

Support for our members during the Coronavirus outbreak.

Dear All

First of all I hope that you are keeping well during this very difficult period. Many of you will be practicing a degree of self-isolation, and all of us are having to practice social distancing, and are physically separated from family and friends. But many measures have been put in place by government and other agencies to help those who need more support than friends, neighbours and family can provide. Here are a few numbers that might help you in case of special need:

Parkinson's UK helpline – 0808 800 0303

Surrey County Council new helpline (weekdays only) - 0300 200 1008

Waverley Adult Care – 01483 518990 Monday – Friday 9am to 5 pm

Guildford Adult Care – 01483 517262 Monday – Friday 9am to 5pm

Out of hours number for both of the above – 01483 517898

Surrey and Borders Mental Health team – 0800 915 4644 24 hours

Exercise and social contact

All our regular meetings continue to be on hold and many of you will also be missing your attendance at your regular Parkinson's exercise class, Pilates, or the choir. It is so important to keep active and connected – more now than ever

before – and I am delighted that our key providers have all managed to put something in place to replace the regular classes and gatherings, using modern online technology.

Those who were already participants will have heard from their provider and given an opportunity to take part in a different sort of activity.

Others of you might like to think whether there is something here for you too!

Parkinsong Voices

Emily Bollon has very successfully trialled her choir session online using a live video link. Members can now join the choir live online from their PC or tablet and join in the singing.

Want to join in? Contact Emily on 07807 504738 for more details.

Pilates

Sue Buckland has set up a service to send regular PACET (Physical Activity and Cognitive Exercise Technique – based on Pilates) exercise videos to her existing class members and to also keep in touch with them by phone. These videos are for seated exercise, so is quite safe for anyone new to try. There will be at least one new exercise video each week.

Interested? Contact Sue on 01483 285111 or 07914 512573. You can also look at her promotion video by clicking here <https://vimeo.com/344836554>

Exercise by Surrey Hills Rehab

Kim Wilson and her team are offering online video exercise sessions and are aiming to stream three

sessions per week based on ability for existing clients.

PD Balance (mainly seated for those at risk of falls)

PD Fit (mainly standing)

Young PD Fit (people able to run/jump/hop)

If you are new to exercise, it might be hard to carry out the necessary pre exercise assessment by telephone, but do give Kim a call on 07976 849903 if you would like to be considered.

Exercise by Foundations Physio

Adam Poulter and his team are developing online 30 minute exercise consultations for their existing members. These will be individual 'one to one' online sessions with one of their physios for those clients able to use such a service.

They aim to run these 'one to one' sessions for each individual every 2 weeks. These will be for existing clients only because of the difficulty of carrying out pre exercise assessments remotely.

As well as these 'one to one' exercise consultations, they are also preparing some general exercise videos for our members which will be for anyone to access online, **and to do** at their own risk.

For more details, please contact Adam on 07817 495791.

Member Payments towards Classes - Donations

In the past, participants have contributed to the cost of their classes but, during this difficult and unusual period, the **Branch will be picking up the full costs of the above services that are being offered.**

We would however be very grateful for any donations that anyone would like to make to Branch funds, which, added to the remaining Legacy money, should enable us to keep going for the rest of this year and maybe beyond.

There are two ways of making a donation –

1/ Make an on-line transfer direct to the Branch account HSBC, Sort Code 40-22-26, Account No. 71151746.

You should notify Steve that you have done this by emailing him on sheron@guildfordparkinsons.org.uk

2/ Send a cheque, payable to Parkinsons Disease Society Guildford , and send it to

Steve Heron, Branch Treasurer, 11 Merrow Woods, Guildford GU1 2LQ.

You can increase the value of any donation by completing a [**Gift Aid declaration**](#), and it does not cost you anything extra.

Providing you are paying income tax, by using Gift Aid we are able to claim tax back at the rate of 25p for every £1 you donate, and in these difficult times every penny counts!

You only need to complete the declaration once, then any future donations over the next 4 years will be covered for Gift Aid. The Gift Aid declaration form is attached, and once completed should be sent by post to Steve Heron.

If you have previously completed a Gift Aid declaration to Parkinson's please let Steve know when you make your donation so that he can ensure your donation is included in any Gift Aid tax back claim.

Finally, all of the Branch committee are here to support you too.

Do not hesitate to let us know if you need anything else – even just a chat – and we will do our best for you.

Looking forward to happier times when we can all get back together again!

Niki Tompkinson

Chair, Guildford and South Surrey Branch, Parkinson's UK