

OUR NEWS

Oxford and District Branch

Chair's Chat: **Sally Bromley**

Breaking News – See inside to read about a legacy left to our branch....



Welcome to our new members. Though chilly days are with us still, with Spring around the corner we see longer days and new colour emerging in our gardens. Those of you who have our branch calendars are seeing snowdrops and daffodils in the comfort of your own homes!

We had a busy time at the end of the year. The Bridge Drive at Huntercombe, the coffee morning at Whitchurch, Tango session, Christmas Concert and Bath Christmas Market visit certainly offered something for everyone and I hope whichever of these you took part in that it was enjoyable. A good number of us enjoyed the December 'Party Meeting'

Our **Annual General Meeting** will be on March 2nd - your chance to influence the way the branch is run - we'd love members to be more involved. Please speak up if you would like to join the committee. See the back page of the newsletter for further information.

This year we have new things to offer. March 11th is the Cornucopia of Colour concert with the Donkey House Players, May 14th the London Chorus will perform at Dorchester Abbey and on November 6th Daniel Harding will conduct Oxford University Orchestra at the Sheldonian Theatre. All these concerts offer their proceeds to our branch. Details of these concerts plus other events are in the newsletter.

We are hoping many of you will take part in the various activities we are planning - auction, lunch, branch holiday, BBQ and more. During **Parkinson's Awareness Week**, April 18-24, we hope members will spread the word about living with PD through your own sales, coffee mornings etc On the 20th April – the middle of P A W-we shall hold a **Quiz night** at Botley hall from 7.15. Come along & bring your friends.

Talking about awareness and how to promote it - how about this from Paul Mayhew-Archer

"I went to see Billy Connolly at the Hammersmith Apollo. Here was a man with Parkinson's who stood beside a little table and talked for over 2 hours without moving, without notes, without stopping for an interval, without self pity, without props, without bitterness and without any loss of control over his material and an adoring audience of 4,500 people. He demonstrated that a diagnosis of Parkinson's is not the end of the world. Truly inspirational!"

Early Summer Auction We have been offered a day out to see a BBC production in the making and we thought we could hold a 'Favours' Auction, a new idea for our branch. To get us actively involved you may have something you could offer, something we are unlikely to be able to buy any other way. Could you donate a weekend or longer in a holiday home you may have, or could you teach a small group of people a skill? Perhaps you are keen to discover family history and could help someone else find their family. Ideas are endless....so let me know if you wish to offer something. Date will be announced soon.

Spring 2016

NEW MEMBERS

A warm welcome to :

Michael and Janet Fogden,
David and Mary Heelas,
Tom O'Donoghue,
George Phillip,
Stephen Sandford,
Dominic and Bridget Welsh,
Michael Abbott,
Allen & Larka Hill,
Stuart Kenner,
Clare & Peter Turville.

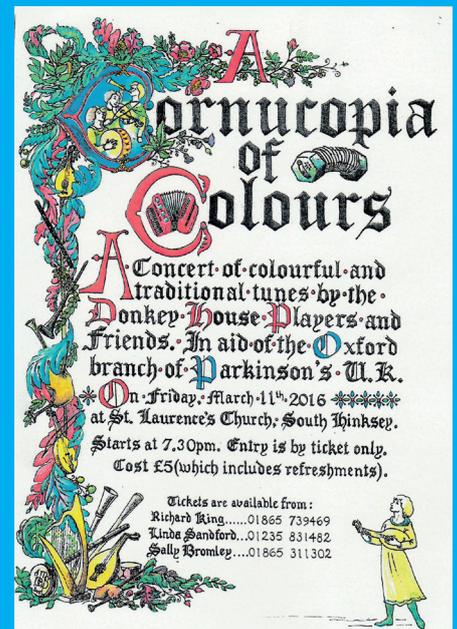
We are sad to report the death of Rachel Hood. Our sympathy to her family

200 CLUB WINNERS

Dec:
£25.00 - Margaret Quartermian
£12.50 - Pauline Wharton

Jan:
£25.00 - Tony Russell
£12.50 - David Harveson

Feb:
£25.00 - Jean Richens
£12.50 - William Colquhoun



Annual Branch Subs £4 per head are now due. See back page

Health and Wellbeing

Angie Weir Our Parkinson's specialist nurse based at the JR has left but there is still no replacement. Please read this extract from a letter from Jo Bromley nurse:

' We did have a candidate for the 2.5 neurology hours but she pulled out before interview so advert is back out again. I think Michelle has spoken to PD UK about the concerns for the lack of the other 2.5 hours covering Geratology.'

This explains why we still wait for news. Be assured the consultants and staff are aware of our concerns and are doing all they can to employ the right person soon.

Two new classes have just started at Botley WI hall, funded by our branch, so they are at no cost to those participating. **Big Bold and Balance Physio** classes start at 10.30 on Fridays for one hour. After a short refreshment break **Training Your Voice** starts, this too runs for an hour. There has been a healthy take-up for each class - we hope everyone benefits from taking part.

Dance for Parkinsons-with English National Ballet at The Old Firestation The new term has begun and runs till Easter. Currently the class is over subscribed and it is likely that a second class will start up after Easter. It is exciting that this class has generated so much interest,

Here is a note from Chrystalina about Brain Week

The Ashmolean Museum, Oxford
Saturday and Sunday, March 19th-20th 10 - 4 pm 2016

Brain Hunt

Come and find out some of the ways that we think about our brains and some of the ways that neuroscientists are investigating what it does and how it works

There will be activities to take part in at four stations around the Museum, each asking different questions:

(1) *Randolph Sculpture Gallery - The Brain as an Organ: how can we intervene in the physical structure of the brain? What do brain surgeons do?*

(2) *Egypt Gallery - The Brain as soul: how does the brain embody who we are? What did ancient peoples think about the brain and the soul?*

(3) *Mallet Gallery - The Brain as machine: how does the brain help us to interact with what we see and sense? How observant are you?*

(4) *Cast Gallery - The Brain as artist: how does the brain helps translate what we see into creative action? Can you train your brain to see?*

Thursday 17th 10-2pm Randolph Gallery

Sleep Group (Come and find out what neuroscientists are discovering about what happens to our our brains when we're asleep and how light and sleep patterns affect our mood.)

Light, Sleep and Brain Rhythms

(1) Color Rendering (color dynamics)

(2) Sleep/wake times

(3) Regulation of mood i.e using light therapy

Any questions please email Dr Chrystalina Antoniadou at chrystalina.antoniades@ndcn.ox.ac.uk

I look forward to seeing many of you at our "New Year" lunch at the Doghouse on March 17th

Enjoy Spring, all the best,
Sally

Branch Christmas Party



FINANCIAL SNAPSHOT

by Carys Redmond our Treasurer

LEGACY NEWS from CARYS REDMOND, our Treasurer

We are excited to announce that the Oxford branch has been extremely fortunate to be the beneficiary of a significant legacy from Mrs Joyce Rosamund Merrett. Spending plans for the majority of this legacy have now been approved by national office and we are delighted to announce that this legacy will provide funding for the following services which we believe can greatly benefit Parkinson's sufferers and their carers in Oxfordshire and enhance what the branch already provides.

- Subsidised physio classes such as PD defence/Attack or Big, Bold and Balance. All Parkinson's sufferers living in Oxfordshire and attending classes in Oxfordshire are entitled to a subsidy of up to £6 per person per class. We have been working closely with the class providers to implement this initiative from the beginning of January. If your provider is not providing this subsidy to you please contact Diane Pearson so that the branch can get this rectified. In addition a new Big, Bold and Balance class has started on Fridays in Botley hall - 10.30-11.30 am.
- Free Voice activity classes - A new voice class called 'Find Your Voice' to improve vocal range and volume has been launched on Fridays 11.45 am - 12.45 pm at the Botley hall.
- A respite care service. The branch is still in the process of setting this up and it may take a few months yet to implement. The idea is to offer planned respite care on a similar basis to Amersham and Wycombe branch for up to 4 hours at a time and a maximum of 30-40 hours per year for any individual. This care is offered so that carers can take a break to do everyday things, like go to the hairdressers, meet a friend for coffee or play a round of golf. We will keep you posted on progress.
- A befriending service using Age UK or a similar provider to try to ensure that lone sufferers or those who are less mobile do not feel isolated. Again the branch is in the process of setting this up at present and we will keep you posted on progress.

In addition to this a small portion of the legacy has been put towards the OPDC research TRAPPING project which is now fully funded. (This was also the project supported by the 2015 Oxford walk)

Financial Highlights of 2015

A huge thank you to everyone who has helped to make 2015 another amazingly successful year for fundraising and donations. As usual the branch year closed with numerous social and fundraising activities on the lead up to Christmas, a few of which are mentioned below:

- the Christmas Concert was not only a thoroughly enjoyable evening, it raised over £2,700.
- Mais Appleton's green fingers have been really busy all year and she presented a cheque for £1,100 from her plant sales – an incredible achievement
- Natalia Benjamin held a jewellery sale and raised a brilliant £200
- Kit and Diana Marriott held a coffee morning and raised about £350
- Huntercombe Golf Club held a bridge evening which raised a wonderful £865

We received many other donations including in memoriam donations for which we are most grateful. Altogether our branch fundraising activities and donations for the year have raised circa £32,000. In addition to this the 2015 Oxford walk to date has raised over £26,000. These funds have been used to help fund the branch's programme of events, outings and holidays. Furthermore, the branch has been able to contribute £5,000 to the brain bank and £25,000 to Oxford based national research projects. Behind the scenes the committee has been working hard to provide additional services for 2016 such as the new physio and voice classes. We would welcome your ideas for any other activities/services you would like the branch to provide. Please contact Sally Bromley, Jem Appleton or myself. In the meantime THANK YOU and WELL DONE.

RESEARCH CORNER

by Jim Sheridan

parkinsonsoxford.research@gmail.com



2015: A year of research success for Parkinson's UK



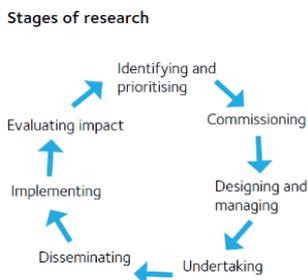
Among many other achievements:

- [Researchers found new evidence that Parkinson's may start in the gut.](#)
- [We've seen promising results from early stage clinical trials for a vaccine for Parkinson's.](#)
- We found that both a [cancer drug](#) and a [drug for liver conditions](#) may have promise for treating Parkinson's.
- [An international clinical trial to replace the brain cells lost in Parkinson's began.](#)

They have also reported on progress and results from their own research project, a clinical trial of GDNF. They reached recruitment targets earlier this year, and hope to have results from the trial next year. But most excitingly, 2015 was the year PUK launched their [new Research Vision](#) and started a number of projects that aim to deliver new and better treatments in years, not decades. <http://www.parkinsons.org.uk/news/21-december-2015/2015-year-research-success-parkinsons-uk>

Get involved in Research - at all stages

PUK has just launched a Public and Patient Involvement (PPI) Resource for Researchers, providing guidance to researchers on how to involve people with Parkinson's (PwP) in all stages of research. PUK believes that involving the perspective of people affected by Parkinson's produces higher quality, more relevant research, and ensures that the benefits are felt by the people who need it most. Contact rsn@parkinsons.org.uk to find out more about how you can get involved with Parkinson's research. <http://www.parkinsons.org.uk/news/26-january-2016/patient-and-public-involvement-resource-researchers>



Dementia Drug could reduce falls

Dr Emily Henderson of Bristol University explains: "With the degeneration of dopamine producing nerve cells, people with Parkinson's often have issues with unsteadiness when walking. As part of the condition, they also have



lower levels of the chemical acetylcholine, which helps us to concentrate. This makes it extremely difficult to balance and walk at the same time. We already know that rivastigmine works to treat dementia by preventing the breakdown of acetylcholine, however our study shows for the first time that it can also improve walking, regularity of step, speed, and balance."

<http://www.parkinsons.org.uk/news/12-january-2016/common-dementia-drug-could-improve-parkinsons-symptoms>

Cholesterol-lowering drug Simvastatin trialled as a potential neuroprotective treatment for Parkinson's



A clinical trial using cholesterol-lowering treatment Simvastatin in people living with Parkinson's is getting underway in centres across England -- with the hope that it could become one of a number of effective treatments available to treat Parkinson's. The trial is part of The Cure Parkinson's Trust's [Linked Clinical Trials](#) programme (LCT) which is now in its fourth year. The double-blinded placebo controlled study will take place in 21 centres in the UK and will involve 198 people with Parkinson's. The trial is seeking people who have been living with Parkinson's and who are not already taking a statin. <http://www.sciencedaily.com/releases/2016/01/160111092404.htm>

Hand tremor control using Gyroglove



Researchers at Imperial College London are developing a glove that can reduce hand tremor. A gyroscope mounted on the back of the glove damps down the tremor by up to 90%. It is hoped that the Gyroglove will be launched in the UK in September. <http://www.technologyreview.com/news/545456/hope-in-a-glove-for-parkinsons-patients/>

Research Event (12 April) – Stem Cells

The Annual Gretchen Amphlet Memorial Lecture at Fitzwilliam College Cambridge will address the question 'Can stem cells deliver on their promise for Parkinson's?' <http://www.parkinsons.org.uk/content/gretchen-amphlet-memorial-lecture-2016#sthash.FEH1Xyli.dpuf>

FUNDRAISING

by Kit Marriott

kit@kitmarriott.com

In the Winter Newsletter we reported that we had recently helped to manage the 2015 Oxford Walk, hoping to raise a £25,000 plus, to continue our support for Oxford Parkinson's Disease Centre research, seeking a cure for Parkinson's. We run this event in conjunction with PUK, and have developed a tried and proven plan that has enabled us to increase funds raised year on year for the last 4 years. With 10 fewer walkers than the previous year, the 260 registered on the 2015 walk have so far managed to raise over **£28,000!** Substantial sums were raised by some walkers and by members who did not walk but succeeded in gaining sponsorship from family and friends. A number of members kindly helped with marshalling and registration. It is rewarding to see the involvement of branch members who regard the event as a major effort in assisting our friends at OPDC. Our sincere thanks to all involved. PUK assistance with promotion, planning and logistics also play a major role. Those of you from the Branch who walked may well have suggestions to improve the Walk, which might be the route, refreshments, start time, communication, marshalling, so please let Sally, Jem or Kit have your suggestions. Did you enjoy walking along the river, or was it too hazardous on a muddy towpath, and do we miss any historical sights within our beautiful City of Oxford? Note the date for this year's walk is Sunday October 16th

Our Treasurer, Carys has noted income from events and activities in her report, I will not duplicate. We were fortunate to be selected by Huntercombe Golf Club as their Charity for 2016, as well as by the Oxford Jazz Federation who also chose us. If you happen to belong to an association which selects a charity to support each year, please put forward Oxford Branch of Parkinsons U K for consideration. Committee members are always happy to talk to associations about Parkinson's, what we can do with funds raised, supporting care for PwP's and assisting research projects.

2015 again showed how members raise funds on their own, - Carys running in a half marathon, Wendy's sales of Dopamine scarves, Jack Bibbings cycling from John O'Groats to Lands End, Mais growing and selling plants and flowers, Sally's Cream Teas, David Salisbury doing pub quizzes and selling raffle tickets, Wini's Tango evening, members requesting donations in lieu of birthday presents...as a well known supermarket says "every little helps" – and it really does. The generosity of members is remarkable.

In case members and readers feel that there is too much emphasis on fundraising, in our branch, the motivation is to try and make life more comfortable for members and supporting research towards finding a cure. The 2015 December Concert, will have confirmed our comment. Initially the intention was to provide an event that made more people aware about Parkinson's whilst we covered our costs and were fortunate to make a profit. The programme allowed us to enjoy a really festive concert.

For the year ahead we are arranging three more concerts for which we are to be the beneficiaries. The first, entitled a Cornucopia of Colours by The Donkey House Players and Friends on Friday March 11th at St Laurence's Church, South Hinksey OX1 5BA. The concert starts at 7.30pm with tickets at £5.00 including refreshments purchased as a donation. Tickets are with Sally or Kit and we have only been allocated a small number so get some quickly.

The next concert will be at Dorchester Abbey on May 14th at 7.30 where there will be a much greater number of seats available. A PwP gentleman resident of Dorchester on Thames, Douglas Jupp, died with a request that we benefit from the profit made from a concert jointly arranged through our branch and the London Chorus. Douglas was a member of The London Chorus for some 50 years. Tickets will be available during May.

After Dorchester, on November 6th we move on to the Sheldonian Theatre in Oxford for a concert to be conducted by the renowned conductor Daniel Harding, featuring violin soloist Carolin Widmann playing Mendelssohn's Violin Concerto in E minor, and the Oxford University Orchestra playing Berlioz' Symphony Fantastique. The start time is currently under discussion. We are organising the concert jointly with St Peter's Church Wolvercote who have offered to share the proceeds as they are fundraising for their church organ fund. Our plan is to sell 579 tickets. We are presently at the planning stage and will keep members updated at Branch meetings and through the Newsletter.

Additional events under consideration for this year include an auction, BBQ, tea parties and any ideas or suggestions that you may have would be welcomed by Sally, Jem, Kit or any other committee member. What about a Safari lunch or supper in your neighbourhood, a Garden Open Day, a Nearly New Sale? Just a few ideas.

If you have fund raising ideas, please talk to me - KIT MARRIOTT 01189 844582

**Daniel Harding was born and grew up in Oxford. At 13 he went to Chetham's Music School in Manchester and felt that the trumpet was not quite big enough as he wanted the whole orchestra! He followed his dream and contacted Sir Simon Rattle who trained him and led the way for Daniel to progress to become the world acclaimed conductor he is today. Tickets for this concert will sell quickly I'm sure....*



There remain just a few, and they are languishing in my cupboard waiting for someone to give them a good home.

These are not expensive by comparison with "The Museums Collection" or The National Trust Catalogue, but that is beside the point.



The Dopamine Scarf is the result of a lecture I attended years ago, when Richard Wade-Martins spoke about the research he was doing into some aspects of Parkinson's. His slides were riveting, astonishingly bright and cheerful. So much so that I asked him if I could try printing them on silk to make scarves and raise some funds for further research. He agreed, and the rest is history.

So far, the scarves have not only paid for themselves, but with the generous help of many, many people they have enabled me to send more than £1,000 to our treasurer, and this is included in the next donation to the Oxford Parkinson's Centre.

The story is not quite over. I had 32 scarves of each pattern made (that was all I could afford at the time), and sold these scarves as Collector's items, hoping that some people would buy a set of three.



How much can we spare to find a cure for our condition? The scarf is a bonus to give pleasure and warmth.

It's the cure we are looking for.

Wendy Benson wwb@waitrose.com
01865 873 843

Christmas Concert

Comedian Andy Hamilton (a regular panellist on "Have I got News for You" and "The News Quiz") revealed to a packed Church in Oxford before Christmas that having only one thumb had its disadvantages - "It means I can only hitch-hike in one direction".

Andy - a very funny and engaging comedian - was appearing at St Michael's Church in Summertown as part of our Christmas concert. He was joined by International Pianist Tom Poster who played pieces by Schumann Chopin and Schubert with astonishing subtlety and tenderness and dynamism. His range is quite extraordinary. Sunday's concert also featured The Abbey Brass and The Wessex Choir as well as two local writers who live with the illness - poet John Foster and Vicar of Dibley writer Paul Mayhew-Archer. Paul said that a comic outlook helped him cope. *"Early on I was told I could expect five good years which I thought was terrific because I'd had the odd good year up to then. But five good years? On the trot? Good old Parkinson's."* John told the audience how deep brain stimulation had miraculously stopped him shaking and then - in possibly the most moving moment of the entire evening - read his poem on the subject.

The money raised by the concert will go to the Oxford Parkinson's Disease centre, one of the finest centres for Parkinson's research in the world. This was the second Christmas concert organised by Sally Bromley and it was even more successful than the first. Because of her background in teaching Sally seems to have taught a number of talented stars and whenever she invites them to perform for us they do not let her down. Later this year she will be bringing world renowned conductor Daniel Harding to Oxford to conduct Berlioz' *Symphonie Fantastique* at the Sheldonian. The audience clearly had a good evening. One person said *"I am moved to tears by the wonderful music and words"*. and another said *"As well as enjoying all the contributions, we thought it was such a brilliant way of introducing people to Parkinsons and inviting them to support research into the condition"*.

All those who spoke who have Parkinson's spoke so well and movingly

In fact it was two thumbs up from everyone - except Andy Hamilton of course.



Fact Sheet 4- Charity Support update Dated 05/02/2016

CARERS CORNER Compiled by Parkinson's Local Adviser Oxfordshire , **DELIA WELLS**

Please contact me if you find any of the information is not correct

Contact: Delia Wells Phone: 0344 225 3679 Email: dwells@parkinsons.org.uk

A. Age UK Oxfordshire- Advice Line 0344 450 1276 www.ageukoxfordshire.org.uk Well worth visiting this website if you can, lots of information on services they have to offer, Or follow link to services <http://www.ageuk.org.uk/oxfordshire/our-services/> they give Free, independent and confidential information and advice on a wide range of subjects, including

[Help with benefits -phone line advice](#)

- Or use **Age UK's online benefits calculator**. This is the quick and easy way to find out what you're entitled to claim: <http://www.ageuk.entitledto.co.uk>
- Dementia support- See below -more detail about this new service
- Planning your future care
- NHS continuing healthcare funding
- Support for carers

[Practical help and services](#)

- Help around the home,
- Taking care of your feet
- Companionship and getting out and about
- Products for the home

[Living life to the full](#)

- Community activities and clubs
- Fitness and exercise
- Support through bereavement
- Telephone befriending
- Befriending for adults living with a life-threatening illness

Dementia Oxfordshire- information from Age UK Oxfordshire's Website

Our new service, Dementia Oxfordshire (01865 410210), is here to help you with advice on all aspects of dementia and the support that is available locally to help people to live well with dementia.

Our team of expert Dementia Advisers offer advice and support to people living with dementia and their family and friends from the moment of diagnosis, and will stay in touch with you and make contact every six months.

If you have been diagnosed with dementia or are a relative or carer of someone who has, we can support you with:

- Information about dementia
- How to get help locally
- Staying independent
- Adaptations for your home
- Benefits and allowances that you may be entitled to
- Benefits, support and respite breaks for carers
- Activities and leisure opportunities
- Planning for the future, financial and legal issues
- Emotional support
- Specialist information for people under 65

Our Dementia Advisers can be contacted by calling 01865 410210 or by emailing

info@dementiaoxfordshire.org.uk We are open from 9.00am – 6.00pm, Monday to Friday.

Further local support for Dementia

There are a variety of activities, support groups and services to support people with dementia and their carers - such as memory cafes, community clubs, singing groups and telephone advice services.

To find out about Dementia services near you, click on the Community Information Network Directory link below and enter your postcode, town or village.

[Visit the Community Information Network Directory](#)

Making a referral to Dementia Oxfordshire

If you are a GP or Professional you can call our Helpline on 01865 410210 for information and advice at any time between 9.00am - 6.00pm, Monday to Friday.

Email for NHS referrals: dementia.oxfordshire@nhs.net

Email for non-NHS referrals: referrals@dementiaoxfordshire.org.uk

GPs can download the referral form from the Oxfordshire Clinical Commissioning Group intranet, [here](#).

The Life Book this is a free booklet where you write important and useful information about your life, from who insures your car to where you put the TV licence. Contact above advice line for your free life book

Note: Sometimes it is easy to mislay important documents, information, so, Age UK developed the Life Book to help you.

Note: to keep you up to date in the future it is well worth signing up for their Newsletter by phone or Emailing, or subscribe on line Delia

Use this link to sign up online <http://www.ageuk.org.uk/oxfordshire/news--campaigns/newsletter-sign-up/>

Guideposts Trust- Information on Equipment

The Independent Living Centre, in partnership with Oxfordshire County Council, provides information on products and organisations to assist people with disabilities and older people to increase and maintain their independence. The Centre provides this free service to any adult residing in Oxfordshire. If you are recently diagnosed, a visit to I L C is strongly recommended

ILC gives you access to a range of equipment for viewing and demonstration to enable:

- moving around in the house or outside
- reaching things
- preparing or eating food
- getting in or out of bed
- using the bathroom
- going up and down stairs or steps

The Centre also has an Information Line available 01235 524857 which can give information on a variety of topics, such as where to hire a wheelchair, where to find accessible holiday accommodation, how to find a local or national support group for a particular illness and much more. A comprehensive [Resource Handbook](#) is now available on the web-site.

The Centre is in Abingdon, open 5 days a week for general viewing. You do need to book an appointment to ensure that the equipment you wish to see is available. An Occupational Therapist (OT) is available by appointment on a Monday or Tuesday. To try some of the equipment you would need to book an appointment to see an OT. The Information Line is open Monday to Friday (9 am to 5 pm).

You can download one of their leaflets by clicking on: [ILC leaflet](#)

I hope the new members & carers have found the information on these pages useful; come & meet me at branch meetings to clarify any of this. And I hope you've had a good read! **DELIA 6/2/16**

COMING UP...

OXFORD AND DISTRICT BRANCH MEETINGS, TALKS AND OUTINGS

OXFORD & DISTRICT BRANCH

2 March

Annual General Meeting (AGM) followed by wine and nibbles

6 April

Bicky Ho, NHS – Computer adaptations for PwP

4 May

Katy Slade, PUK – PUK Education and Service Management

1 June

Steve Tabbitt – Parkinson's pathways along the Thames

6 July

Jim Sheridan – Parkinson's self-help

3 August

Delia Wells, PUK – Q&A + carers update

7 September

Jo Bromley, NHS – Q&A + PDNS update

5 October

TBC – OCCG update

2 November

Mary Reilly, British Red Cross – First Aid

Other Events

11 March: Cornucopia of Colours – Concert at St. Laurence's Church
Tickets £5 from Kit or Sally

17 March (Thursday) Branch New Year lunch – Doghouse, Frilford.
Noon (sold out)

17 – 24 March Brain Awareness week – see Page 2

18 - 24 April Parkinsons Awareness Week

Weds 20th April : Quiz Night at Botley: Teams of six. Tickets £5

Sat May 7th Rotary Club 5km Fun Run- University Parks 11.30 - make up teams of four

May 14th Concert Dorchester Abbey

June Outing to be arranged

August: Summer Barbecue – to be arranged

7th - 11th October: Branch Holiday Warners at Thoresbury Hall Notts

Contact Jem Appleton for info. or booking
Sunday 16th The Oxford Walk

November 6th Concert - Daniel Harding Conducts



Branch Meetings

Members and friends meet from 7-9pm

1st Wednesday each month at Botley WI HALL
North Hinksey Lane
Oxford OX2 0LT

for talks on general and medical topics and group discussions.

Activities

Members enjoy Dance for Parkinsons, Zumba, Physiotherapy & other interests/outings, holidays & lunches.

Recently Diagnosed?

If you have been told you have Parkinson's, and would like to talk about it with someone who knows how it feels, please call Sally Bromley or Jem Appleton.

Transport to Meetings

If you have no other transport we can arrange a taxi to Botley for Branch Meetings. we can arrange a taxi to Botley for Branch meetings : Ring LIN on 01235 520573

MORE INFORMATION

COMMITTEE MEMBERS

Chair:

Sally Bromley - 01865 311302
oxford.sally@gmail.com

Vice-Chair & Outings/ Holidays:

Jem Appleton - 01491 837331

Secretary:

Diane Pearson - 01865 557510

Treasurer:

Carys Redmond - 07817 597623

Membership:

Ian Pearson - 01865 557510

Fundraising:

Kit Marriott: - 01189 844582

200 Club:

Malcolm Benson - 01865 873843

Branch Programme & Research News

Jim Sheridan - 01865 872864

Media & Publicity

Paul Mayhew-Archer

Committee Member

Martin Tims & David Salisbury

Local Information & Support Worker (ISW)

Delia Wells - 0844 225 3679

Email: dwells@parkinsons.org.uk

For membership information please ring:

Branch 01865 557510

UK Office 0207 931 8080

