

PARKINSON'S<sup>UK</sup>  
CHANGE ATTITUDES.  
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# The Park

Magazine of the

Guildford and South Surrey Branch of Parkinson's UK

SEPTEMBER 2023



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

Cover

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## TUESDAY AFTERNOON SOCIAL 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	Nordic Walking
Feb 28	AGM
Mar 28	Air Ambulance
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 (Beekeeper) – honey & demo
Jul 25	Cake Competition
Aug 29	NO MEETING
Sept 26	Kate Finegan from Matthew Bourne charity. She will bring a version of her Intergenerational dance session theatre
Oct 31	Claire Swettenham – Hubs Mobility Advice Service - Alternative transport to driving
Nov 30	Myra and Friends will do a 'talk and show' about useful aids for people living with Parkinson's
Dec 5	CHRISTMAS LUNCH—Broadwater Pavilion, Godalming
Dec 26	NO MEETING

## Foreword from the Chair...

Welcome to the September 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](mailto:ThePark@guildfordparkinsons.org.uk).



As you will recall from the article in the May Edition of *The Park*, a number of high-profile individuals, including Jeremy Paxman and Paul Mayhew-Archer, have recorded a regular podcast on the topic of Parkinson's.

Having listened to this podcast, I thought it would be interesting to see what other material was available on the Internet. I chose to listen to 'The Parkinson's Experience', a podcast produced by Sheryl Lowenhar from Phoenix, Arizona to compare and contrast.

One of the advantages of living in Ash, on the Surrey/Hampshire border, is that nearly all activities conducted by the Branch are a reasonable drive away. This therefore gives me plenty of opportunity to listen to these podcasts while travelling to exercise classes and the like.

The big revelation is, there are no revelations! The physical and mental problems faced by a Person with Parkinson's who lives, 5000 miles away, on a different continent are identical to those faced in the UK, as are the agreed mitigations (Exercise!). The main differences are around provision of medical support. We benefit from the NHS (free at the point of delivery) while in the US the amount of engagement with a neurologist is typically determined by a person's insurance plan.

I have however heard a lot more physicians and consultants discuss topics around Parkinson's and as a result have gained a better understanding of the agreed terminology. In particular, I have learnt that there are around 34 different movement disorders, which for simplicity have all been grouped under the Parkinson Disease label. This goes in some way to explain why People with Parkinson's have such unique characteristics in terms of symptoms, tolerance of drugs, tremors, speed of progression and side-effects. As we say, everyone faces a different journey with Parkinson's.

It is important that no-one should face their Parkinson's journey alone unless this is a conscious decision made by the individual themselves. The latter part of the previous statement is vital as People with Parkinson's still deserve to have their free will respected and to be empowered to live their lives in the way they want to.

The way in which People with Parkinson's interact with the Branch needs to be A La Carte and not a fixed menu. Some individuals will engage openly in Exercise Classes and Social Events while others will observe quietly from the sidelines.

For those who want an 'active' engagement, we need to provide opportunities to find motivation, camaraderie and opportunities to meet with like-minded individuals with which to share problems.

I am the last person that would dictate that everyone needs to take part in Branch activities if this is not right for them at the given time. I would however like to ensure that we are offering the same level of support as for those who want to 'passively observe'.

As you can imagine it is difficult to measure how many individuals are part of the 'Passive Observer' group and also what they want, if anything, from the Branch. Accordingly, I hope to work with Keith, our Membership Secretary, to identify those who are "passive observer" members to check to see if we are offering the correct levels of support.

If you are a member of the 'Passive Observer' group and want to help me then I'd appreciate an email sent to [chair@GuildfordParkinsons.org.uk](mailto:chair@GuildfordParkinsons.org.uk) . It need say no more than I'm here but not ready to engage. I promise I will not hassle you!!!

I hope the rest of this edition of *The Park* is an enjoyable read. Till next time...

**STOP PRESS!**

### No more excuse not to Exercise

Farnham, Haslemere, Godalming and Cranleigh Leisure Centres have joined Bordon under the Everyone Active umbrella. Why is this important? Because People with Parkinson's get comprehensive FREE membership!

Go to [www.everyoneactive.com/promotion/parkinsons](http://www.everyoneactive.com/promotion/parkinsons) for details and online application.

## Christmas Time again!



BROADWATER PAVILION

TUESDAY 5 DECEMBER

(Put it in your diary NOW!)

### **Christmas Time again!**

Well, not quite, but our branch subsidised **Christmas Lunch will be on Tuesday 5th December** and again at Broadwater Pavilion. Despite it still being the summer we are already well into planning this event and we now need those of you who want to attend, **to tell us**.

The heavily subsidised price this year will be £25.00 per person for the member and their first guest. Additional guests are welcome, but they will not be subsidised and will need to pay the full price of £45.00 per person.

There is a Reply Slip separate form included with the mailed copy of this edition of The Park.

Could those of you who wish to attend either:

- email your name, address and other details to our Treasurer, Steve at: [sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk)

*or*

- post the completed Reply Slip, including a stamped addressed return envelope, to Steve at the address on the form.

You need to **respond by no later than Wednesday 18 October** to ensure you are included in this great event!

Steve will note your interest and numbers of your planned attendees, then ensure you get a copy of the menu choices and other details such as cost, during October.

## Foundation Physio Fundraise For Us!



Exercise is the number 1 contribution People With Parkinson's can do to help themselves slow progression. You may also know that as a Branch we are blessed with two excellent providers: Foundation Physio and Surrey Hills Rehab.

This summer three of the physiotherapists from Foundation Physio took part in a 10k guided run to raise funds for the Branch. This was particularly challenging for three reasons:

1. None of the physiotherapists were historic 'runners' and hence each had to train for the event
2. The Silent Pools 10k run was selected which is known to be hilly
3. David, the Branch Chair, 'requested' they did 10 'Stop and Squats' per kilometre (a Stop and Squat being a PD Warrior Exercise)

I am pleased to say that with support from Branch members cheering them off, their run was a huge success, raising in excess of £800.

## **Yoga by Lindsey Brown**

There was a good attendance of about 30 people and when I arrived the chairs were arranged in a semicircle and the tables had been dispensed with. Lindsey faced us in the centre of the semicircle and started with an introduction about what would ensue. The first technique was simple breathing exercises to a count of two gradually increasing to four. This concentrated on 'belly' breathing or using the diaphragm rather than the chest.

We then went on to gentle upper body stretching and crossing over. Then Lindsey concentrated on leg movements. Whilst the movements looked easy they were in fact quite challenging. This was followed by a series of vigorous movements which got the heart rate up. To finish we were guided through a few minutes of meditation where we brought our attention to various parts of the body starting with the feet and working up to complete a full body scan. We all remained seated throughout. I believe everyone enjoyed the session and felt invigorated afterwards. During tea Lindsey chatted to members of the audience and a number of them were interested in following up with classes.

Lindsey started teaching Yoga in 2010 having qualified with Yoga Alliance RYT®200 hour qualification which is an internationally recognised qualification. Then in the Spring of 2020 she embarked on a 3 year yoga therapy course with the Minded institute and is now a qualified Yoga therapist. Lindsey runs several classes a week both in person and on zoom. The 'in person' classes are held in Walton on Thames and Addlestone areas.



I started attending yoga classes in January 2015 at the age of 69. This is where I met Lindsey and she has taught me regularly since then. With the lockdown in 2020 Lindsey started zoom sessions and I join her twice a week. I have also attended several 'in person' workshops, the last one being an 8 week yoga therapy course. This comprised of 8 sessions of 2 hours on a Sunday morning in Weybridge.

I am thankful that I started yoga in 2015 as it gave me a stronger core, legs and arms as well as improving flexibility and suppleness which has held me in good

stead since my diagnosis of Parkinson's (March 2021). I also find, importantly, that yoga helps calm my mind and reduces anxiety. This is particularly true of the breathing techniques.

<https://youtu.be/FE524JwAnLA> is a demonstration video specifically tailored for people with Parkinson's where you remain seated throughout. It lasts 50 minutes and you can follow along for a full session or break it up into smaller sections by hitting pause and coming back to it later.

John Morris

### **CARERS - Do you feel in need of a break?**

**We still have a few grants available for Carers to enjoy up to a £1,000 worth of Respite Care for your loved one.**

For the calendar year 2023, the Branch has made grants for Respite Care more flexible and offered the opportunity for 10 carers to apply for a Respite Care grant of up to £1,000 a year.

Each £1,000 amount will be held in the Branch accounts and can then be used for the Carer to contract/arrange their own respite care provision to provide either:

1. A few hours respite care each month, eg £83.33 care cost per month over 12 months, *equals £1,000.*
2. Alternatively, the carer can use the full £1,000 to provide a shorter 'block' period of respite care of their choice.
3. Carers can even mix the type of respite care up to the total of £1,000.

Requests (no more than one per person!) can be put in for a share of the budget.

It is the Carers responsibility to find a suitable 'respite care' provider. The Branch Treasurer will refund the Carer for the cost of respite care on production of suitable receipts, either monthly or at the end of any block period, up to the maximum of £1,000 a year.

**We hope very much that some of you will take up this offer.** If you wish to discuss further, with no commitment, then please contact Myra Newnes-Smith from our Committee on 01483 422440. As well as running monthly meetings for Carers she can provides guidance on respite care opportunities.

## The Three P's

When I arrived at Shalford Village hall the curtains were drawn, darkness had descended and Tom McJannet began his presentation on the Three P's—Puffins, Polar Bear and People.

Tom explained his time as a wildlife tour guide and some of the miraculous things he had seen. He told about his progression as a tour guide leader, from initially leading tours to see Puffins and other birds on the North East coast of the UK to being the tour leader on expeditions to see Polar Bear in Canada.

It is clear that Tom is a gifted photographer and it was unfortunate that the projector and lighting conditions did not do justice to the quality of his collection. An example of Tom's photos is the cover photo on this edition. Additionally the next page contains a collage of his work.

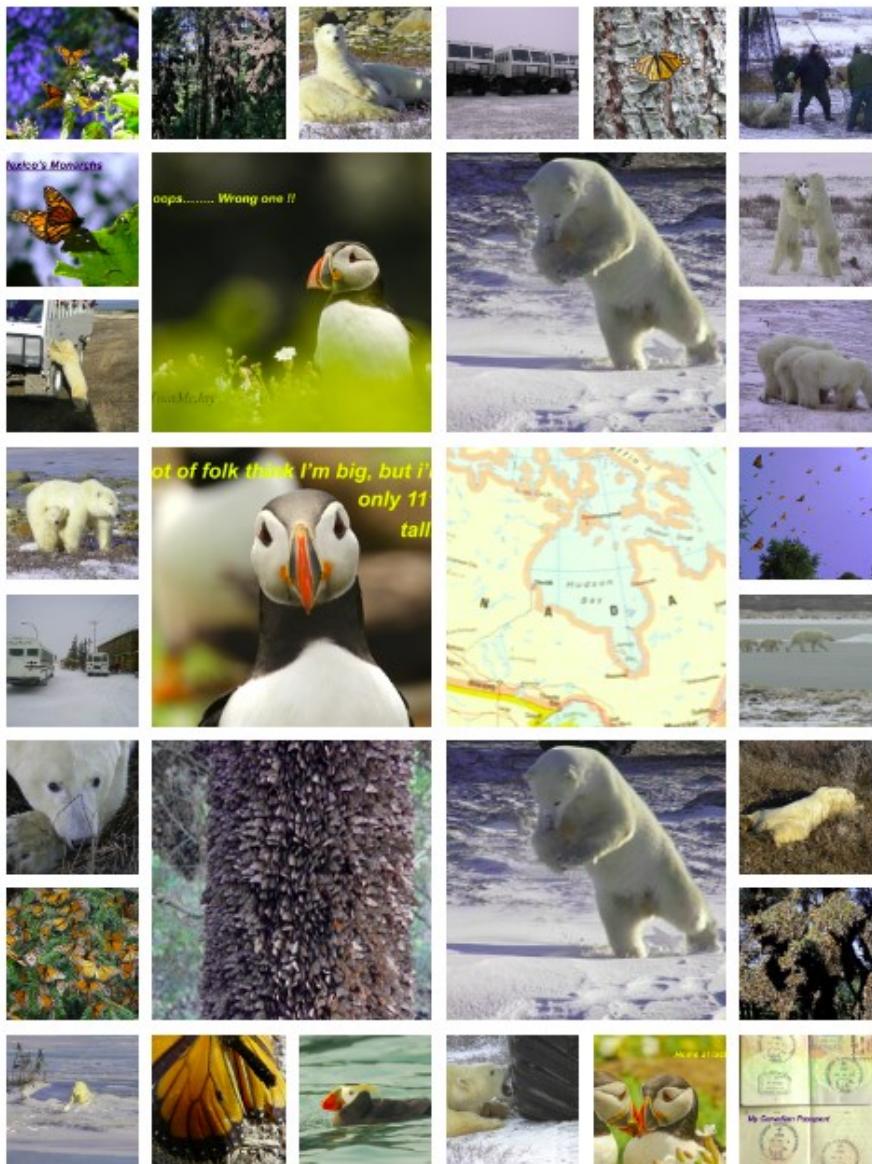
As indicated in the title and self evident to those of us that have taken part in small group tours, Tom is a people person. Clearly, as such a knowledgeable and likeable chap, the folks on Tom's tours were very lucky to have him as their tour guide.

Tom had many anecdotes and I believe he could have presented at multiple Shalford social meetings without the audience being bored. My favourite is one he told about the owls, it went along the lines of:

- During one expedition Tom pointed out a Snowy Owl
- Later that evening a woman on the tour thanked him for pointing out the Snowy Owl but said that she saw them most days back in the UK
- Tom, thought this odd and assumed she was confusing a snowy Owl with something more common in the UK like a Barn Owl. He gently probed her to see if this was the case.
- The woman was adamant so Tom asked her profession to which she replied "Supply Teacher"
- To cut a long story short, it transpires she was a supply teacher on the set of Harry Potter!!!

On a personal front I have to say that I found Tom to be a thoroughly likeable chap and someone you would definitely like to spend time with. He was also very professional in wanting to present the best possible experience to our members. Tom is far more diligent than me :-)

A selection of photos presented by Tom McJannet



## Bees by Roy Kelsey

When I arrived at the Shalford Monthly Social Meeting, at the end of June, there in the middle of the table was a beehive. Luckily there were no inhabitants and therefore I could eat my cake without incident.



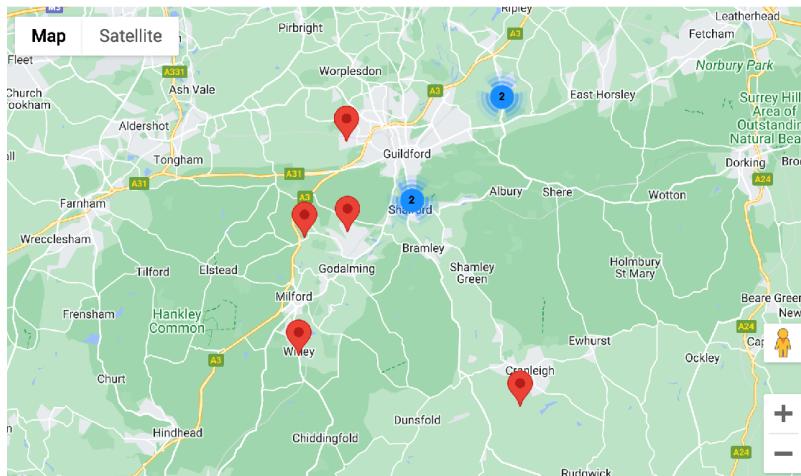
Roy started by telling his fascinating story about his background to beekeeping. He explained that he had moved to Hascombe specifically due to the quality of the food in the local pub. Embracing the village culture he joined the local pub darts team. During one match his friend asked him directly "do you want to buy some bees?". Roy said "What?" and his friend repeated "Do you want to buy any bees?". Knowing nothing about bees Roy followed his friend to an area that had a number of beehives and his friend said "£10 for a hive and all the bees in it?". So Roy bought the hive, stuffed newspaper in the gap in the front where the bees enter and exit and together they put the beehive on the back of a truck and drove it to Roy's house. There they unloaded the hive for the night. The following day Roy moved the beehive to the bottom of his garden and removed the newspaper. The next day he checked on the beehive and all the bees were dead. Unclear what had happened Roy checked at the library to find that you can move a beehive three feet or three miles but nothing in between. Saddened by the fact he had

killed the bees he vowed to learn more about them and this was the start of his journey to becoming an expert apiarist.

Roy then gave an interesting talk on how the beehive was set up and how the bees produce honey. There were many questions from the floor including whether you should talk to bees, to which Roy's answer was a definite yes. Roy also went on to explain that irrespective of whether the weather is +30 degrees or -10 degrees the queen in the centre of the hive is kept at a constant temperature.

Roy was kind enough do you give a couple of jars of honey to the Tombola while other individuals including myself took the opportunity to buy a jar of local honey. You never know, let's hope it medicinal properties has great benefit in terms of alleviating my Parkinson's symptoms :-)

## Branch Activities



Activity	Location	When	Comments
Committee Meetings	Church House	6 weekly	Volunteers always welcome!
Tuesday Social 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	Witley	Weekly	Contact provider directly ( <a href="#">see website</a> )
PD Warrior Exercise Class	West Clandon	Weekly	Contact provider directly ( <a href="#">see website</a> )
PD Warrior Exercise Class	Cranleigh Youth Centre		Contact provider directly ( <a href="#">see website</a> )
Pilates	West Clandon	Weekly on Wednesday	Contact <a href="mailto:Treasurer@GuildfordParkinsons.org.uk">Treasurer@GuildfordParkinsons.org.uk</a>
Parkinsong Voice Classes	Biscombe Church Hall ( <a href="#">moving see Page 23</a> )	Weekly on Friday	Contact <a href="mailto:Treasurer@GuildfordParkinsons.org.uk">Treasurer@GuildfordParkinsons.org.uk</a>

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.

- Monthly Social 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 9](#))

## **My Adventure at the European Parkinson Therapy Centre**

In May 2023 I went to the EPTC, based in Darfo Boario Terme, near Milan in Italy to see how it could help improve my life since being diagnosed 2 years previously.

My adventure, which is how I saw it, (Dictionary definition “An unusual and exciting, or daring experience”) was prompted by having attended a Parkinson’s Fighting Fit weekend in the UK. It was also my first trip abroad on my own since diagnosis.

On arrival in Milan, after a 2-hour flight, I was met by my driver Roberto, all arranged by the EPTC. After a 1-hour drive past beautiful lakes and mountains I arrived at the spa town of Darfo Boario Terme.

I stayed at the Hotel Diana, again arranged through the EPTC. This is a 3-star family run hotel that offers a special deal for clients of the EPTC. The cost was only €60 per night and included all meals (breakfast, lunch and dinner). If anyone else goes there I fully recommend this hotel and it is only a 5-minute stroll to the EPTC.

The first session started at 08.00 on the Monday morning. There were 10 of us on this course, from England, Scotland, Ireland, Denmark and USA, and the opening session was provided by Alexander Reed, the Director and Founder of the centre who has himself had Parkinson’s for 14 years. He explained what he hoped we would achieve by the end of the course and there were none of those dreaded “Introduce Yourself” sessions.

I then had an individual 1.5 hour Neurotherapy session in the Gym. This was a one-to-one session and was my first introduction to the walking machine and the bike in the Gym. This was an excellent first session of what was to be a daily occurrence, always with the same trainer, and by the end of it I was already feeling the benefit (well I was aching!!!!).

After lunch there were three presentations on “Voice and Swallowing”, “What is Parkinson’s?” and “Neuroplasticity” which was about the brain’s ability to reorganise itself by creating new connections between neurons.

Day 2 started with a “Psychological assessment” and various cognitive tests which consisted of questionnaires on my mental state and some memory tests etc. I was also videoed and assessed on my gait, walking and balance abilities. These were repeated at the end of the course and demonstrated the improvements made. You are provided with copies of all your results to keep for future comparison. During the rest of the course there were further various group presentations and individual sessions.

The individual sessions I attended, consisted of two 45-minute massages which were very relaxing, an examination and massage/manipulation by an Osteopath and, following presentations by a Nutritionist and a dietician, who provided some excellent information on what and when we should be eating and how food can adversely affect the efficacy of your medication, I had a private 1-hour session with the dietician who discussed all the points she had raised and how good or bad my own diet was. Taking into account all my issues she emailed me, later in the week, with an example weekly diet and personal dietary advice.

I also had two sessions with a speech therapist. Following his assessment of my symptoms he diagnosed that I had “Esophagus dysphagia” as opposed to “Neurological dysphagia”, which was the cause of my swallowing difficulties. He taught me voice and speech exercises to help with my speech, volume and swallowing. He also provided some dietary advice to help with the gastric reflux which was the cause of my swallowing issues. We also had a Nordic Walking session but the large black rain clouds restricted us to the gardens at the Spar next door.

This was a very useful and enjoyable 2-week course and was all in English. All the staff at the centre are very pleasant and nothing was too much trouble . They do offer a one-week course but I personally felt the extra time available for relaxing between sessions made the whole course more enjoyable. Partners/carers can also attend and they run special sessions for them whilst you are working in the gym. There is a basic flat fee for the course and you then add on, and pay extra, for the individual sessions you want. Apart from the Gym sessions which are included in course fee). There is a weekly English speaking on-line session which you can join after the course. I found the whole experience very useful, I learnt a lot about Parkinson’s and it has assisted me both physically and psychologically. I am planning to return next year for a 1-week refresher course.

If you are interested then just google “European Parkinson Therapy Centre” and their website has all the information.

## Ian Robinson



## **Volunteering and raising money for the Branch**

I was recently asked by Parkinson's UK to represent the Surrey Branch network by briefing the Parkinson Specialist Nurses on 'What makes an effective Branch?'.

I concluded 'success', such as demonstrated by the Guildford and South Surrey Branch, is built upon a foundation of a dedicated Committee of unpaid volunteers, reliable and professional suppliers of activities, and last but not least, solid Branch finances.

Our Branch income mostly comes from two primary sources—our own fundraising initiatives and donations. Having cash in the bank plays a crucial role in ensuring the Branch continues to have the maximum, positive impact on the local Parkinson's community. Remember the cost of running the Branch has to be fully funded by our own fundraising activities. Although we are part of Parkinson's UK, we get no financial support from them.

### **Fundraising**

Fundraising is the life blood which makes a Branch successful, and volunteering to participate in fundraising activities gives members a feeling of being able to do something rather than always being on the receiving side of help.

Fundraising efforts play a crucial role in generating the necessary funds for the Guildford and South Surrey Branch. Some Fundraising provides the additional benefit of raising the profile of Parkinson's to members of the local community.

Fundraising takes on many formats, ranging from the collection and recycling of printer ink cartridges, to sponsored runs and all the way to 'holding a collection tin'.

But there can be a downside, arising, ironically, from over enthusiasm. The committee members can only support a finite number of fundraising activities. We cannot take up every member suggested idea.

As a committee we applaud members that identify fundraising opportunities and who then execute these themselves. The ideal is where the idea originator convinces others to volunteer and join the fundraising task, works with the Branch Communication Lead to publicise the activity and then completes the task by delivering funds to the Treasurer. We really welcome members "Taking Ownership" of fundraising opportunities.

We don't want to deter anyone from making fundraising suggestions but as well as the idea, please also suggest how it could be managed. Implementation of fundraising ideas cannot always land on the already over worked Branch

Committee. Please discuss any bright idea with the Treasurer, [sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk), first to see if it is viable.

Raising funds is difficult and energy sapping especially for a group of people many of whom have a degenerative condition. Accordingly, we should endeavour to support fundraising opportunities where the financial gain to effort ratio is high.

I believe our membership are extremely generous but do not have infinite financial resources. Accordingly, we need to increase the pool from which we fundraise money. Fundraising that generates money from outside the normal membership is a good thing!

### **Grants**

In the past we have applied for Grants to supplement our income, however the application process is often very time consuming and our success rate has been very poor. Grant providers often only make awards for capital projects such as building a new hall, not to day to day running costs such as providing subsidies towards exercise or other classes.

### **Your committee:**

As I started this article about 'success', let me return to that subject. I still class myself as a relative newcomer, and it is blatantly obvious that the committee members of the Guildford and South Surrey Branch serve as the driving force behind its success. Their unwavering dedication, passion, and hard work contribute to the smooth functioning of the Branch's programmes, services, and events.

One way of your supporting the Branch would be to join the committee and help share the load. Contact the Chair, [dlowther@guildfordparkinsons.org.uk](mailto:dlowther@guildfordparkinsons.org.uk) for more information.

David Lowther

## **THANK YOU**

A big thank-you to the team of volunteers that make the Monthly 'Shalford' Social Meetings a success! Known colloquially as 'Hilary's Girls' they set up the room, lay the tablecloths, run the raffles, make teas and coffees and tidy the room as if no-one was every there! Well Done and Thank You!

## Fabulous Cake tea party fun!

There was great excitement the day before, in our household, as Keith and I both baked cakes for the monthly Shalford gathering. 25 July was a lovely mild-weather day, the sun was peeping out after days of clouds. There was a good turnout of people, it was lovely to see you all.

In the hall, the long table was quickly filled with cake entries for the fun competition, our own version of Bake-Off. Instead of Paul Hollywood we had our own very worthy judges, our Chair David Lowther, Paul Dowson and Ron Wride. Debbie had prepared all the entries so the judges had no indication as to who had baked them. What a fabulous range of delicious cakes and bakes and there were an impressive 18 entries. Thanks to all the bakers, you are all winners in my estimation!

Anticipation grew as the judges had the task of taking tasty nibbles from all the cakes. It must have been a delicious task but also a tough decision to find the winner.

The winning cake proved to be Sharyn Bullen's awesome Carrot Cake! Congratulations! The prize: 2 bottles of Pimm's, one for Sharyn to keep and the other was swiftly made into fruity Pimm's drinks, and these were passed around to all. The cakes were sliced and shared with our tea. It was a delight and we had to eventually admit we had eaten too much sugar for the day! So bountiful was the amount of cake that there was plenty to take home as well. I was nearby when David was tidying up and offered me an enormous slice of his wonderful





Malteser cake to take home. (so lucky Keith and me!) By the way, this cake was covered with at least 50 Malteser chocolates... yes, imagine with wonder!

All this while, Hilary was busy with her tables of raffle prizes etc and I'd like to thank her and the committee for all the energy and work put into this event. Every detail is always thoroughly planned, the tables, the tablecloths, the napkins, the labels!

Not to forget Ron and Maureen Wride, who tirelessly made all the teas plus washed dishes, always with smiles and unwavering hospitality!

Thank you again to all those who brought the super cakes and bakes, you are so appreciated. The event was definitely a winner!

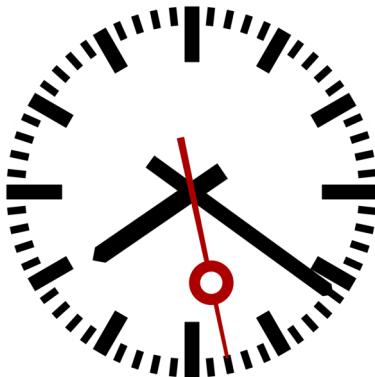
Valerie Black



Exciting News—we hope to have Caroline Rassell, CEO of Parkinson's UK as guest speaker at the April 2024 Tuesday Social Meeting!

## MORE TIME

And now we have more time  
we could kiss each other's lips,  
our finger tips, in the afternoons when  
there seems little of importance left  
to fill our after-children heads.  
But I was wrong in not seeing,  
not getting, what you had going on  
because I, selfish, jealous, barely  
made the story save only as a  
sagging body, so shabbily hung,  
so unattractive so quickly become.



So now we have more time,  
you read good books and do big,  
generous things – the air still rings with  
praise for all you've done and rightly so.  
Meanwhile, I reach for my pad, my pocket jotter,  
and say to myself I've got to write  
every day (as everyone says) or I won't  
get better. And, so over-burdened with it all,  
the two of us, together, build a wall.

And now we find no time,  
as it's respectable to read, to do, to write,  
it's acceptable to redefine time as no time,  
it's unexceptional to have none available  
for the things we did forty years ago,  
grinding them up with the same average teeth  
which once nipped our bodies in play.  
These things seem to mean next to nothing now,  
no sacred cows, burn those bridges down,  
deny the way back, cut it cleanly adrift,  
cast it away, be sure and be swift.

And now we have no time,  
as busy bees we buzz in and out,  
so I try to find something more dainty  
to sing and shout about. And I write but  
fail to steer away from the real issues that

writing must reveal. If there's any truth  
then here it lies; and if there's no way back  
there can be just one way forward.  
Here is my invitation to work that one out,  
together, stocking the diary, taking our time,  
lest, lover-bereft, we leave love behind.

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### **HEALTHWATCH PROJECT**

In March Lisa Roberts (the Project & Involvement Manager at Healthwatch) joined the Carers Group Meeting and is coming again on Monday 11 September. She would like to meet as many carers as possible so after reading below about the project please do consider joining us for this meeting. You will be warmly welcomed.

Healthwatch Surrey give people the opportunity to share their experiences of using the health and care services in Surrey and ensure that this valuable feedback reaches the powers that be and leads to positive change. Lisa is part of the 'Giving Carers a Voice Project' where the focus is on carers and how services are supporting them ( or not as the case maybe). They are also able to signpost people to other organisations to ensure that they get the help and information

### **Newly Diagnosed**

A friendly bunch of Newly Diagnosed meet on the 2nd Tuesday of the month at the Seahorse in Shalford from 7pm onwards.

Being diagnosed with Parkinson's is a really big deal so why not come and benefit from the support, understanding and camaraderie that you can only get from others in a similar position.

We are waiting to welcome you!

## 100 Club

Our 100 Club goes from strength to strength! Many thanks to all those 'pioneers' who joined when we started the 100 Club in July 2021, and thanks to all of you who renewed your annual subscription for another year. The club generates over £1,000 income for the Branch each year after the monthly prize payouts.

Those who joined after the initial launch will have their annual subscription renewals coming up in the next few month's, and our Treasurer will contact you in advance to ensure you do not forget to renew!

Recent prize winners since the last Park are:

2023	1st Prize £60		2nd Prize £20		3rd Prize £10	
Month	Name	#	Name	#	Name	#
April	Denise Chapman	143	Elizabeth Cox	152	Alex Sim	168
May	Anne Folkes	100	Gina Cox	97	Alex Sim	163
June	Denise Chapman	147	Steve Heron	35	Richard Abbot	141
July	Margaret Turnbull	118	James Folkes	203	Hilary Austin	53

### The Great North Run-10 September 2023



Our Treasurer's 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/nicholasheron>

## Parkinson's Nurse Specialists (NHS)

<i>Amanda Dodson &amp; Dawn Rawson</i>	<i>Rose McKinlaty</i>
<i>Milford Hospital</i>	Farnham Hospital
01483 362020	01483 908183
<a href="mailto:rsch.gw.ms.parks@nhs.net"><u>rsch.gw.ms.parks@nhs.net</u></a>	<a href="mailto:vcl.parkinsonnurses@nhs.net"><u>vcl.parkinsonnurses@nhs.net</u></a>

**STOP PRESS!**

### A new era for Parkinsong Voices

We are pleased to announce that from 12th September, Parkinsong Voices will be making the move to Busbridge Village Hall, Godalming, GU7 1XA, with sessions also moving to Tuesdays 11:45am-12:45pm. These hybrid sessions mean that participants can either join Emily, Bill and Sian (our session leader and volunteers) in person, or join in from home via Zoom - or even a mix of both.

For 7 years, these fun, engaging and hugely beneficial sessions have found their home in Binscombe Church, however, as the site is due to be redeveloped, we are entering into a new era for Parkinsong Voices.

There is plenty of free car parking on our new site, disabled access, a kitchen, a gorgeous outdoor space, and (current members will be pleased to know) no door that bumps your bottom on the way in!

Existing class members will be given full details very soon, and anyone considering joining the classes should contact our Treasurer for further details on your free taster session.

Emily Bollon

## Key Email Addresses for Branch

Chair

David Lowther

[Chair@GuildfordParkinsons.org.uk](mailto:Chair@GuildfordParkinsons.org.uk)

Treasurer

Steve Heron

[Treasurer@GuildfordParkinsons.org.uk](mailto:Treasurer@GuildfordParkinsons.org.uk)

Communications Manager

Deborah Gaskell

[Comms@GuildfordParkinsons.org.uk](mailto:Comms@GuildfordParkinsons.org.uk)

Membership Secretary

Keith Black

[Membership@GuildfordParkinsons.org.uk](mailto:Membership@GuildfordParkinsons.org.uk)

For all other categories or recipients please send emails to [info@GuildfordParkinsons.org.uk](mailto: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](http://www.parkinsons.org.uk)

**Local website** [www.guildfordparkinsons.org.uk](http://www.guildfordparkinsons.org.uk)