

Guildford and South Surrey Branch

ISSUE 99

The Park

MAY 2017

Three Generations Raising Funds Together

Myra Newnes-Smith, her daughters and granddaughters will be abseiling down Guildford cathedral in May to raise funds for Parkinson's.



**From Jenni Green
Regional Fundraiser**

It will definitely be a family affair when Myra, her daughters Suzanne and Catherine, and granddaughters Gabrielle, Francesca and Bea make the drop on Saturday 27th May. A smiling Bea – that's her with the stars on her top – has just had her eighth birthday, which means she qualifies for the challenge, and could well be the youngest fundraiser we've ever had.

If you would like to donate to their family fundraising, please go this address:

www.justgiving.com/fundraising/Myra-Newnes-Smith Meanwhile, we are still looking for abseiling participants as well as volunteers, to help out on the day – that's Saturday 27th May. All of our abseilers receive a fundraising pack, sponsorship forms and t-shirt. We'll support you through your fundraising and be there on the day to cheer you on.

Registration is £25 and we ask you try and raise a minimum of £150 in sponsorship. Minimum age to abseil is 8 and under 16s will need to be accompanied by an adult. For more information or to book, visit www.parkinsons.org.uk/abseilguildford, ring 020 7963 3912 or email fundraising@parkinsons.org.uk

Chairman Writes

I am very pleased to welcome two new members to our committee. Victoria Robinson has joined as Membership Secretary and Cecilia Swindell as Activities & Events Secretary. Thank you to both of them for coming on board. We are still in desperate need of committee members as we strive to provide more support activities and events. It is only with extra help that we can achieve this for our members. If you are able to help or know of someone who would be interested please do so or get them to do so.

Important New Therapy and Exercise Classes

I am really pleased to be able to say that we are now able to offer the following **new support services of Hydrotherapy, Physiotherapy and Anti-Gravity Exercise**. These are being offered by Mount Alvernia Hospital, Harvey Road, Guildford. **Please see the flyer inside this newsletter for full details of the services**. A personal assessment is required prior to someone starting a class. The cost will be £4 for each assessment, session or follow up. This is a major discount on actual cost and is available mainly due to the huge generosity of the Florence Pite legacy.

Exercise classes will commence from Tuesday 2nd May at 11am. The Hydrotherapy class will be at the Lockwood centre at Slyfield from 4.30pm on Tuesdays and Fridays.

The telephone number for any enquiries is 01483 442747 or 01483 442746 or e-mail physiotalvernia@bmihealthcare.co.uk or via the hospital website through www.bmihealthcare.co.uk

New Exercise Classes in Godalming and Haslemere

A new exercise class has started on Thursdays between 1-2pm, at Godalming Leisure Centre, Broadwater Road, Godalming, GU7 3BH. We will also be offering an exercise class on Tuesdays between 11-12am, starting on May 16th, at Herons Leisure Centre, Kings Road, Haslemere GU27 2QT. Both classes are taken by physiotherapist Sam Goodwin. For more information, please contact Hilary Austin on 01483 422543, or at: hillawrie@gmail.com

Please Note: The second 8-week Voice Therapy Course taken by Sara Andrew is underway and fully booked. To go on the list for the next course (dates to be confirmed) please contact Hilary Austin on the number or email above.

I would like to draw attention to our Branch meetings. These meetings are held every month in the Shalford, Village Hall and our Vice Chairman Hilary Austin works really hard to make sure that we have ample supply of tea, cakes and useful information from invited speakers. We try to make it fun and informative so please attend if you can. Details of meetings can be found in the Park.

In the future we will be sending out a news update on a monthly basis. The information will be an update of events taking place in the short term, the latest news on medical research and anything that maybe of interest or help. Unfortunately due to cost and the work involved we will only be able to offer this to those members who can provide an email address.

Please can we have your email address!

At the moment our branch sends out approximately 400 postal copies and 200 email copies of The Park. We would like to save costs associated with the postal copies – envelopes, labels, postage – and the money we pay to our printers for these services. If you receive The Park by post but you have an email address, or access to one belonging to a friend or relative, please may we have it.

Then we can keep you fully informed of news activities and events. Thank you. Email us at: parkukguildford@gmail.com

Please be assured, The Park will continue to be sent out to those without email who want to receive a printed version. I wish everyone a happy and warm summer.

Syd Abraham

An Invitation from Sara Andrew

A free educational seminar on Speech Treatment for Parkinson's, Saturday June 24th, National Hospital for Neurology and Neurosurgery, 33 Queen Square, (Clinical Neurosciences Building Lecture Theatre) London WC1B 1NX
12am-1pm Lecture and Refreshments, 1pm-2pm Interactive Voice Exercise (optional)

LSVT Global invites you to a one-hour presentation on the effective, evidence-based LSVT LOUD treatment programme. Following this educational lecture, we invite individuals with PD to try the LSVT LOUD voice exercises with speech therapists who are attending our LSVT LOUD Training and Certification Course this same weekend.

This seminar is FREE so it is a wonderful opportunity for people with PD, family members, friends, and other health care professionals who want to learn more about speech and PD.

Register by emailing: info@lsvtglobal.com

Annual General Meeting Report

The 32nd AGM, held as usual in Shalford Village Hall, was well supported. The new Chairman, Syd Abraham, welcomed the Branch Volunteer Co-ordinator, Jenny Wilcox, and also Alastair Jack, Development Manager for Parkinson's UK, who were in attendance at the Meeting.

Since it was only three months since Chris Smith had resigned and Syd had assumed the Chairmanship, his report largely recapitulated the previous year's events and activities before he outlined some of his plans for the future. Much of what he aims to do is dependent on *volunteers* and he hoped that more supporters would come forward to help realise these plans. He welcomed Mrs Myra Newnes-Smith, a new volunteer, who had joined the Committee specifically to work with and on behalf of Carers.

The following Officers were elected to serve on the Committee 2017-2018:

*Chairman: **Syd Abraham.** Vice-Chairman: **Hilary Austin.**
Hon. Secretary: Vacancy. Hon. Treasurer: **Jon Hewitt**
Hon Membership Secretary: Vacancy.*

The Chairman explained that a new Membership Secretary was expected to be appointed shortly and a new post would soon be filled to cover activities and social events (both posts now filled). Margaret Westwood was unable to continue as Hon Secretary but would remain a member of the Committee. Dr Patrick Trend was re-elected President of the Branch. The business meeting concluded amicably with a raffle, tea and cakes.

Branch Calendar

You are welcome to attend any of the meetings listed below, not just the ones in your area! The meetings cover the period of this newsletter, from May to the end of August.

More information and booking forms for our Cream Tea and Canal Trip summer outings mentioned below are on Page 7.

Guildford Area Meetings

Fourth Tuesday of each month 1.45 – 2pm at Shalford Village Upper Hall (except December).

May 23rd: Dr Emma Stack talking about “Falls in Parkinson’s”
June 7th: No meeting – Cream Tea at Burrows Lea Country House
July 13th: No meeting – Wey & Arun Canal Boat Trip
August: No meeting – summer break
September 26th: Shirley Williams – “Bowls for Beginners”. A fun afternoon with tea

Working Age Group: Anyone who would like to join in is very welcome; it is a friendly get together with lots of conversation. You can enjoy a pub meal (the food there is good!) and drinks. It is a good opportunity to laugh, share and learn from each other in a relaxed setting around a big table.

Venue: Parrot Inn, Shalford, Guildford, GU4 8DW.
Time: 7:30 – 9:30 or usually about 10:00.
Dates: 13 June, 8 August, 10 October, 12 December
Contact: Val and Keith on val.black@ntlworld.com or keith.black@ntlworld.com

Loseley Christian Healing Trust: Every second **Tuesday** of the month there is a meeting for anyone – sufferer or carer – who is affected by Parkinson’s. Bring your picnic lunch and meet in chapel from 12 noon for service at 12.30, followed by lunch together, a speaker and informal discussion – ending around 2.30 p.m. All welcome.

If you would like further information about these Loseley meetings please contact Hilary Austin on 01483 422543 or email her at hillawrie@gmail.com

Carers Lunches in Godalming: Kindly organised by Myra Newnes-Smith.

Venue: The Refectory, Milford
Dates: May 9th, June 8th, July 11th, September 14th
Time: 12 noon – 2pm

If you would like to attend, please email or telephone Myra by the previous Friday to enable the restaurant booking to be finalised. **01483-422440**, or: myra@newnes-smith.com

Reigate Area Meetings

Meetings held at The Woodhatch Centre, just south of Reigate.

May 18th: Patricia Bland talking about “Pets as Therapy”, accompanied by her flat coat retriever

June 7th: Cream Tea at Burrows Lea Country House
June 15th: Carole Coupe talking about “Strokes – Recognise-Respond-Recover”
July 13th: No meeting – Wey & Arun Canal Boat Trip
August: No meeting – summer break

Younger Parkinson’s Network: Meet at the Beehive pub, 90 Dovers Green Road, Reigate, Surrey RH2 8EG, from 8pm on the first Wednesday of each month. May 3rd, June 7th, July 5th, August 2nd.

For more information, contact Rebecca (rebeccaconnor@btinternet.com) and Claire (frosty2218@aol.com).

Ongoing Support and Events

Carer’s Lunches (Reigate): look out for dates and details in the Reigate News Update.

Extend Class (Reigate): held on a Tuesday afternoon. Please contact Pat Bowker on 01737 764342 email: parkukreigate@hotmail.co.uk

The Mobility Workshop (Reigate): held on a Friday morning. Please contact Kevin or Jean Shergold on 01342 716247 email: kevin.shergold@btinternet.com

Bereavement Group (Reigate): for information please contact Pat Bowker on 01737 764342 or parkukreigate@hotmail.co.uk

Useful Information

Parkinson’s Local Advisers

East Surrey: Nicky Lawrence-Gravestock 0344 225 3743

Mole Valley & Dorking: Emma Southwell 0344 225 3772

Mid-Sussex: Carole Coupe: 0344 225 3668

Runnymede, Surrey Heath, Waverley and Woking: Jackie Wingrave 0344 225 3669

Parkinson’s Specialist Nurses

South West Surrey: Amanda Dodson 01483 78348, Rose McKinley 01483 783481

Amanda and Rose are based at Haslemere Hospital, Church Lane, Haslemere GU27 2BJ. And at Farnham Hospital Outpatients Department, Hayle Road, Farnham GU6 9QL

East Surrey: Fiona Watchman 01883 733890

North West Surrey: Tonia Hill 01483 782874, Evphi Kalkantera 01483 782874

Tonia and Evphi are based at Weybridge Health Centre, 22 Church Street, Weybridge, KT13 8DY

Parkinson’s UK Helpline Service – 0808 800 0303
Operating Hours: Monday to Friday 9.00am to 8.00pm
Saturday 10.00am to 2.00pm (Excluding Bank Holidays)

National Website

www.parkinsons.org.uk

Local Website

www.parkukguildford.co.uk

Don’t forget, you can stay informed of classes, activities, events, meetings and much more at our local Guildford website.

Waverley Borough Council – Blue Badge Payment Alert!

Waverley Borough Council has decided that, from April 3rd everybody, even people with a Blue Badge, will have to pay to park in any of the boroughs' car parks. Other local councils have rejected this proposal. But you can apply for a free disabled Parking Permit as long as you have a qualifying benefit such as Attendance Allowance, PIP, DLA, Pension Credit, Housing Benefit, income support or Council Tax benefit. **For more information and any queries, please contact Jackie Wingrave on 0344 225 3669, or at: jwingrave@parkinsons.org.uk**

Volunteers Wanted to Help Shape Parkinson's UK Work in Surrey

We're looking for volunteers from across Surrey to join the Parkinson's Local Development Team. The role will help shape the activities and support that's available to local people affected by Parkinson's.

What is the Surrey Local Development Team?

We are a team of local Parkinson's UK volunteers and staff - our role is to complement the work of local groups in providing access to activities and support across Surrey. For example access to mutual support, exercise and therapeutic activities.

Our vision is that by 2020 people affected by Parkinson's will have fair and consistent access to the activities and support that are fundamental to staying in control with the condition.

Activities We Are Delivering in 2017

In 2017 our focus is on creating access to exercise and mutual support – because that's what people affected by Parkinson have told us was the most important to them.

We are starting by setting up a number of Parkinson's Cafés or Pubs. These are informal mutual support meetings that can be set up in cafés during the day or pubs in the evening. They will mostly be set up in more rural areas across Surrey where people might find travelling to their local group more challenging.

Find Out More

We'd love to hear from you. Please contact **Alastair Jack**, Area Development Manager
ajack@parkinsons.org.uk or **0344 225 9848**

Walk for Parkinson's – Cowdray Estate

Join Parkinson's UK on Sunday 9 July 2017 for a brand new 4.5 mile sponsored Walk for Parkinson's around beautiful Cowdray. The walk across the Estate passes through woodland and fields with spectacular views of the surrounding countryside. We'll also take in the scenic golf course, the magnificent Cowdray Heritage and the Cowdray Park Polo Club grounds.

Entry fee is £10 for adults and £5 for under 16s and all walkers will receive a Parkinson's UK t-shirt, plus a medal on completing the walk. You can find out more and register at www.parkinsons.org.uk/walkcowdray or contact the Regional Fundraising Team on 020 7963 3912 or email fundraising@parkinsons.org.uk

**BOOKING FORM FOR CREAM TEA, BURROWS LEA COUNTRY HOUSE
Hook Lane, Shere GU5 9QG**

**Wednesday 7th June 2017 at 3.00pm. £3.00 per person
This includes entry, parking and cream tea**

This is a special event for the whole Branch organised by the Reigate group. Mike Brett and his wife Janice have kindly organised the afternoon's activities. Burrows Lea Country House is a magnificent Victorian mansion set in 30 acres of gardens in the heart of the Surrey Hills. Disabled access is available for both the house and toilets. Tea will be served in a large marquee. Booking must be made in advance, together with payment, which is not refundable. Any queries please contact Mike Brett on 01737 210799 (including transport problems). If you have a spare seat in your car, please let Mike know

**Please complete this form and return it to: Pam Rodger, 34 Annes Walk, Caterham, Surrey CR3 5EL.
Cheques made payable to "Parkinson's UK"**

Names.....
Postal Address (Block letters please)
.....
.....**Postcode**.....

Telephone No: **Email:**
Please reserve **places @ £3 per person**

NO TICKETS WILL BE ISSUED FOR THIS EVENT. GO TO THE PARKINSON'S UK RECEPTION

**BOOKING FORM FOR BOAT TRIP ON THE WEY AND ARUN CANAL
Thursday July 13th 2017, 11am, leaving 11.30am. Cost £3 per person**

Fancy a cruise on the Wey & Arun Canal? Then why not join us at 11am on July 13th for a gentle meander down the river? Coffee and tea will be provided, but no food – so why not bring a picnic lunch? The boat departs from the wharf beside the Canal Centre in Loxwood on the B2133, postcode RH14 0RD. You can park by going through The Onslow Arms car park to the Wey & Arun Canal Trust area, which is next to the canal. The boat seats are not padded so you might like to bring your own cushions!

**If you need wheelchair access, please arrive promptly at 11am
For any queries contact Mike Brett on 01737 210799**

**Please complete this form and return it to: Hilary Austin, Greenmantle, Charterhouse Road,
Godalming GU7 2AQ. Cheques made payable to "Parkinson's UK"**

Names.....
Postal Address (Block letters please)
.....
.....**Postcode**.....

Telephone No: **Email:**
Please reserve **places @ £3 per person**

NO TICKETS WILL BE ISSUED FOR THIS EVENT.

Cakes Go Down Well to Raise £300

Branch members and friends set-up and ran a very successful cake stall at Milford Farmers Market



By Valerie Box

The great attraction was the fantastic range of delicious cakes that people had contributed, many homemade. Customers were spoilt for choice - chocolate, coffee and walnut, banana, rich fruit, tea bread, Victoria sponge, meringues, muffins, brownies and still more! No wonder some kept coming back for take away bags of goodies!

The tables were laden at the start, but happily very depleted 3 hours later by which time we had collected £300! Parkinson's UK provided a banner, leaflets and balloons to draw attention to the stall and many people came up to make contributions, citing someone they knew with PD. Many thanks to all those who contributed cakes and to those who actively promoted their sale. Without such strong support, this new venture would not have succeeded.