

OUR NEWS

Oxford and District Branch

Chair's Chat: **Sally Bromley**

With Spring well and truly sprung and flowers in abundance it is a good time of year to see how far we've come and to look ahead. A high turnout at our AGM in March resulted in the committee increasing to 15 members. I welcome them all, and hope you will enjoy the resulting growth in our activities!

I hope most of you saw the BBC One "Inside out" programme on March 7th. Brilliantly devised and presented by Paul Mayhew-Archer, it was his personal insight into Parkinson's, with a number of cameos of members of the Dance for Parkinsons ballet class – mostly members of our Branch. A great contribution to Parkinsons awareness and a highlight of our year to date. A further article from Paul is featured in this Newsletter.

Our first concert of the year 'A Cornucopia of Colours', held in March in St Laurence Church, South Hinksey was memorable. A band of ten playing a mixture of folk instruments created a delightful evening of entertainment with music based on colour. The church was packed, though small. I guess it was its smallness that was a key feature, but so was the iron handle to the door which came off in your hand each time it was opened. This created much amusement! Paul and I gave our thoughts about living with Parkinson's - Paul could not avoid mentioning his need for chocolate...Richard King with his Donkey House Band, raised just over £700. He is really pleased and has offered to do a further concert with us next year...but...whether the handle will still be on the door remains to be seen.

Our next concert will be with the London Chorus at Dorchester Abbey on Saturday 14th May 7.30. The concert in his memory was requested by Douglas Jupp, who had Parkinsons, and sang with the London Chorus for 60 years, I hope most of you can get tickets as they are selling well. The music will be quite different - much of it will be familiar to you

I look forward to meeting you at branch meetings and at our social events,

With my warm wishes,

Sally



Summer 2016

NEW MEMBERS

A warm welcome to :

Gillian and Maurice Belcher,
Alan & Pat Bryden, Andy & Mo
Chant, John & Chris Foster,
Bob & Barbara Lewis,
Adrian Moyes and Sue Raikes,
Ron Mutton,
Ian & Ruth Sargent,

We are sad to report the deaths of
Michael Fogden, and Raymond Clarke .
Our sympathy to their families

200 CLUB WINNERS

March:

£25.00 - Jo deGoris
£12.50 - Avril Collins

April:

£25.00 - Carol Recupito
£12.50 - Ian Sargent

May:

£25.00 - Neil Richens
£12.50 - Cynthia Mancey



Thoresby Hall, Ollerton



Parkinsons Awareness Week- What a week !

Monday: both Paul and I spoke about our plans live on Radio Oxford. A drive to my home to record an interview for Oxfordshire TV. Earlier in the day Paul had done radio interviews in London.

Tuesday: setting up a display in the West Wing Atrium, with thanks to Chrystalina for arranging it. Delia gave a lot of time. I stayed for the morning. We were delighted when our first enquiry approached the table. A gentleman leant over and said, "where's the toilet?!"

Wednesday: Alison and Helen held their coffee morning in Yarnton. We were greeted by a full room of about 40 people, sales tables, raffles and PD information were all welcoming. I met several people with Parkinson's and I hope they come to a meeting sometime. The hospital display continued and many interested people found out more about living with PD.



Wednesday evening was Quiz Night and about 40 people joined the challenge. Half way through the quizzers were treated to spontaneous singing by members of the Finding your Voice class led by Emily. While the quiz was on in Oxford, Paul was in London promoting his recent documentary on The One Show. I hope we shall be able to arrange for us all to see a recorded copy, at our next meeting.

Thursday: Taster Day. Jill led a gentle drawing class where she explained our task, giving us clear directions to draw the inside of a red pepper. I think I can say we were all pleased with our observations. Following a tea break, John talked through various writing styles before setting us free to produce something. Stumped as I was, once I started to put pencil to paper, words flowed out. Another happy group - we enjoyed the first taste.

Friday: A lunchtime BBC TV recording at my home with Adina Campbell, shown later following the national news.

Saturday: Tango. A joyful close to a busy week. It was good to see Aseem following his Tangothon, and Leroy led us through a tango lesson

PARKINSONS IS PANTS

www.justgiving.com/parkinsonsispants



Caroline George has been expressing her own thoughts about Parkinson's - 'Parkinson's is Pants' - an easy to remember slogan. This came from her caring for her mum when they have a not-so-good-day and they report it as 'Pants' i.e. it's not very good. She has put a great deal of energy to raising awareness of PD to many people. Thank you Caroline, and well done everyone who helped in any way to make PAW so successful Results ? We have clearly informed and influenced many people about Parkinsons.

There will be events and Branch meetings for us to enjoy together over the coming months, We would be pleased to include ideas from branch members too. Please let the committee know if you have suggestions for speakers, outings or events Details of our dates and events are inside. I am trying to extend our hand of friendship to nearby branches so we can meet socially and informally, and exchange ideas.

Sally

Oxford Branch Parkinson's Awareness Week taster sessions - reflections from Katy Slade, PUK Service Manager
Continuing in the spirit of offering a wide and varied program, I was delighted to join Oxford Branch taster sessions for art and creative writing.

The sessions were invigorating yet calm, allowing us to relax but express ourselves in a creative form. During both sessions, after expert guidance and instruction we fell silent and were given space to experiment artistically. We were able to release, explore and share experiences and feelings, create beautiful artwork, despite initial stiffness and anxiety over what we could create.

At the end, feedback included 'We loved it', 'It was at times comic, enthralling, and even emotional' plus 'Can we have some more please'...

Katy

From Paul Mayhew – Archer, Oxford Branch TV Personality

So there I am at 7.30am Monday morning about to be interviewed by a radio station. I've got my message to get across - "if you've got Parkinson's don't keep it secret. Tell people and you'll be amazed at how supportive and encouraging they will be". I also know the two words I'm to avoid using - "disease" because it gives the impression it is contagious, and "Suffering" because it's so depressing.

So the presenter begins.

"Today we're talking about Parkinson's Disease. I know a bit about this truly dreadful disease because my mother-in-law suffered from it for twenty years. In fact the whole family suffered as she became worse and worse and this truly horrendous disease caused more and more distress and suffering." Anyway, I have Paul Mayhew-Archer on the line who also suffers from Parkinson's Disease. What's your message to fellow sufferers, Paul?"

I wanted to say "Don't listen to this radio station" or "Could you direct me to the nearest roof?" But I didn't. I just tried to suggest that my experience had so far been rather more positive (hard to imagine it being less positive)

After that I had a day of lovely interviews. I specially remember the man from Newcastle who kept putting off telling his workmates and bosses. Then found them wonderfully supportive when he did tell them. I also took delight in the choice of songs played in the middle of longer interviews. "We'll talk a bit more about Parkinson's in a couple of minutes, but now Live and Let Die." Or "Time for some music now then we'll carry on our conversation about this terrible disease. Here's Aretha Franklin with Say a little prayer for me;"

While I was doing these interviews I got a call from my wife Julie - The Daily Mirror wanted 600 words for an article in Wednesday's edition. So they wanted it by 11am Tuesday. I was very flattered and said yes immediately. Julie, being more worldly-wise, asked them for a donation in return.

When I got home in the evening I discovered they now wanted 900 words.

*Any of you remember an all-night essay crisis when you were a student? I thought at the age of 63 I was past all that but apparently not. I heard the birds go to sleep and I heard them wake up again. I heard the traffic quieten on the A34 and I heard it get louder again - and then quieten again as the first traffic jam of the day took hold. But hurrah!! The article got delivered and it appeared in Wednesday's Mirror as a whole page, complete with a big photo. Of Michael Parkinson. (actually there was a very good reason for that and it drew the attention of a lot more readers) ****

Also on Wednesday I had the thrill of appearing on The One Show. I must confess I was convinced I would be booted off the sofa when I heard the news of Victoria Wood's tragic death at 62. That's younger than me. OK I've got Parkinson's but I'm still here and I'm in pretty good shape. If Victoria Wood had been given one more hour of life for every laugh she gave us she'd live to well over a hundred. And Donald Trump wouldn't have made it out of nappies.

I loved doing The One Show and I loved seeing my little documentary going out again in the prime-time slot of 11.45 pm. In fact I had a wonderful week and I want to thank Parkinson's for giving me the opportunity to do all these things and meet all the splendid people I've met in the Oxford branch.

In a television interview on Friday that - thank goodness - didn't involve me at all, Sally said "There's never been a better time to have Parkinson's." I couldn't agree more.

And now, as they say on the radio, time for some music. Led Zeppelin and Stairway to Heaven.

Paul Mayhew-Archer

P S *** My article in The Mirror began with this true story

Recently I met a friend I hadn't seen in ages. "What are you up to?" she asked. "I've just made a documentary about Parkinson's." I said. I was about to add "I was diagnosed five years ago," when she burst in delightedly:

"Ooh, that sounds fun. He is such a lovely man. It's time someone made a programme about him."

"No. Not Michael Parkinson," I said, laughing. "The illness."

FINANCIAL SNAPSHOT

by Carys Redmond our Treasurer

We have made a good start to 2016. To date we have already received more than £3,400 in donations and fundraising. These include:

- An incredible £900 donation from the Oxford International Soroptimist club
- £700 from the Cornucopia of Colours concert held in March
- Donations from the Richens wedding anniversary, Wendy Benson's scarf sales, and lectures by Paul Mayhew-Archer

This excludes any funds raised during the recent Parkinson's Awareness week, which are still being finalised. A huge thank you to everyone who has participated in or supported these donations.

The branch has kicked off the year full of vitality with lots of activities. We have been subsidising Physio/exercise classes across Oxfordshire since January and arranged for additional classes to be provided as part of the Merrett legacy which the branch has received. This has been incredibly successful – the branch has subsidised classes for just under 100 participants each week since January. In addition the branch is providing a free weekly voice class in Botley, which is also proving to be very popular. On average the cost of providing these exercise and voice classes from the legacy funds is about £380 per week and seems to be well received and benefiting many Parkinson's sufferers across Oxfordshire.

In addition to this we are making good progress on setting up an occasional respite care service and hope to contact you soon with full details of this service.

The branch has also committed to contributing funds towards a second Dance for Parkinsons Class in Oxford to enable more people to participate and experience the benefit. This second class is starting on 9th May and will run for an 8 week programme and include a trip in June to see Swan Lake performed by the E N B at the Albert Hall. The new class will meet at The Old Firestation on May 9th just after the first class. For more details, fees and detailed timings, contact Claire Thompson, Arts Development Officer, Oxford City Council 01865 252 820

FUNDRAISING

by Kit Marriott

kit@kitmarriott.com - 01189 844582

2016 is the year for concerts promoted within the branch and jointly with other organisations. It is our good fortune to be offered these events which require a good deal of work. Luckily we have several new volunteers for our committee including Caroline George volunteering to assist with fundraising. Caroline has hit the ground running with her "Parkinson's is Pants" and other ideas mentioned in her article. We expect new and novel ideas for fundraising from Caroline, so watch this space at branch meetings.

P A W is about Awareness, which Alison Pegrum and Helen Hamlet achieved with distinction. Their attention to detail and people attending their coffee morning was as good as any others experienced during previous years, making one feel proud to be associated with our Oxford Branch. Funds raised during PA Week will be announced in due course, which include an enjoyable Saturday afternoon with a Tango Milonga event largely organized by Wini and Anthony Brown to whom we are most grateful.

Carys has mentioned exercise and voice classes, Dance for Parkinson's and an occasional Respite Care service, some funded from our fundraising events and some from legacy funds. From a FR viewpoint our objective is to provide activities for members as well as funding research which we do through our Oxford based OPDC link. Good to see benefits from funds raised which is our prime objective.

August 18th is our Barbecue evening once again at Wytham Woods from 6pm (tickets from Kit or Jem).

The Oxford Walk will be on Sunday 16th October. As mentioned in previous columns, if you have ANY suggestions for improvement of The Walk route or detail management, we would love to hear them soon as we are well into the planning stage. Please chat to Sally, Jem or Kit with your suggestions, no matter how obtuse the suggestion may sound to you.

Paul has done a grand job with the media over recent weeks which will have swelled our coffers. His story about the Daily Mirror wanting some words and Julie requesting a donation caused a chuckle as does the whole of his article. Funding the chocolate habit and Parkinson's is a challenge which creates a lot of laughs for us – and helps us to see the funny side of life.

RESEARCH CORNER

by Jim Sheridan

parkinsonsoxford.research@gmail.com



7 Major Pharmaceutical Companies sign up to new Parkinson's Initiative

<http://www.parkinsons.org.uk/news/23-february-2016/7-major-pharma-companies-sign-parkinsons-initiative>

In February, PUK announced that seven of the world's largest pharmaceutical companies have signed up to their ground-breaking new initiative to improve clinical trials for Parkinson's.

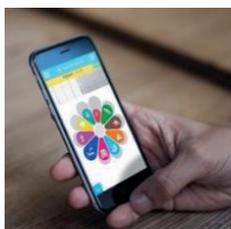


The [Critical Path for Parkinson's](#) will bring together researchers, drug companies and regulators to change clinical trials so they're smarter, and more likely to deliver new treatments for people with the condition.

Take part in 100 for Parkinson's

<http://www.parkinsons.org.uk/researchnews25feb2016>

The 100forParkinson's project has launched with a new phone app to find out if daily health tracking can improve the quality of people's lives. The project still needs both people with and without Parkinson's to record their activities for 100 days. It's simple to use and the basic symptom tracking takes less than 2 minutes a day. Optionally, it has some fun brain games, can set reminders for your medication, has a diary and provides access to some valuable surveys. **Use the link above to register.**



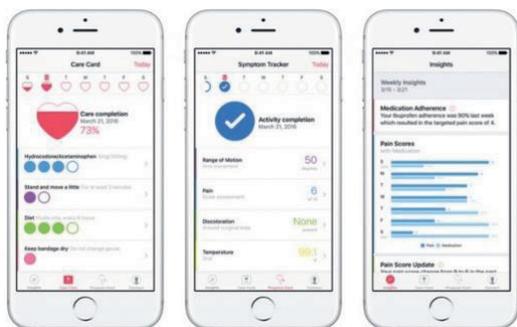
The app was designed by uMotif, a UK digital health startup – and on World Parkinson's Day (11 April) they reported their progress: Of the 2,827 participants to date, 33% were PwP, 5% carers and 62% supporters. Participants reported that sleep, exercise and pain had the greatest influence on their health.

uMotif are aiming to collect data on the lives of 100,000 people before the closing date of 30 October 2016.

Find out more at - <http://www.100forparkinsons.com/blog>

Research delivers Apple's new CareKit platform

<http://parkinsonslife.eu/apple-says-new-carekit-platform-will-empower-parkinsons-patients/>



After the success of ResearchKit, the study-focused platform that enabled medical researchers to gather highly individualised data on a large-scale, Apple decided to widen the scope from medical research to personal care with the development of CareKit. CareKit is a software framework designed for apps that let people with

Parkinson's and other chronic diseases better understand and manage their condition.

With the introduction of the platform, Apple aims to put patients back in charge of tracking symptoms and medications with the use of a smartphone.

Monitoring Technologies to assess Parkinson's

<http://www.viartis.net/parkinsons.disease/news/160318.htm>

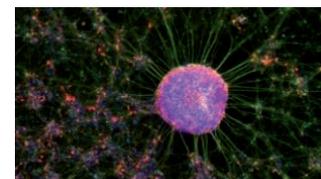
Whilst on the theme of technologies for monitoring Parkinson's symptoms, Viartis reports a review undertaken by researchers, as part of the SENSE-PARK project, looking at 73 wearable, non-wearable and hybrid devices.



New Stem Cell Study helps explain the progression of Parkinson's

<http://www.parkinsons.org.uk/researchnews18feb2016>

Scientists at the Parkinson's UK-funded Oxford Parkinson's Disease Centre (OPDC) have discovered new clues as to how Parkinson's spreads from cell to cell.



Alpha-synuclein is a naturally occurring protein that is believed to play a central role in the spread of Parkinson's. The research, published in [Stem Cell Reports](#), is the first to link the release of this protein with the most common genetic risk factor in Parkinson's – GBA1.

The team, led by Professor Richard Wade-Martins, studied stem cells and neurons created from the skin of participants. They found that when someone has a GBA1 mutation, protein recycling does not work properly in the cell. This creates a build-up of alpha-synuclein, which is then released into the brain, contributing to the spread of Parkinson's.

Professor Richard Wade-Martins, Head of Oxford Parkinson's Disease Centre, explained: "Our brain cells work like a complex manufacturing unit, building new proteins to carry out activities and recycling proteins that get damaged. We already know that Parkinson's may spread when alpha-synuclein escapes from affected cells into the brain, where it can then get taken up by other cells. Thanks to this study, for the first time we know how the protein is released, giving us new clues on how this spread happens. Most importantly, these findings open up new avenues into investigating potential new therapies or treatments that could stop the spread of alpha-synuclein and slow the condition's progression."

Researchers identify when Parkinson's proteins become toxic to brain cells

<http://www.cam.ac.uk/research/news/researchers-identify-when-parkinsons-proteins-become-toxic-to-brain-cells>

Using optical 'super-resolution' microscopy, researchers from the University of Cambridge were able to look into live neurons without damaging the tissue. This enabled them to observe the behaviour of different types of alpha-synuclein, in order to find how it affects neurons, and at what point it becomes toxic. The researchers observed that by adding the soluble form of alpha-synuclein together with amyloid fibrils, the toxic effect of the former could be overcome. "These findings change the way we look at the disease, because the damage to the neuron can happen when there is simply extra soluble protein present in the cell – it's the excess amount of this protein that appears to cause the toxic effects that lead to the death of brain cells," said researcher Dr Dorothea Pinotsi.

Legacy funding leads to increased take-up of exercise classes

Since January the Branch has funded the entire cost of Big, Bold and Balance classes in our area.

i) The long-established class led by Sarah Wheatley on Wednesday mornings at All Saints Community Hall in Didcot now attracts an average of 16 participants, just enough to fill the hall.. So, from 11 May the existing class will start earlier at 10.30 am. A new, additional class for newcomers will start at 12 noon and run till 1.00 pm.

ii) A new class started in January at St Kenelm's Hall, Minster Lovell on Tuesdays 11.30 am – 12.30 pm led by Cally Maxwell with an average attendance of 14.

iii) The class at the Methodist Church Hall in Banbury on Thursdays 12 noon – 1.00 pm led by Frances Reader is shared between Oxford members and members of the Banbury branch. On average there are 10 participants.

iv) The new class at the Botley WI Hall led by Sarah Wheatley on Fridays 10.30 – 11.30 am attracts an average of 25 members. After a short break for tea/coffee and chocolate biscuits, it is followed by a class entitled 'Find Your Voice' led by Emily Marshall which concentrates on increasing the volume and vocal range of the participants. Sally says "By the end of the morning following exercise and voice classes, you'd think we'd be ready to go home, but we have to be ushered out – we have enjoyed ourselves and quite like getting to know each other too"

v) In addition to the free BBB and voice classes, the Branch subsidises the PD Defence and PD Attack classes at the Bosworth Clinic in Cassington.

vi) **DANCE FOR PARKINSON'S** – with English National Ballet. Such was the demand, even before our class appeared on *Inside Out*, that an additional class will start on May 9th, and a total of nearly fifty people will take part each Monday, the majority will be members of our branch (members pay for this course)

These initiatives have attracted a large number of new members to the Branch which enables us to reach and support People with Parkinson's and engage them in the numerous activities we have to offer. If you wish to join any of the above courses, Contact Diane Pearson Branch Secretary.

NEW PARKINSONS SPECIALIST NURSE Good news from the West Wing "Dear Sally We have appointed a new Parkinson's Specialist Nurse, Mabel Eghahe, who will be starting post 01.06.16, and funded to work 50%full time in hospital – based Parkinson's work/clinics, as Angie's replacement Mabel has worked on the neurosciences ward at the JR for many years, and therefore already has experience of PD. We are delighted she will be joining the team."

FIRST STEPS Reactions from participants to the new First Steps courses at Witney Lakes have been very favourable. The aim is to help recently diagnosed or people finding it difficult to come to terms with Parkinson's, to seek ways to be in control of the condition – it is not a death sentence, you can still live a useful and full life.

STEVE FORD, CEO PARKINSONS UK, COMES TO OXFORD AGAIN Sally invited Steve Ford to come and meet some of the committee to discuss how we could improve relations between Oxford Branch and Head Office. There is a full write up of the April 15th meeting and discussion on page 7.

A Meeting with Steve Ford CEO of Parkinson's UK

On Friday 15 April Steve Ford came to meet some committee members to discuss ways in which closer and more effective relations could be forged between the Branches and the UK Office. He was keen to see something of the Oxford and District Branch in action, so arrived in time to join the regular voice class which, as a former chorister, he clearly enjoyed.

When we got down to the business of the day the Branch team explained that at present they feel that they are being held at arm's length. This is compounded by a complex bureaucracy with numerous different teams. Branches need to know the contact details of key people in particular areas.

Steve responded that PUK is striving to be a real active community of people with Parkinson's with everything shaped by the voice and experience of people with Parkinson's. There has been a cultural shift since The Parkinson's Society changed into Parkinson's UK. For example each personnel interview panel includes a PwP, the induction programme and the 'lunch and learn' sessions include input from PwPs, and a condition of probation is visits to local groups. PUK employs PwPs whenever it can. There is a real determination to get it right.

Even so our Fundraiser, Kit Marriott, described an 'us and them' attitude with Branch volunteers regarded as the poor relations. Very often our professional experience and knowledge could be used to benefit PUK and the entire Parkinson's community, but generally this potential resource is ignored.

The timeliness of communication with UK is often problematic. Paul Mayhew-Archer stressed that it is imperative that PUK responds quickly to things that happen. Everything takes so long, a shorter time frame is essential. For example Richard Wade-Martins appeared on the Inside Out programme, but there has been no follow up with him. It is hard to find any reference to OPDC on the PUK website.

Steve responded that a meeting on integrated campaigns had taken place on the previous day and resolved to create a new post of Director of Digital Transformation and Communication.

Our treasurer, Carys Redmond, pointed out that processes and communication need to happen on a more timely basis. For example the negotiations on the proposal for a voice research project took many months, meanwhile the clinical team had earmarked a staff member to undertake the research, but eventually the application was rejected. Carys identified a mismatch between PUK and the branches. For any complicated issue such as a large legacy the branch needs support via a link person. Ideally they should be able to sit down with the key people who are empowered to make decisions.

Sally Bromley, our Branch Chair, expressed concern about the future of First Steps. Steve emphasised that there is a need to scale up and develop a personal relationship between PUK and each of the 10,000 people who are diagnosed with Parkinson's each year incorporating the best of First Steps. PUK has just commissioned an organisation doing research on 'user journeys'.

Paul questioned whether branches are given enough autonomy. There is a need to create a mechanism to share best practice and ideas so that we can learn from each other rather than start from scratch. The agenda for regional forums is often too full. Steve responded that there has been a shift in the balance of power with more devolved to staff who work 'in the field' such as Abbi Hayden, our Area Development Manager, who has attended a Branch meeting and a committee meeting since when she has responded positively to all our communications and requests.

The meeting was an opportunity for us to make our thoughts and ideas known to the CEO and we are confident that communications and relations have improved as a result.

Diane Pearson Branch Secretary

If you haven't met our treasure, DELIA:

What Parkinson's local advisers do

Parkinson's UK is the charity that drives better care, treatments and quality of life for everyone affected by Parkinson's and as part of that service we employ. [Parkinson's Local advisers-](#)

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

It can sometimes be really helpful to discuss your condition/situation with someone who understands and can help you uncover what questions you have and what further information you may need.

We aim to make sure you have the information you need to take control, live a life that is as fulfilling as possible and feel able to take an active role in your treatment.

We have detailed knowledge of Parkinson's and its impact on daily living. We can answer specific questions and offer practical help to make sure that you're able to address your concerns.

We offer a wide range of tailored support for people affected by Parkinson's across the UK. And we work alongside other local services and professionals to support you.

We can support you in managing the challenges people face and we understand the support people can access.

Areas of information and support we cover include:

- o understanding Parkinson's
- o identifying key issues and areas of support
- o accessing appropriate health and social care
- o securing relevant welfare benefits
- o understanding and addressing the impact of Parkinson's on daily living at any stage of the condition
- o accessing local support and activities
- o planning for the future
- o carers' issues

We can work with you over a period of time to help you find the solutions you need and are available for you if you need more support in the future. We can also offer home visits if needed

We can't provide advice on your individual medication regime or recommend individual health professionals or care institutions. However, we can offer you advice on where you can find the answers to your questions.

Helpline As well as our support, you can access information and support via the national **0800 800 0303 helpline**, available 0900-1900 Mon – Fri, 10.00-1400 Free.

The helpline features:

- nurse advisers
- a care adviser
- a peer support programme offers a series of phone conversations on a specific issue with someone who has also been affected by Parkinson's

you can also email the helpline at hello@parkinsons.org.uk

Self-management programme (available in Henley, now) This is a nationally run calendar of group work for people with Parkinson's, partners and carers run by trained volunteer facilitators, all with direct experience of Parkinson's. These sessions (three full days or six half-days) offer 8–12 people at a time the opportunity to meet with others in their areas. It's a chance to discuss in detail some of the bigger questions of life with Parkinson's and develop individualised plans for how they want to move forward. Find out more at <http://www.parkinsons.org.uk/content/self-management-programme-path-through-parkinsons>

I have received the following comment about the Parkinson's Local Adviser service - thank you : *'Your Parkinson's local adviser is **Delia Wells**. She is well known in the local Parkinson's community and has helped many of us in the past. She has an encyclopaedic knowledge of Parkinson's related matters and knows most that there is to know about services that are available in our area. She is there to turn to for help, when you need well informed advice and guidance.'*

DELIA

COMING UP...

OXFORD AND DISTRICT BRANCH MEETINGS, TALKS AND OUTINGS

OXFORD BRANCH MEETINGS

7-9pm 1st Weds each month at
Botley WI Hall
North Hinksey Lane OX2 0LT
Talks on general & medical topics
Group discussions

PROGRAMME 2016

- May 4** *Katy Slade & Abbie Smith*
PUK Education & Training
- Jun 1** *Steve Tabbitt & Steve Cook*
Parkinson's Pathways on the Thames
- Jul 6** *Stephanie Craig*
Research into GABA
and *Jim Sheridan*
Parkinson's Self Help project
- Aug 3** *Delia Wells* PUK local advisor
Q&A session plus updates for carers
- Sep 7** *Jo Bromley PD Nurse*
Q&A plus update on staff & activity
- Oct 5** (*Speaker not yet confirmed*)
Oxford Clinical Commissioning
Group - Progress report .
- Nov 2** *Jilly Organ* British Red Cross
First Aid for Parkinsons Patients
- Dec 5** *Branch Christmas Party* 7pm
Bring a plate of food to share –
drinks & entertainment provided

OTHER EVENTS

Sat May 14th 7.30pm
CONCERT – Dorchester Abbey
The London Chorus
Tickets £15 or £25 from Sally or Kit

Thurs Aug 18th 6pm
BARBECUE –Wytham Woods
Limited to 60 – members & carers
Tickets £8 inc. 1st drink – Jem

Fri 7th – Mon 10th Oct
BRANCH HOLIDAY – Nottingham
18 booked. Leader/details – Jem

Sun 16th Oct 9 am onwards
THE OXFORD WALK (PUK)
Entry & Sponsorship,
Fundraising Details from Kit

Sat 6th Nov 7.30 pm
CONCERT – Sheldonian Theatre
Daniel Harding will conduct
The Oxford University Orchestra
Reserve your tickets with Sally

Details of meetings, events, &
other activities-see website
www.parkinsons.org.uk/content/oxford-and-district-branch-news

Parkinson UK Local Advisor, Oxfordshire
Delia Wells
0344 225 3679
dwells@parkinsons.org.uk



ACTIVITIES

Zumba, Physiotherapy, Voice, Dance for Parkinsons (Ballet with ENB) and other interests; outings & holidays

Recently Diagnosed?

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

200 CLUB: £12 per year buys chances to win £25 or £12.50 at each monthly draw. Malcolm Benson 01865 873843 runs it. Call Malcolm to enter.

We also run a monthly Raffle - members bring prizes from time to time. With the 200 Club, this raises funds for local needs e.g Taxis to meetings.

If you have no other transport, we can arrange taxis to Branch Meetings
Call Lin on 01235 520573

MORE INFORMATION

COMMITTEE

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

Other Committee Members

Tom Collins,
Caroline George,
Nigel Hamilton,
George Philip,
David Salisbury,
Martin Tims,
Jenyth Worsley

For membership information please ring:

Branch 01865 557510
UK Office 0207 931 8080

Dorchester Abbey
Dorchester-on-Thames
OX10 7HZ



7:30pm Saturday 14 May 2016

George Frederic
Handel

Dettingen Te Deum
Zadok the Priest
The King Shall Rejoice

with works by
J S Bach and Telemann
including
Air on the G string

Conductor: Ronald Corp
Orchestra: Instruments of Time and Truth

Tickets: £25, £15
from Anne Howick
The London Chorus
anne@londonchorus.org.uk or
020 8658 0829 or 07962 064018
Parkinson's UK
01865 311302 or 07813 948448

PARKINSONS^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

In memory of
Douglas Jupp
In partnership with
Parkinson's UK
Oxford Branch
Registered Charity no. 271402.



PARKINSON'S IS PANTS



Living with Parkinsons Disease is no laughing matter but you have to develop a sense of humour!
 So when Margaret & Caroline George were giggling about how they could raise awareness and funds for PAW Caroline remembers what she often says to her mum whenever her mum is having a bad PD day or moment....it's pants mum...Parkinsons is Pants!

They chose the slogan because it's memorable and attention grabbing and when the printed pants were produced, rehab therapist Lisa got involved thinking it would be great fun to raise PD awareness in her gym

Lisa Treacher, Lifestyles Rehab Gym, owner has been treating Margaret for over a year now with very impressive results in the continuous battle with Parkinsons. Lisa works on the ethos that by enabling somebody to move better they will leave feeling better & ultimately it will lead them to being better in every aspect of their life.

Lisa & her staff, clients and her colleagues on Howberrry Park Wallingford have done a fantastic job in raising awareness of Parkinsons and raising funds by wearing the pants over their gym kits, holding raffles and guessing the name of the Parkinsons Bear which turned out to be a boy named Mr Mole!
 Secretly named by Margaret in memory of her brother .

The Oxford Mail joined in the fun with loads of photos & with little resistance from the newly found pants models to pose in their parkinsons pants!

Radio interviews to follow in May with Lisa & Caroline raising more PD awareness and I guess they will just have to describe the pants on that show

Other activities saw the Girls at The Cutting Bar Didcot raise awareness in the pants and exchanging cakes for donations – well done girls – they want to do another fund raise with blue hair, or should that be blue rinses..ha,ha

Monies are gradually rolling in & safe to say around the £400 mark so far ☺

Ongoing Pants activities will be held throughout 2016 inc the 3 Peakes & Wallingford Rowing Challenge, The Facebook Pants Challenge & the Norwex Clean Living Challenge

Facebook & Just Giving pages will be open until the end of the year. So please encourage friends and families to visit:

www.facebook.com/parkinsonsispants
www.justgiving.com/parkinsonsispants

Or donate by text to 70070

Text the code POSE88 followed by a space, followed by the £ sign and amount they wish to donate.

Example "POSE88 £2"

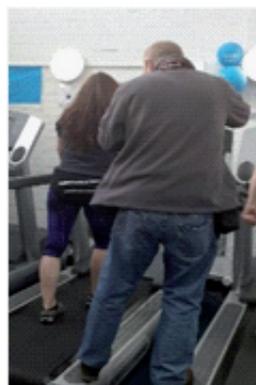
The service only accepts individual donations of £1, £2, £3, £4, £5 or £10 We however will accept all ☺



The Cutting Bar Girls in Didcot raised awareness and money with cakes sales



...It's pants...a modern British slang saying, meaning it's rubbish



Lisa & the Oxford Mail Photographer... hey where's his pants?!



Margaret with Mr Mole the Parkinsons bear who helped raise £100