PARKINSON'S UK
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The Park

Magazine of the
Guildford and South Surrey Branch of Parkinson's UK

JANUARY 2024

The magazine of the Guildford and South Surrey

Branch of Parkinson's UK

Cover

* Cover is of Mount Fuji c/o Rona Lester

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.

2024	Main Presentation
30 January 2024	Brook Frances Rose Huxford- Student, St. Bart
27 February 2024	AGM
26 March 2024	Ruby Ho, Qualified Ba Duan Jin Instructor
30 April 2024	Caroline Rassell (CEO Parkinson's UK)
28 May 2024	TBD
25 June 2024	TBD
30 July 2024	TBD
27 August 2024	No Meeting
24 September 2024	TBD
29 October 2024	TBD
26 November 2024	TBD
31 December 2024	No Meeting

Foreword from the Chair…

As we welcome the dawn of a new year, it is with great pleasure and optimism that I address you in this Chairman's message in our January Edition of *The Park*. As we stand on the threshold of 2024, our shared journey continues with a spirit of unity, support, and determination.

Reflecting on the themes that define our community, the strength that binds us together becomes even more apparent. Our commitment to each other and the collective pursuit of a brighter future in the face of Parkinson's remains unwavering.

The theme of ***'Community Resilience'*** resonates strongly within our ranks. In the past year, I know many of you have faced challenges head-on, demonstrating the resilience that defines us. Whether it was adopting new behaviours, like joining an Exercise Class or choir, or dealing with life without loved ones, our members have shown that together we can overcome any obstacle.

The theme of ***'Empowerment Through Choice'*** is a guiding principle. The Committee, all unpaid volunteers, strive to identify new opportunities for you to participate in Exercise or Social activities. As documented on Page 3 we have Identified a number of high quality speakers for our monthly Shalford Meeting during 2024. We remain dedicated to ensuring that our community remains informed and empowered in the face of this complex journey.

As we embark on a new year, the theme of ***'Hope for Tomorrow'*** takes centre stage. I hope we are encouraged by the progress in Parkinson's research, the advancements in treatment options, and the growing sense of solidarity within our community. Together, we look forward to a future where Parkinson's is better understood, and where each member of our community can live their lives to the fullest.

In closing, let us embrace the challenges and opportunities that 2024 brings with the same resilience, knowledge, and hope that define us as a community. Guildford Parkinson's is not just a Branch; it is a family of support, understanding, and shared purpose.

Thank you for being an integral part of our journey. May the new year bring you renewed strength, good health, and a sense of belonging.

Our Branch Finances as we go into 2024

Happy New Year to all.

I am happy to confirm we remain financially viable as a Branch!

We started 2023 with £82,000 in our bank account (our Reserves) and ended with a similar amount in the bank. We broadly 'broke even' between all our expenditure and what we received as income from donations, fundraising and legacies. We are no longer running at a loss.

In 2023 we spent around £55,000 on our various subsidised activities, lower than budgeted because we had fewer members taking up the activities. We budget for all our provided classes to be 'full', whereas we have continued to have vacancies across many activities. If you feel you would benefit from joining one of these activities, please contact me about taking part. Also, if you think there is some activity that would benefit you that is not currently included in our offering, please let me know. We may be able to include it in the future.

Our income was around £56,500 for 2023. Within this we received £11,000 general donations and £8,600 from fundraising. We had almost £1,200 from Gift Aid refunds, a reminder to complete a Gift Aid declaration when you donate! Through our Parkinson's banking initiative we had bank interest of £1,300. Member's class fees provided another £4,000. Our biggest income amount was a £30,000 donation from the Vernon Ely Charitable Trust, who are slowly winding up and releasing capital sums to various charities.

For 2024 we are budgeting to again spend around £70,000, based on the assumption all our provided classes are at capacity. We also anticipate having income of at least £66,000, including hopefully a further large Vernon Ely Charitable Trust donation. We should broadly break even again!

More details on our finalised 2023 Accounts and our Budget for 2024 will be presented at the Annual General Meeting on 27 February 2024.

Finally I wouldn't be a good Treasurer if I didn't exhort you all to think up more Fundraising ideas for this coming year and for more of you to volunteer to help at any fundraising events. Volunteers are the life blood of a Branch such as ours, and the more there are to share the load, the easier it becomes for everyone to continue making this Branch successful.

Steve Heron

Treasurer

Alternative transport to driving and Driving Assessments

At the recent Tuesday Afternoon Social Meeting we were joined by Claire Swettenham, Hub Mobility Services Lead and Paul Morgan from the charity Queen Elizabeth Foundation QEF.

Have you given up driving?

Claire Swettenham from QEF explained how the Mobility Advice Services can help through support for the following services:

- Route panning using accessible buses and coaches
- Easy access rail and air travel
- Community transport scheme
- Rights as a disabled passenger
- Finding Accessible taxis in your area
- Help applying for a Blue Badge
- Travel concessions that might apply on public transport
- Support for hidden disabilities
- Support and advice with personal mobility options, such as using a mobility scooter for the first time or travelling with a hidden disability.

So much support on offer! One service that I thought was particularly interesting is the 'try before you buy' for mobility scooters. In addition, they have a practice track at their facility so you can evaluate the scooters and also learn to drive the new transport in safety.

Are you still driving or are returning to drive?

Paul explained the QEF Driving Assessments they offer. You might like an assessment of your current driving ability because you are returning to driving, are about do a licence renewal or even just peace of mind that you are a safe driver as someone who has a medical condition or disability.

The Driving Assessment consists of spending individual time with an Occupational Therapist and specialist Approved Driving Instructor, who will assess and advise you on how your medical condition or disability affects your ability to drive safely and recommend any required adaptations. You will also receive independent advice on the most suitable product choices for you. NOTE: they can also provide driving instruction post assessment to help address any issues found.

Paul also shared some useful aids for the car – some helping to get in and out as well as support to keep you upright in your seat.

A very interesting talk from the QEF team, explaining some of their mobility services on offer. Go to the QEF website for full details.

Dance afternoon with Kate Finegan

What an energetic afternoon it was for us all!

Kate was truly inspirational leading us through an exciting programme for approximately an hour. At first everyone was seated and then, those that were able, graduated to standing holding on to a chair and finally travelling around the room. It was heartwarming to see what some folk achieved.

The classes that Kate runs are created specifically for people living with Parkinson's, their family and carers. The classes work on flow of movement, stretching and strengthening, being expressive and using rhythm to encourage increased gait. However, it is primarily a dance class with the focus on enjoyment and being creative.

Kate says the classes are fun and light-hearted and there is time for a chat over tea and coffee. There is always the option to remain seated or standing throughout. You can have a free trial session so why not give it a go!

Dance for Parkinson's Classes are provided by Inclusive Intergenerational Dance (IID) and are held at Godalming United Church on Wednesday afternoons 2-3pm and Byfleet St. Marys Centre Mondays 11.15-12.15pm. The Classes are subsidised by the Branch and member cost is £4.00 per class payable direct to IID. Classes are usually for a 10 week term and the term fee is usually paid to IID in advance at the start of the term (£40 per member). New members are always welcome throughout the term, with any fee payable just for the balance of the term.

The Spring term dates are January 8 – March 20 (half term 14 Feb.)

For further information contact Kate

mobile: 07984791402 or iidconsortium@gmail.com

Research by the University of Roehampton has demonstrated how dance can positively affect well-being, physical movement and social integration for those living with Parkinson's.

Rona Lester

A 'talk and show' about useful aids for people living with Parkinson's

The visitor to our November meeting was Kay Taylor from Action for Carers Surrey. Kay gave a short talk on their role supporting unpaid carers in Surrey. It is generally recognised that caring can take its toll mentally and physically affecting many aspects of your life. Their services are free and confidential and below is a few of the services that may be of interest, but do see their website for more information.

They can give you benefits advice, including guidance on what you are entitled to and help filling in forms.

They have advisors in the main Surrey hospitals that you can call upon if your partner is a patient or indeed yourself.

Provide advocacy and information on your rights as a carer.

The service that has traditionally been most useful to our members is the Manual Handling Team which Kay heads up. They will do a home visit concentrating on such things as preventing you from injuring your back, getting into a car safely, tips on dressing and much more. They have a few things they will lend you to try out before purchasing.

Myra followed up with a talk on equipment to ease life living with Parkinsons, several ideas for exercising, information on gadgets to help with freezing, getting out and about and more. Most of the items and suggestions were illustrated and some were covered by videos to show how they operated thanks to the expertise of our Chairman David!

The plan is to update the leaflet, that was produced a while back and distributed to the members at the time. So if you think you have a special tip to share that could be included do let Myra know.

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!

Exercise Classes—A Parkinson's UK Perspectivel

It is not a usual Monday for me to be up and out of the house before my children have left for school, but this Monday I'd been invited to join the Guildford Branch PD Exercise class at Milford Golf Course. My role at Parkinson's UK is to support the local group volunteers across Surrey and Sussex so it was a treat to take part in one of the activities that the Branch provides. While it was a welcome break from sitting at my desk, there was some trepidation! Would I get to the venue on time? Would it be easy to park? And would I find the room where everyone meets? And finally would I be able to do the exercises? I needn't have worried, it was all fine and everyone was really friendly and very welcoming.

I really enjoyed the class, Amado the neuro-physiotherapist was so knowledgeable and supportive. The activities were varied, I especially enjoyed the boxing and the Blazepods were a fun way to work both body and mind. The hour went by really quickly and I felt really good for being active. Being active for 2.5 hours a week can help manage Parkinson's symptoms, and has a positive impact both physically and mentally. Physical activity can be as important as getting the right dose of medication. The local groups do an amazing job of providing a range of opportunities to be active. Thank you to the Guildford Branch, Amado from Foundations Physio and the members of the PD Exercise class for letting me gate-crash your class.

Sarah Spencer-Bowdage

Network Support Officer

Parkinson's-UK

Christmas lunch 5 December 2023

It was a miserable, damp morning but when the guests began to arrive the cheer of the warm and welcoming bar of the Guildford Rugby Club lifted the mood. Some 80 members and their guests assembled for pre-lunch drinks and most were "persuaded" to buy raffle tickets by Sharyn and her team.

The Christmas lunch lived up to expectations and the wine and the conversation flowed freely. Behind the scenes there were challenges for the staff - the Bar Manager had resigned at 4am by text, a 3rd chef mistook the date and one waiter was a " no show". Thanks to Chef's masterly organisation, we were totally unaware of anything amiss.

A new twist this year was a Christmas Quiz - devised by Steve Heron (the Treasurer). Whilst we happily checked most of the 20 Qs, many of us were flummoxed by "who invented the Christmas wreath?" And those who guessed we consumed 1 million or so mince pies over the festive season were a long way short of the true answer - 800 million!

As in previous years, the generosity of supporters of the Branch saw to it that a wide range of goodies were on the raffle table - waiting to be collected by the lucky winners.

It was a very successful event – thanks and good wishes to everyone who helped to make happen!

Margaret Westwood

SPRING INTO JAZZ!

A GIG BY TRAD'S ARMY DIXIELAND JAZZ BAND

SATURDAY 6 APRIL, 12.30-3.30

ONSLOW VILLAGE HALL,
4 WILDERNESS RD, GUILDFORD,
GU2 7QR

Join Bill McCoy (from Parkinsong Voices) and his excellent professional band when they will be playing traditional Dixieland Jazz to raise funds for the branch. This will be a relaxed session with the bar open from 12.15-3 and the hall laid out with room for dancing. Numbers are limited so take advantage of the early bird price of £15, half price for children and members if bought before **APRIL 2ND**: £20/£10 April 2-6 and on the door. Tickets from cprice@guildfordparkinsons.org.uk

Snacks, soft drinks, no/low alcohol beer, wine, beer on sale. Raffle

This is a daytime event in response to those who cannot make evening performances but everyone welcome! Any questions or offers of help, please contact Valerie Box (volunteer@guildfordparkinsons.org.uk)

You can still live life

In April, my husband Robin and I went with our children on an extended trip to Japan—this was a life-long dream for us. Robin was diagnosed with Parkinson's 13 years ago. I was nervous about the long flight, health care insurance, accessibility in hotels and trains etc. But with careful planning – we enjoyed an amazing holiday. The cover photo of Mt Fuji was taken on our trip.

Finding travel insurance to cover Robin's medical background was hard to find. Many refused to cover him. After searching multiple companies, I finally found one that would adequately cover us both. This was a good start.

Travelling is tiring – and even more so if you have Parkinson's. Robin suffers from freezing and bad balance which is worse when going through a doorway or changing surfaces – so using a normal frame/rollator makes his freezing worse. I found, however an amazing solution of a Rollz Motion Rhythm rollator. It's made to help with Parkinson's freezing by providing audio and visual cuing options. It can also convert into a wheelchair meaning we could use it to travel all over without tiring Robin out. We bought the travel cover and it went nicely on to the plane as luggage.

Accessible hotel rooms in Japan were interesting – they almost always included a shower IN a bathtub! Sometimes we switched to a 'normal' room to have a walk-in shower.

We found the Japanese great with helping Robin wherever – in restaurants, trains, hotels etc. We also decided on private tours so not to slow down other holiday makers. This meant we could go at our own pace. Handicap parking was good as we hired a car for several days.

As some of the first visitors to Japan post Covid, the crowds were quite quiet – even during Cherry Blossom time. This meant we had more room to manoeuvre for Robin.

I would highly recommend seeing Japan if you've not been. It really did prove to be that trip of a lifetime for all of us.

Rona Lester

It’s not always Parkinson’s.

“I’ve seen this before – these are Parkinson’s symptoms. He’ll have to be discharged and you’ll have to adapt” stated the hospital neurologist. A devastating diagnosis for our family and a situation I am sure many others have found themselves in.

I wanted to share this story in the hope of possibly helping others to build the courage to challenge the almost automated “It must be related to Parkinson’s’ response, when you have an inkling that it’s not.“

The Symptom Mystery

My husband, Robin, has had Parkinson’s for over 13 years and mainly suffers from freezing and balance issues. On the day in question, it began with him walking and talking just fine in the morning, but suddenly while watching Wimbledon in the afternoon he had started hallucinating. No longer able to stand, and ‘talking’ gibberish, I noticed a facial droop and called the paramedics who came to examine him. After performing their own examination, they took him to hospital with a suspected Transient Ischaemic Attack, TIA or small stroke. The stroke team said they couldn’t find anything as it would have been quick and hard to find. HOWEVER, he still had these bad hallucinations and ‘zoning out’ episodes in the afternoons.

A hospital Neurologist saw Robin and gave the diagnosis mentioned above- “Parkinson’s to blame and Robin’s condition was so severe that he may need to reside in a home so they could deal with him. “ I mentioned that he has not hallucinated nor been almost comatose like this before – how could it come on so quickly? Could it be something else? The neurologist assured me it could not, and recommended he be discharged.

It felt that as soon as the neurologist knew he had Parkinson’s, that was all Robin was to him. A Parkinson’s patient. No longer a unique case or a unique person. The neurologist was describing the new symptoms as normal for Parkinson’s, basically entirely ignoring the fact that they were not normal for Robin. The only one who knew what was normal for Robin, was me.

Unfortunately, due to the ongoing consultant strike, I could not reach Robin’s regular consultant to double check this diagnosis.

Finding The Real Cause

Our family was devastated, as you can imagine, but moreover, I could not understand the symptoms only happening from mid-day onwards – 'Jekyll and Hyde' like. Why not in the mornings – when he was perfectly lucid. What could be the trigger?

During a particularly restless night I remembered that Robin had been prescribed a new soluble version of Levodopa and re-prescribed Amantadine, which he'd come off over 4 years ago, all by his main neurologist consultant 6 weeks earlier. I also remembered that when we had visited Croatia two weeks before, he'd had an episode like this which I put down to 'heat stroke'. Was it possible that these were related? I looked up both drugs and low and behold the Amantadine had all these side-effects listed!

I approached the neurologist the next morning and asked if this could be the cause. He said he didn't think so, but they would start weening him off the Amantadine. I asked the nurses to stop the mid-morning dose first.

BINGO – NO horrible symptoms in the afternoon – just Robin back to himself. Sadly, for the night staff he was up and down all-night hallucinating, getting out of bed, taking his PJs off etc as he was reacting to the evening dose.

THE CONCLUSION

Unfortunately, this was only 1 (of 2) episodes in the hospital where I had to question the "It's just Parkinson's" diagnosis. The second episode ended with me, again, playing Miss Marple and solving it, once again disproving Parkinson's as its cause. Frustratingly, the hospital neurologist wrote in the discharge documents that HE suggested Robin come off the drug, the cheek!

More reassuringly however, Robin's primary neurologist confirmed that yes, it was possible to have a reaction to a drug you had previously tolerated when combined with another new drug, and it was great that I had spotted it.

PLEASE do your own sleuthing as I think that when you have something like Parkinson's they MAY sometimes take the 'easy' route to blame it on the disease when it might not be the case. It is especially important that you not be afraid to follow up on a line of questioning if you truly think that something else is happening.

Hope this story might help at least one of you through a difficult time!

Rona Lester

There is support available if you ask

I wanted to share some amazing support which was given me in caring for my husband Robin and helps with peace of mind in case of an emergency.

Can I recommend Crossroads Care Surrey as a great resource. They are currently providing 10 weeks of 3.5-hour care for my husband Robin for free. I have met with friends, gone for long walks and started my Christmas shopping with this time. It also gives Robin a break from me!

In addition to this care time, they provide a useful Emergency Care Plan Service. By registering with their free Emergency Care Planning Service, you can nominate up to four trusted contacts, to be contacted to provide emergency support in your absence due to an emergency, such as:

- You become ill or being admitted into hospital on an unplanned basis.
- A family emergency or bereavement.
- Being delayed due to unexpected travel issues.

If no one is available in your network, **they provide up to 48 hours' round the clock care by sending fully-trained and friendly staff members to step in and provide care**. This will give time for you, family, friends, or other relevant organisations to consider the best options should you not be able to return to caring after this time.

I carry this Carers Emergency Card on my key ring and a copy of this plan has been copied to my GP. It gives me peace of mind that if I am incapacitated there is immediate support available for Robin.

I encourage you to contact them if you think you could use this support as well.

Rona Lester

Carers’ Opportunities for Respite Care - 2024

The Branch committee continue to be very much aware of the ongoing burden placed on those who care for a loved one with Parkinson’s. Their role as a ‘Carer’, whilst often a labour of love, can be very difficult. Often you can be alone and not know where to find sources of appropriate help or guidance, or even just where to find a sympathetic ear. Hopefully the below summary of what is available from the Branch will be helpful to you.

Branch Organised Monthly Carers meetings

Myra Newnes-Smith hosts Monthly Carers meetings. These are usually held on the second Monday of the month in the afternoon at The Inn on the Lake. As well as having a cup of tea or coffee, they are a great way of chatting with those in a similar situation and picking up helpful tips. Please call or email Myra for more information.

Branch funded Respite Care – 10 x £1,000 grants available

We are again offering the opportunity for 10 Carers to apply for a Respite Care grant of £1,000 for 2024. These will be available on a first come, first served basis.

Each £1,000 grant 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, e.g., £83.33 care cost per month over 12 months *equals* £1,000.
2. Alternatively, the Carer can use the whole £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.
4. Any grant monies not used by a Carer will not be carried forward into future years.

It will be 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 the £1,000 grant.

Applications Forms *(no more than one per Carer!)* for these grants are available from Myra. Those already in receipt of Branch Funded monthly Crossroads care need to confirm to Myra that they are continuing with Crossroads for 2024. This confirmation will then be noted in Branch records as their ‘application’ for a 2024 Respite Grant.

Guildford and Waverley
Health and Care Alliance

Mole Valley Life
INDEPENDENT

NHS

Community Falls Responder Service (non-injurious falls)

NHS Guildford and Waverley Health and Care Alliance is working in partnership with Mole Valley Life to provide Guildford and Waverley residents with a non-injurious falls response service.

If you have a fall at home and you have no pain or injury, a qualified Community Falls Responder will attend within 45 minutes (60 minutes in rural areas), to help you up using specialist lifting equipment and make you safe and comfortable.

Service is available
7 days a week 6am-9pm
Call **0300 369 0590**

Criteria:
Non-injurious fall

You must be registered with one of the following GP practices:

- Grayshott Surgery
- Haslemere Health Centre
- Chiddingfold Surgery
- Witley Surgery
- The Guildford Rivers Practice
- The Mill Medical Practice
- Binscombe Medical Centre
- Springfield Surgery
- Wonersh Surgery
- Cranleigh Medical Practice
- Guildowns Group Practice
- Dapdune House Surgery
- Fairlands GP Practice
- Austen Road Surgery
- Woodbridge Hill Surgery
- St Lukes Surgery
- Merrow Park Surgery
- Shere Surgery
- The Villages Medical Practice
- The Horsley Medical Practice

Health Qigong - Ba duan Jin

When we read in the Guildford newsletter that we could join in an 8-week BDJ class, Keith and I were excited to start. In the past I have seen people practising ancient forms of Qigong in parks in various parts of the world, and have been fascinated by the serene, almost meditation-like movements, often done in groups of all ages. Many of the people were really old but seemed very agile!

We are very aware of the benefit of exercise for Parkinson's, and I immediately thought we should do the BDJ Qigong class, generously offered for free. Qigong has been passed down from teacher to teacher through hundreds of years, I think it is a classic and ancient form of exercise and knowledge!

It was ideal as we could do it from home, with Ruby teaching us using Zoom.

This powerful routine definitely keeps the brain stimulated, as well as gently being so beneficial for the body. Ruby breaks the routine into step-by-step explanations, with visual stories to help us understand and remember the sequences. There is so much to learn and to forever improve, I hope Keith and I will continue this practice into our oldest years.

I found it to be very beneficial. I do not have Parkinson's but I have other age-related ailments! The body warms up, the mind is alert and at the same time the slow, serene movements stimulate our inner organs and meridians. In recent years I have struggled with a very stiff neck, and despite doing physio, nothing helped. With BDJ my range of neck movement is improving, an incentive to keep practising. Keith enjoys the routine as well, he finds it almost like a meditation, where the mind is very stimulated while doing the movements as well as we can.

Ruby can adapt the exercises for those who need to be seated. I am sure people will gradually increase their range of movements with regular practice. To see an example of the Ba duan Jin Qigong: https://shorturl.at/fnBV8

It is not as easy as it looks! It requires discipline but it is overwhelmingly satisfying to do. Ruby puts so much into the classes and follows up with notes to further explain after each lesson. The classes are done with Zoom, Ruby can see us but we do not see the other people in the class, so there are no distractions and it is like having a 1:1 class with this lovely teacher!

Words I would use to describe BDJ include peaceful, enjoyable, warmth, calmness, disciplined posture. I would definitely recommend it, so please look out for notices next year for the second group of BDJ Qigong lessons, that will possibly start in April 2024.

Ruby will be the guest speaker at the March meeting of the Shalford Tuesday Group and we will give a demo I expect she will encourage everybody to join in.

Val Black

HEALTH QIGONG (HQG)
Ba Duan Jin (BDJ)

Date: **3 Apr 2024 – 5 Jun 2024**
(every Wed for 10 weeks)

Time: UK 09:00 – 10:15
HK 16:00 – 17:15

Format: online Zoom sessions

Cost:: **Free**

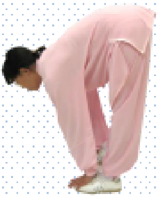
Language: English

Instructor: Ruby Ho, Qualified BDJ Instructor

Aims of the sessions

- **Excite the internal good qi for internal health promotion and balance**
- **Facilitate the acquisition of BDJ technical skills**
- **Assist in unblocking obstructed meridians**

Suit all abilities & All are welcome



To book your place & for enquiry, please email **Ruby Ho** at **hqgruby@hotmail.co.uk**

To learn more about HQG & BDJ, please visit British Health Qigong Association website at https://healthqigong.org.uk/

RED ROSES AND BLUE LAVENDER

Still is the day, the longest, yet longer as the
warmth slows down bodies, minds, I
stow my thoughts of to do's for later,
in due course, and open pores to what the
world is staging for our enchantment.
Just now some pigeons desultorily coo,
announcing their short regency in one
overlapping coded word, now two, now
gone as no-one doffs their caps in
fealty to these toneless few.

I shift my gaze and let it wander
to red roses and blue lavender.

As if before I'd been quite blind to
colour, as if all were grey, as if
my eyes at birth were plucked, put on
ice and pressed back yesterday.
These colours side by side are mine alone –
none would see what I now saw, a
private show that would change well before
tomorrow came, never quite the same; no more
attachment to or part of any future view
than blossom in a breeze, than the
flutter of leaves pleased by a playful wind,
than the bending of trees in a storm.

Fleeting, then, these works of wonder,
these red roses and blue lavender.

Meanwhile, blackbirds take the place of
pigeons, singing to the stick that
keeps this orb spinning, circling. I
hear their song and long to know how such
music is made by such plain-plumed
choirs with too-bright yellow beaks. No matter,
the day has plenty of colour anyway –
and we can paint each song
in various hues of red and blue
(maybe a hint of mustard too).

When blackbirds sing I will remember
my red roses and blue lavender.

And if I were intent on keeping longer
this gorgeous heaven-scent ensemble, I'd
lop a little from the shrub, the bush and
lodge them in some devotional place, to
worship there five times a day, as true
muslims face Mecca when they pray.
I'd find, I think, the peace of mind that
flows from contemplation of a kind
that reminds us of the innate worth
of all the small things on this Earth.

So let these things sweet souls engender,
our red roses and blue lavender.

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:

2023	1st Prize £60		2nd Prize £20		3rd Prize £10	
Month	Name	Number	Name	Number	Name	Number
August	Elizabeth MacCallum	92	Margaret Hilliker	127	Alex Sim	167
September	Lorna Clark	54	Valerie Box	14	Niamh O'Connor	74
October	Jo Brough	4	Janet Mayers	208	Denise Chapman	147
November	Peter Witter	60	Janet Oldham	102	Margaret Turnbull	114
December	Margaret Kiriacou	129	Tim Bracher	137	Barry Butcher	96

On behalf of all
the People With
Parkinson's in the
local area please
accept our thanks
and gratitude for
all the effort you
put in during 2023

Branch Ac-

Activity	Where	When	Comments	Contact
Carer's Group	Inn on the Lake	2nd Monday of Month	Share with others Carers	Carers@GuildfordParkinsons.org.uk
Committee Meeting	Church House	6 weekly 10:00 - 12:00	volunteers always welcome	Chair@GuildfordParkinsons.org.uk
Friendship Group Meeting	Squirel, Hurtmore	3rd Wednesday of Month @19:00	All welcome Option to eat or not	Membership@GuildfordParkinsons.org.uk
Loud and Clear Speech Therapy	Online	1st Monday and Wednesday	Improve your speech in fun format	Treasurer@GuildfordParkinsons.org.uk
Newly Diagnosed Social Meeting	Seahorse Shalford	2nd Tuesday of Month @ 19:30	All welcome Option to eat or not	Secretary@GuildfordParkinsons.org.uk
Tuesday Social Meeting	Shalford Village Hall	Last Tuesday of Month @14:00	Guest Speaker, Refreshments and Camaraderie	Secretary@GuildfordParkinsons.org.uk
Dance for Parkinsons	Godalmin United Church, Godalming	Weekly on Wednesday		Treasurer@GuildfordParkinsons.org.uk
Parkinsong Voice Classes	Busbridge Village Hall (and Online)	Tuesdays 11.45 - 12.45	Work on breathing	Treasurer@GuildfordParkinsons.org.uk
PD Warrior type Exercise Class	Whitley	Weekly	Multiple sessions on different days	Foundation Physio
PD Warrior type Exercise Class	West Clandon	Weekly	Multiple sessions on different days	Foundation Physio
PD Warrior type Exercise Class	Cranleigh Youth Centre, Snoxall	Weekly	Multiple sessions on different days	Surrey Hills Rehab
Pilates	West Clandon	Weekly on Wednesday		Treasurer@GuildfordParkinsons.org.uk

Key Email Addresses for Branch

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Chair@GuildfordParkinsons.org.uk

Treasurer Steve Heron
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Communications Manager Deborah Gaskell
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Membership Secretary Keith Black
Membership@GuildfordParkinsons.org.uk

National Website www.parkinsons.org.uk

Local website www.guildfordparkinsons.org.uk

Parkinson’s Nurse Specialists (NHS)

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