

Fundraising for Parkinson's UK

The Great North Run

10 September 2023

My son, Nick, has decided to raise some funds for Parkinson's UK by taking part in the world's biggest half marathon, The Great North Run in Newcastle this coming September. If you wish to sponsor him and help raise funds for Parkinson's UK nurses you can do so on the below link:

<https://events.parkinsons.org.uk/fundraisers/nicholasherone>

Occam Singers Concert at Holy Trinity, Guildford High Street on 4 March 2023.

The Occam Singers are a small and friendly amateur chamber choir that has been functioning for over 40 years.

They are very versatile in their repertoire and are available for private functions as required. (www.occamsingers.co.uk)

They support different charities every year.

The "Gathering of Friends" Concert in March included Lieder by Brahms and Elgar all beautifully sung by the choir.

The choir were accompanied by two pianists - four hands one piano - and the duo also gave a virtuosic performance of a Fantasia by Franz Schubert.

It was fascinating watching the duo cross hands - over and under - at speed sometimes, and reading their separate music lines from one sheet of paper.

(Think about it!!)

Parkinson's & Co Limited

I was asked to write an article on my experience on working with Parkinson's.

I should explain a little background on my diagnosis and how PD started to affect me in different ways, pre and post diagnosis, as I think it is relevant to the relationship I now have with my employer.

Prior to my diagnosis, I was having physio treatment on a shoulder injury. The physio sessions got to a point where my shoulder was fine, but I was left with an unexplained tremor. I was working full time at this point in a senior role within a large corporate company (I am still with them).

A few months later, I started having panic/anxiety attacks. I developed a fear of being in confined spaces – like trains or planes. This was totally out of character - I used to do potholing and was a seasoned London commuter for many years from West London and from where I live now in Crookham Village. I was now struggling to stay on the train beyond Woking from Fleet, and that was at 'off peak' travel times with day trippers and school kids. I cancelled many work meetings over that period and my employer, whilst sympathetic, must have been thinking all sorts. I couldn't offer them any rational reasoning.

It got worse and eventually came to a head when I ended up in A&E fearing a heart attack. Anti-anxiety drugs followed in the next few weeks and a sort of normality resumed – all except for this damn tremor I still had. I started calling it Trevor the Tremor. I'm not sure why.

A few months later I was diagnosed with PD after a DAT scan as part of various tests following the panic attacks. The formal diagnosis strangely brought some comfort, and of course more drugs.

My panic attacks were mostly under control by now, and I had resumed my normal customer facing role without making any changes to my working life. However, Trevor was still around and becoming more bothersome.

I realised I ought to make some working adjustments after one particular event when in a meeting with a prospective large retail client as 8 of us sat round their boardroom table.

I graciously accepted a cup of tea from the client in a lovely cup and saucer and I placed it on the table in front of me and started the presentation meeting. After a while, the Q&A session was approaching, so I thought I'd 'wet my whistle' and have a sip of tea. I realised this was a mistake as soon as I reached out with both hands to lift the cup and saucer. Trevor came to life and the cup and saucer

rattled and clashed against each other as if I was playing the cymbals in a brass band.

My colleague stopped presenting mid-flow to look at me as if I was going to impart a 'deal clinching' comment. I wasn't. The clients all looked around at me as I clearly wanted to say something that would solve all their problems. I didn't. We all looked at each other, and then thankfully my colleague continued.

One of the clients I knew called me later to ask if I was OK, that was the first time I explained I had been diagnosed with PD.

I knew PD was becoming a distraction in the workplace and I needed to adjust my working life.

Over the last few years, I have stepped back from a front line role, and gradually reduced my working hours. From 5 days, to 4, to 3, and now presently 2 days/week. All of this in close discussion with HR and my manager. I have learnt to take a step back from a senior role and I now support my full-time colleagues. In fact, I get a lot of enjoyment from this and from having the time to support them in their day-to-day work and careers.

Due to the nature of the condition and its diagnosis later in life for us (generally speaking), by extension it hits us at a time in our working life when we maybe in a senior position, or very experienced in our jobs and careers, or even shortly retiring. Whatever the circumstances, it is very difficult and a worrying time.

I think what helped me was the fact that my employer was involved from the start (not deliberately planned). They are a large international corporate company, so they (rightly) have processes and procedures in place and HR are very engaging. My employer has been totally supportive and arranged occupational health support and supported a year off work 'sabbatical' (due to a family tragedy) among many things.

We all know Parkinson's Disease is very individual to each of us, and so are employers, but if I can offer any comfort and advise from my own learnings, I would say to engage with your employer and help them understand a bit more about the condition and how you can mutually manage it together. Oh yes, I would also recommend that you don't accept any drinks in meetings.

Outside of work, my biggest social dilemma in the early days was getting a haircut.... but that's a story for another day over a beer/wine.

Danny Hogan

Warrior Queens : with Kate Mosse

On 14 March 2023 the Branch was invited to send collection volunteers to G Live for the Kate Mosse evening. We were somewhat dismayed by the pre-event information which declared G Live to be a cash-free zone, but equipped with buckets and collection tins Val, Hilary, Debbie and Margaret duly stationed themselves strategically in the foyer.

Kate Mosse, a prize-winning novelist/playwright/historian and founder of #WomenInHistory, is touring her most recent hefty volume Warrior Queens and Quiet Revolutionaries (400 + pages, hardback, £20).

Her basic thesis is that historical records are primarily written by men, about men. It's HIsTory. Kate Mosse sets out to explore HERstory - and her book introduces the reader to women from antiquity to the present day who deserve to be written into, rather than written out of, the official records, the textbooks and our general cultural awareness.

Her researches into polytheistic religions of ancient Egypt and Greece as well as early Christian suggest that there were many strong women leaders - like female Pharoahs (who wore stick-on beards to re-inforce their authority) and formidable warriors such as Deborah (the only female Judge in the Bible) who, as commander-in-chief of an avenging army, freed the children of Israel from oppression*.

The lives of two women from the 18th C read like an adventure story in a Boys' Own comic. Mary Read (b.1685) was dressed as a boy as a child (to secure an inheritance) and then enlisted in the navy where she fought against the French. Later she shipped to the West Indies where she met Anne Bonny (b.1697) who also passed as a man whilst being married to James Bonny, a fellow seafarer. Anne and Mary both joined the crew of the notorious pirate, Calico Jack Rackham. He fell in love with Anne and when her husband refused a divorce, the trio of Mary, Anne and Calico Jack spent many years roaming the Caribbean seas creating mayhem - until they were eventually arrested in 1721.

Leaping over the centuries, Kate Mosse led us into the world of sport where many women have excelled But who has heard of Lily Parr (1905-1978) who first

played for Dick Kerr Ladies' football team in WW1, and went on to score 1000 goals between 1919 and 1951? On Boxing Day 1920, the match between Kerr's Ladies and St Helen's drew a crowd of 46,000 people. The star attraction was Miss Lily Parr.

What followed? The FA declared that football was totally unsuitable for women and banned its members from fixtures with female teams. (This ban wasn't lifted until 1971). Fast forward to 2022 when the Lionesses beat Germany 2-1 in the Euros final and, at last, women's football is nationally inspiring...and little girls in hijabs can play too.

Unlike some authors who just read extracts, Kate Mosse entertained us with a performance, re-creating the stories of some of the extraordinary women featured in her book. The audience loved her, and we collected nearly £300 for the Branch - £219 in notes and coins!

Margaret Westwood

*Judges Ch 4



Editor in Chief of *The Park*

I am delighted to say that Rona Lester of the Carer's Group has volunteered to produce *The Park*.

Kent, Surrey, and Sussex Air Ambulance Service

Keith Smith, a volunteer speaker from the Air Ambulance Service treated the March Shalford Monthly Social meeting to an entertaining and informative presentation on the Kent, Surrey, and Sussex Air Ambulance Service (KSS). His presentation was supplemented by two short videos.

The first thing he wanted the audience to appreciate is **that it is a charity and receives no funding from the**

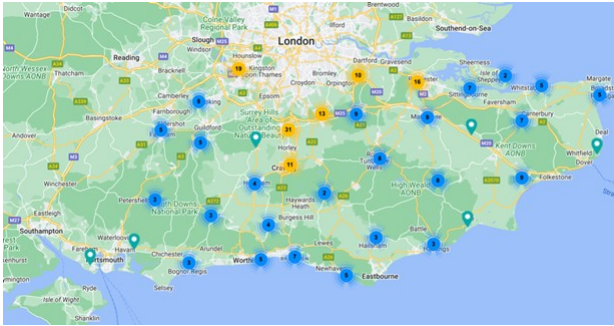
Government. The second thing he stressed was that it is not in competition with NHS road ambulances. Rather, it is a **complementary service**, called upon when there is a medical assessment that the injured patient needs urgent and rapid transfer to a major trauma centre.



These major trauma centres across their region are either St George's, The London Hospital, or Southampton, whichever is the nearer in flying time to where the patient is picked up. They have 3 helicopters, and 4 'blue light' Rapid Response Vehicles, the latter used when they are unable to fly because of the weather and allow KSS to still provide specialist life-saving care by road. The helicopters have a crew of 2 pilots, doctor, and a paramedic. All are highly skilled and unlike regular NHS ambulances, because they have a doctor on board they can perform medical treatments at the incident scene including minor life-saving surgery and anaesthesia. Keith explained that the only limitation is some ways is the amount of medical equipment the medics can carry in their backpacks. They carry blood plasma, defibrillators, and other equipment to stabilise the patient at the incident scene before flying them to the closest major trauma centre. All the teams have many years of experience behind them and can cope with most circumstances. Some of the doctors and paramedics come from the military, and this helps maintain their skills whilst they are not on deployment.

The helicopters can carry up to 6 people, so in the case of a child casualty a parent can accompany them in the helicopter to the hospital.

Most of their incidents are related to road traffic accidents, but they also handle medical emergencies such as heart attacks, strokes, falls, workplace accidents, etc.



The map shows the incidents across the region they attended in March this year. Their helicopters are based at Redhill and when required can reach any part of Kent, Surrey, or Sussex in under 30 minutes.

They operate 24 hours a day, 365 days a year. They work very closely with the Ambulance 999 service, even having their own call handler located at the 999 call centre. This KSS call handler can listen in to emergency calls, and due to their experience are able anticipate the need for a helicopter and to avoid any delays can get the crew ready to take off. Often a helicopter may be launched and heading for the incident at the same time as a road ambulance is dispatched. Sometimes after launching they are turned back as the road ambulance crew are in contact with the helicopter crew and can advise that the incident can be handled by them without need for the KSS service.

KSS helicopters can land in an area as small as a tennis court, however for safety reasons to do with their massive downdraft they usually land in much larger open spaces. They operate day and night. Last year they attended over 3,200 incidents.

As a charity they need £16.6 million a year to operate (*puts our Branch need to raise £60,000 to £70,000 each year into context!*), of which they receive a contribution of £1.8m from the NHS. The rest is raised from fundraising and donations across the region.

At the end of Keith's presentation, he took questions from the floor and he was warmly applauded for such an informative presentation. One member even commented they owed their life to the Air Ambulance service. A brilliant and local endorsement to their work.

There was a collection bucket available for those at the meeting to leave donations, and Keith pointed members to the KSS Website where individuals can make donations and find out more about their service:-

<https://www.aakss.org.uk/>

Steve Heron

100 Club and Annual Renewals Due for Start of July

Since we launched the Branch 100 Club in July 2021, it has gone from strength to strength. We now have over 200 numbers in play each month and have over 50 members participating.

There is always room for more! Please contact Nick Hetherington or Steve Heron for details or look on our Branch Website.

Remember this is a great way for you to support the Guildford and South Surrey Parkinson's Branch (the Branch) whilst having a bit of a flutter!

Here's how it works...

- To participate you must be a member of the 100 Club.
- Each 100 Club member will be able to subscribe to as many numbers as they wish for £1.00 per number, per month.
- Payment for each number must be made in advance.
- Once a month, usually at the time of the Branch Monthly Social Meeting (the afternoon of the last Tuesday in the month) there is the Monthly Draw of 3 numbers, with cash prizes as follows:
 - 1.The prize for the first number drawn is £60.00.
 - 2.The prize for the second number drawn is £20.00.
 - 3.The prize for the third number drawn is £10.00.

For many of you who joined the 100 Club back in July 2021, and chose to pay by annual subscription, please remember that your annual subscription will be due at the end of June, to ensure you are fully included in the July 2023 draw. You will be contacted shortly with details of how to make your annual payment.

2023	1st Prize			2nd Prize			3rd Prize		
	Name	Number	£	Name	Number	£	Name	Number	£
January	Ian Robinson	173	60	Jane Mayers	207	20	Peter Witter	85	10
February	Mike Hardy (HA)	34	60	Alex Sim	170	20	Margaret Hilliker	125	10
March	Rosemary White	185	60	Jo Brough	10	20	Di Keir	42	10

Parkinson's Local Advisers

Guildford, Runnymede, Surrey Heath, Waverley and Woking

Jackie Wingrave 0808 800 0303

Reigate, North Tandridge and East Surrey

Nicky Lawrence-Gravestock 0808 800 0303

Mole Valley, Dorking, Kingston, Spelthorne, Elmbridge, Epsom and Ewell

Vacant but phone 0808 800 0303 for advice

Mid Sussex, Tandridge, Horsham, Crawley and East Grinstead

Carol Coupe 0808 800 0303

Parkinson's Nurse Specialists (NHS)

Milford Hospital Assessment Unit

Amanda Dodson 01483 362020

mail: rsch.gw.ms.parks@nhs.net

North Surrey. Farnham Hospital Outpatients

Rose McKinley 01483 908183

Email: vcl.parkinsonnurses@nhs.net

01483 908183 for North Surrey 01483 908088 for E. Hants

'Parkinson's UK Helpline Service 0808 800 0303

Lines open: Monday to Friday 9.00 am–8.00 pm

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	

For all other categories or recipients please send emails to info@GuildfordParkinsons.org.uk. This email address is checked every 24 hours and your email will be directed to the correct person

National Website www.parkinsons.org.uk

Local website www.guildfordparkinsons.org.uk