

Message from

Oxfordshire Parkinson's Nurse Team Jo, Mabel and Nic

We know that this has been a worrying and difficult time for everyone during the pandemic. We want to let you know that although we are currently unable to do routine appointments face to face we are still here to support you. The CNSNS office (Jo and Nic) is open Monday – Friday 08:30 – 16:30 and Mabel based at the JR is available Monday – Wednesday and Friday.

As some of you have already experienced anyone who is booked into a clinic or for a home visit will be offered a telephone or video review instead. If you have any concerns regarding your Parkinson's please contact us in the usual way. We hope that we can resume seeing you face to face as soon as possible. The wider team such as Physiotherapists, Occupational Therapists and Speech and Language Therapists are working and available to support you if needed too.

There are some great online exercise videos available on the Generation Games website (from the team who run the Big Bold and Balance Classes). You can locate the online videos by going onto their website, www.generationgames.org.uk. For those who do not have internet access you can contact Generation Games on 01235 849403 who will be able to post out a copy of the Big Bold and Balance DVD if you would prefer.

WE ARE ALL IN THIS TOGETHER, please keep as active and positive as you can physically and mentally, join on- line quizzes or watch game shows, exercise in the garden or walk regularly.

Please take care and keep safe.

Jo, Mabel and Nic



Jo Bromley and Nic Findlay - CNSNS – 01865 737465

Mabel Eghaghe – 01865 234048

Parkinson's UK - Monday to Friday 9am-7pm / Saturday 10 am-2pm

(Closed Sunday and Bank Holidays)

Tel: 0800 800 0303 or email hello@parkinsons.org.uk