

Welcome to



www.oxfordparkinsons.org.uk

Come to a meeting to see what a friendly and positive group we are

MONTHLY MEETINGS

7.00pm on the first Wednesday of each month

**Botley WI Hall
North Hinksey Lane OX2 0LT**

Talks on general and medical topics
Group discussions

OUR AIMS

No one should face Parkinson's alone.
We aim:

- To help and support people with Parkinson's, their carers and families.
- To provide information and advice.
- To help raise funds for research and local branch activities.

PROGRAMME OF MEETINGS Winter 2017-18

Sep 6	Follow up from August discussion meeting and a talk about Lasting Power of Attorney
Oct 4	The View from the Top: Mark Goodridge, Chair of Trustees, Parkinson's UK, shares his perspective on the UK's largest Parkinson's charity.
Nov 1	Quiz night
Dec 6	Branch Christmas Party: Please bring a plate of food to share. Drinks provided.
Jan 3	Up to date with research: Dr Kevin McFarthing, committee member of our Branch, will bring us up to date with progress and prospects for the New Year.
Feb 7	Lysosomes and Enzymes: New research that our funds have helped to get under way. Professor Frances Platt and her assistant Mylene Huebecker will talk about their progress so far.
Mar 7	Branch AGM followed by cheese and wine

For full up-to-date information, visit
www.oxfordparkinsons.org.uk

OTHER EVENTS

Sep 10	Oxford Walk for Parkinson's
Sep 16-17	BOXCAM 200-mile cycle ride
Sep 18 12.30-6pm	Our own first patient led conference:
PARKINSON'S 200 PLUS	
World-class speakers Conference programme created by PwP Central Oxford venue Full details at parkinsons200plus.org	
Sep 21 11am	Parkinson's Café at Erdington House, OX5 1FZ
Oct 19	Bridge Evening, Abingdon
Dec 9 10.30-12.30	Art Café Coffee Morning at Whitchurch-on-Thames

200 Club

£12 per year buys chances to win £25 or £12.50 at each monthly draw. Contact Malcolm Benson (01865 873843).

Monthly Raffle

At our monthly meetings members donate prizes. The money raised helps to fund taxis for those who need them to attend meetings.

FUNDING CARE & RESEARCH

Our active and successful fundraising allows us to support people with Parkinson's in our area and helps to fund research carried out in Oxford by the Oxford Parkinson's Disease Centre.

ACTIVITIES

We offer exercise and voice classes, physiotherapy, Dance for Parkinson's (with English National Ballet), and other activities. The Branch also organises various events, outings and holidays. For details visit our website, or talk with any Committee member.

GETTING HELP

Contact Lin Byrne (01367 710058) to ask about taxis for members unable to get to meetings using other transport, and for information on subsidised respite care.

Delia Wells (0344 225 367), our Local Adviser, can help you with support for carers, completing benefit claim forms, and other ways to improve the lives of people with Parkinson's.

Recently diagnosed

If you have been told you have Parkinson's and would like to talk to someone about it, please contact Sally Bromley or Jem Appleton.

Many are finding the **First Steps** programme helpful. For details, contact: Kathryn McLoughlin 0207 9689381
kmccloughlin@parkinsons.org.uk

Bicentenary

In 1817 Dr James Parkinson published *An Essay on The Shaking Palsy*. There can be no better time to raise awareness of the need for a cure and improved treatments.

OUR NATIONAL CHARITY

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK head office

215 Vauxhall Bridge Road
London SW1V 1EJ
0207 931 8080

www.parkinsons.org.uk
Charity Number: 258197

Confidential Helpline

0808 800 0303

Parkinson's UK Local Adviser

Delia Wells 0344 225 367

Parkinson's UK Membership

Annual membership of the national body Parkinson's UK is also £4 and includes a magazine from the national charity. To join, or for more information, please call: Parkinson's UK 0207 931 8080

BRANCH STRUCTURE

Our Branch has over 250 members and friends and is run by an elected Committee of volunteers. It is funded by money-raising activities and from donations given by local people and organisations.

BRANCH COMMITTEE

Chair Sally Bromley
01865 311302
chair@oxfordparkinsons.org.uk

Secretary Pen Keyte
01865 556032, 07889 437222
secretary@oxfordparkinsons.org.uk

Vice Chair Jem Appleton
01491 837331

Fundraiser Kit Marriott
01189 844582

Treasurer Carys Redmond
07817 597623

Membership Secretary Diana Townsend
01865 751362

Research News Kevin McFarthing
07802 256184

Media and Publicity Paul Mayhew Archer

Programme Nigel Hamilton

George Philip, David Salisbury,
Martin Tims, Jenyth Worsley

NHS Specialist Parkinson's Nurses

City: Mabel Eghaghe 01865 234048
County: Jo Bromley 01865 737225

MEMBERSHIP

Annual membership of the Branch, which includes a quarterly newsletter, is £4. To join, please contact the Membership Secretary.