



Report by the Chair, Sally Bromley, to the Annual General Meeting, March 2019

This has been a full year with various activities and fundraising events. Our membership continues to rise and this brings new ideas to our special group of people.

Some highlights:

- A daughter did the Brighton Marathon,
- A son did the London Marathon
- A member ran the Vitality 10k
- A carer walked the length of Hadrian's Wall
- A member held a hot dog and pudding lunch
- A member abseiled down the Guildford Cathedral Tower
- A member took his one man show to the Edinburgh Fringe doing 25 shows in all
- Some members enjoyed their holiday in Hayling Island
- A member completed the BOXCAM 200 mile cycle ride
- Some members experienced the European Parkinson's Therapy Centre in Italy, part funded by the branch
- Many members enjoy the subsidised exercise and voice classes
- OxWalk was well supported by members helping and partaking
- I received the Honorary masters Degree from Open University, for Public Service in relation to the work I do for Parkinson's
- Our Parkinson's 200 Plus Conference in Sept 2017 received an Inform Award as part of the research engagement and impact award at Reading University.
- I received a Dignity in Care Award from Age Uk
- Several members support the Expert Patient Tutor programme to highlight neurological conditions to Year 5 Medical Students
- We have a sixth form student attending meetings so she can create a poster about us as her EPQ – Extended Project Qualification
- Two members are facilitators of the First Steps Prog
- 16 of us enjoyed a branch holiday in Hayling Island.
- I apologise if I missed anything

We had a year without a fundraiser yet still we brought funds into our branch, mainly due to the regular events set up by the former FR.

I am frustrated about how we may spend our funds. Based in Oxford with so much research going on linked with Parkinson's, it be good to be able to offer small funding for research project but due to the confines of PUK rules of what and to whom branches can give to research we are unable to. Though I totally understand and support the reasoning it remains a frustration that we cannot support research at the University, the OPDC, the neuropsychology dept, the two labs we visit or the Oxford Brookes Univ Movement Disorder dept.

I am pleased more of our members take part in research studies in various university departments. I'm also pleased to report that we are slowly yet steadily making links with other groups...this way we can learn from each other.

Numbers attending exercise classes are steadily rising. BBB in Oxford has a regular attendance of 40. Our Finding Your Voice class has a steady 28 regulars. Though we spend time doing voice therapy exercises we sing together and we're beginning to sound really quite good!

I'm delighted to inform you that OxWAG (Work Age Group) has a steady membership and they are meeting regularly . Laura is unable to join us today due to illness but she has sent a report.

Some concerning news is that changes have been made to the script of First Steps. This has caused me much time and energy to resolve the issue. Though PUK seem to be pushing forward the introduction of it to other parts of the country, the process is slow. As you know, this was written by three of us to benefit all newcomers to Parkinson's not just those in the Thames Valley area.

Some of us are raising awareness of living with PD to different groups:

Paul took himself to Edinburgh for the summer performing 25 dates at the Fringe. Thank you to him and to those who went to support him. He is about to embark on a tour to places the length and breadth of Britain and we send him on his way with our very good wishes.

Kevin has taken his knowledge of research to a conference in Sheffield.

I have spoken to conferences, an annual lecture at Reading Uni, specialist medical groups and more.

And what about the coming year? PUK is marking its 50th year and we are celebrating our 20th.

We have an interesting programme of speakers for our meetings. We have plans to develop the regular prog of events. One is our holiday in Oct attracting 30 people. We have planned informal meeting opportunities and new visits.

We are hopeful that, following a workshop session at PUK, there'll be closer relationships with other groups.

We are considering starting a mindfulness class...no details just yet.

Our links with our clinical professionals is stronger than ever with joint working to improve Parkinson's services through working together on the joint board of the OCCG. Creating this trusted liaison takes time and steady work.

Other plans include cream teas. Wytham Woods BBQ, an auction with quiz, Blenheim picnic, Christmas Market, Branch holiday and lots more.

We are getting our next leaflet ready and it'll be on line in a week's time. We'll have the leaflets available next month.

We are open to suggestions from other members and would welcome new energy to the committee. Please do not hold back at the elections about to take place. I am aware some prefer to support from the sidelines.

I've been chair of this branch for much longer than I initially planned. It is for you to decide if the time is right for someone new to take on the running of the branch with fresh ideas and plans, now or in the future. The branch is regarded highly within the charity and this is down to the strong committee it is led by. I am proud of their commitment and grateful for the work they do and proud of this branch.

Sally Bromley

March 6th 2019