



Annual General Meeting 2021 – Chair's Annual Report

This will have been the strangest year as the globe faces the Covid 19 pandemic. Meeting together has not happened and we have had to settle for doing everything on-line and keeping up to date and informed using Zoom.

Thanks to our techie, Jonathan, we have learnt how to link up and we have managed to keep up with all our activities. We only missed one week. Since March last year we have held classes every week except the two weeks around Christmas.

I am aware of the gratitude members have that we have managed this.

On offer for members: Monday – Dance for Parkinson's, Tues am Carer's meet up with a cuppa, Pwp am meet up with a cuppa, Wed am Big Bold and Balance (Didcot) Thursday pm Chat with a cuppa, Friday am Big Bold and Balance and Fri am Finding your Voice. In addition other exercise groups have managed to keep going and Mindfulness has held up to 3 drop-ins each week.

Our monthly meetings have continued and we held our discussion meeting in August using the break-out room facility on Zoom. Visits and activities have been cancelled though we were able to have our branch holiday in October.

Our usual fundraising activities have been modified to keep within Covid restrictions and we have been quite imaginative – Lockdown, Locksdown – paying for your home haircut, is an example.

Nothing prepared us for these major changes and we have been concerned for those living alone, those unwell and those suffering loss. We have tried to make contact with members but I fear we have only scraped the surface. If you'd like to hear from us I ask that you contact a committee member and we'll do our best to offer support, or for just a friendly chat.

In spite of this we have had new members join. Also some members from out of Oxfordshire have joined classes because there is nothing in their local area.

This report is tinged with sadness as I am stepping down as Chair. PUK request volunteers to remain in post no longer than six years. I've not been alone in leading this branch as the committee has been exceptional. On reflecting on my six years I have some truly wonderful memories. And to think that they would never have been possible if I hadn't got Parkinson's.

So, Three Cheers for Parkinson's.

Sally Bromley