

## **Son of a new member of Guildford and South Surrey Parkinson's local branch raises over £4000 for Parkinson's UK**

Lockdown and a knee operation had turned Julian Cork into an inactive person with a growing addiction to chocolate digestives. Weight was going on so Julian decided to take up cycling, first into the Chilterns and then perhaps attempt a longer ride. While he was contemplating it, his mother, who lives in Bramley, was diagnosed with Parkinson's.

This life changing diagnosis encouraged Julian to cycle from Lands End to John O'Groats, a distance of 1,554.69km (959.8 miles), and set up a just giving page for sponsorship, raising as much as possible for Parkinson's UK. He and his companions achieved the ride in 67 hours and 40 minutes.

Parkinson's is the second most common degenerative neurological condition after Alzheimer's. The visible symptoms of tremor, slowness, stiffness, drooped posture, and freezing when walking are easily recognised but there are over 40 different symptoms which people with PD might experience, many of which are not visible. At present there is no cure, nor any treatment that can slow, stop or reverse the relentless progression of the condition. Julian hopes that the money he is raising can support vital research so that better treatments or a cure will be found. His contribution is especially valuable now, as lockdown has resulted in cancellation of most large fund raising events. The charity's income is seriously reduced whilst demand on its services has increased. Parkinson's can be a very isolating condition even in normal times so the various on line activities arranged by the local groups have played a vital role in maintaining mental and physical well being.

Julian's just giving page is still open and gives lots of information about his epic ride. All donations would be gratefully received: <https://www.justgiving.com/fundraising/lejog-august-2020>.

Alternatively, anyone wishing to contribute to the work of the local branch, which subsidises many activities including exercise classes and a singing group, can do so through the branch's website: [www.guildfordparkinsons.org.uk](http://www.guildfordparkinsons.org.uk) where there are full instructions including a gift aid declaration form.

Catherine Cork is coming to terms with her diagnosis and is justly proud of her son's achievement. Everyone with PD needs support, be it from family, friends or Parkinson's UK through its help line and local groups, so that no one has to face Parkinson's alone. Catherine certainly has Julian's full support.