

OUR NEWS

Oxford and District Branch quarterly newsletter

Chair's Chat: **Sally Bromley**



As we shift seasons and move into summer we see gardens come alive with colour. I held Cream Teas in my garden on June 4th. Jonathan, my husband, and I were watching to see if the flower buds would be open in time and in the end some were, and some weren't! The plants on sale by Mais and Avril, were really healthy and it was good to see so many people leave at the end clutching a plant for their own gardens. During the afternoon Jonathan made over 110 scones for the cream teas and there were plenty of donations for cakes and the raffle. In all a total of £1070 was raised.

Paul Mayhew Archer has been busy this year. He helped to produce the wonderfully funny musical evening at the Royal Albert Hall with 'Symfunny'. Many members enjoyed the evening. He also led our discussions based on some of the topics raised in his documentary, 'Parkinson's : The Funny Side'. We are trying to get diagnosis stories from members and so far they are varied.

Much work has gone into the planning of the conference we are organising on September 18th (see back page). It is aimed at an audience of people with Parkinson's, their family and friends and also health professionals. You'll hear about the latest research in addition to finding out how to get a good quality of life. Book your tickets from the website: Parkinson's200plus.org.

We are getting close to being able to confirm that we will have an exhibition to coincide with our conference at both the Bodleian and Natural History Museum.

I wonder if you have creative interests and if these have developed since you have had Parkinson's? Many pwps find they have a new skill such as drawing, poetry, creative writing and photography. Claire Paice is keen to help you to develop them in time to display our creativity at the Conference. Some ideas include – a conversation between a grandparent and grandchild, a discussion between two Parkies, linoprints, photography – and probably more.

One person invited to speak at the conference was Tom Isaacs who was the founder of the Cure Parkinson's Trust. Sadly, Tom died on May 31st aged 49. He had had Parkinson's since he was 27. He was inspirational at informing people about our condition and his death is a loss to the Parkinson's community.

Summer 2017

NEW MEMBERS

A warm welcome to :

Mark Laister
Roger Lane & Pam Matter
Philip & Susan Pryse

200 CLUB WINNERS

April:

£25.00 - Hilary Case
£12.50 -Mike Greenwood

May:

£25.00 - Carol Recupito
£12.50 -Julie Mayhew-Archer

June:

£25.00 - Sue Weaving
£12.50 - Diana Townsend



HEALTH AND WELLBEING :

Big Bold and Balance at home.

I am delighted to tell you that our home exercise DVD is 'in the can' and will be coming to a DVD player in your own home very soon! On Wednesday 31st May, Sally, Jeremy, Jesmond and I filmed a 30 minute routine at Bletchingdon Village Hall featuring exercises that we do in class and also some rarely seen floor exercises. The floor exercises are designed to help with getting down and up from the floor and are also beneficial for spinal alignment and core strength.

We chose a local production company called Distant Object Productions with whom I had worked with previously on the Generation Games at home DVD. They were very keen to work on this project because of their interest in health education: they won a 'Best of Category - Heart disease' Award at one of the longest running international medical festivals, the 25th VIDEOED festival Spain, for their documentary and DVD resource on Understanding High Blood Pressure.

This jointly funded project between the Oxford branch and Age UK Oxfordshire is the brainchild of Diane Pearson, who as her 'swansong' from stepping down as membership sales, wanted to leave her own legacy. For you all to do exercise at home! We'll officially release the DVD at the conference in September.

Sarah Wheatley
Community Development Officer

Big Bold and Balance Exercise Classes for People with Parkinson's Disease

These classes are subsidised by Parkinsons UK Oxford Branch so they are free for people with Parkinsons.

Area	Venue	Day	Time	Teacher
West	St Kenelm's Hall, Brize Norton Road Minster Lovell (Near Spar)	Tuesday	11.30-12.30	Cally Metcalfe
South and Vale	Preston Road Community Centre, Abingdon OX14 5NR	Tuesday	10.15-11.15	Laura Godfrey
	All Saints Community Hall, Didcot OX11 7ER	Wednesday	10.30-11.30	Sarah Wheatley
Cherwell	Malborough Road Methodist Church, Banbury OX16 5BZ	Thursday	1.00-2.00	Frances Reader
City	Botley WI, Oxford OX2 0LT	Friday	10.30-11.30	Sarah Wheatley

For more information on these classes, please contact Sarah Wheatley
sarahwheatley@ageukoxfordshrie.com 01235 849403

Co-ordination exercises featuring squats, lunges, reaching, side stepping, walking and boxing These classes run for 4 weeks and are run on a school holiday basis. The cost is subsidised

Venue	Day	Time	Tutor	Cost
Bosworth Clinic Bell Lane Cassington	Wednesday	10.15 – 11.15	Jenny Page	£39
	Thursday	11.15 – 12.15	Caroline Hine	£39

RESEARCH NEWS

by Dr Kevin McFarthing

WHAT'S GOING ON? Levodopa is still the gold standard treatment for Parkinson's, more than fifty years after its introduction. This begs a question - what is going on? The answer is, well, quite a lot.

Over the last year or so I've compiled a database of therapies under development for Parkinson's, split into two groups. The first is those treatments that have reached the clinical trial stage, and are being tested in people. The second is for projects that are either in research¹; or being prepared for human trials, in other words, pre-clinical².

The good news is that there are 79 clinical trial stage projects, of which 11 are in Phase 3, the most advanced part. Of the 79, 44 are aimed at relieving symptoms, and 35 are trying to modify the progression of the disease. You may have read about "repurposing", where existing drugs are being tested for their potential in another therapeutic area; of the 79 PD trials, 16 are using existing drugs.

There are also 102 programmes in research and pre-clinical, with roughly half in each stage. As you might expect, the majority (79) are trying to modify or even stop the progression of PD.

There is a note of caution to add. The success rate for new pharmaceuticals is very low, so none of the programmes can be guaranteed. However, the hopeful note is simply that so much is going on. It's comforting to know that so many people are investing their time, money and commitment to improving the lives of people with Parkinson's (PwP).

ARE MAO-B INHIBITORS NEUROPROTECTIVE? Many of us take Monoamine Oxidase B inhibitors like rasagiline (Azilect) or selegiline (Eldepryl), because it inhibits the enzyme that breaks down dopamine in the brain. The result is that levodopa then lasts longer.

Many pre-clinical models suggested that MAO-B inhibitors were neuroprotective; in other words, they slowed the death rate of dopaminergic nerve cells. Then the large ADAGIO clinical trial, involving almost 1200 patients, investigated this potential, unfortunately with quite unclear results. Rasagiline at 1mg per day appeared to be more effective than 2mg per day, in patients who had started therapy 9 months before a parallel group who had started on placebo. This slim evidence couldn't convince the US FDA to approve the new indication.

Now, new work from the US has suggested that there is a slower decline in patients taking a MAO-B3. The investigators took data from 1,741 patients in the NET-PD LS1 database, put together at 50 clinical trial sites originally to study the impact of creatine on PD, and re-analysed the data. They found a strong positive correlation between the length of time a MAO-B inhibitor had been taken, and smaller changes in measures such as UPDRS (Unified Parkinson's Disease Rating Scale).

The conclusions are, in their own words, "Our analysis identified a significant association between longer duration of MAO-B inhibitor exposure and less clinical decline. These findings support the possibility that MAO-B inhibitors slow clinical disease progression and suggest that a definitive prospective trial should be considered." Such a trial will not be straightforward to design or cheap to conduct, but this observational study is very encouraging.

VITAMINS AND PD People with Parkinson's are often bombarded with claims for miracle cures, peddled by quacks, many based on food supplements. Very few have peer-reviewed scientific data to support the claims.

Recently a group from the University of Leicester published a study done in fruit flies (*Drosophila melanogaster*) with mutations in the PINK1 gene, a very important target for Parkinson's⁴. They found a depletion in NAD⁺, a key cofactor in cellular metabolism, allied to Parkinsonian symptoms. This could be corrected by addition of nicotinamide, niacin or nicotinamide riboside to their food, with a consequent reduction in symptoms. And niacin is – Vitamin B3.

Now there is a big leap from a fruit fly to a human, but this result is very encouraging, albeit with notes of caution. For example, it may only benefit PwP with mutations in the PINK1 gene; a small proportion of PwP. And a general note of caution is that none of us should start new treatments without consulting the appropriate health professional, such as our GP or consultant neurologist.

1. https://en.wikipedia.org/wiki/Drug_discovery
2. https://en.wikipedia.org/wiki/Drug_development
3. <http://content.iospress.com/articles/journal-of-parkinsons-disease/jpd160965>
4. <http://bio.biologists.org/content/biologen/early/2016/12/14/bio.022186.full.pdf>

FUNDRAISING

by Kit Marriott

kit@kitmarriott.com

The 2016 Oxford Walk achieved 200+ walkers which was commendable considering the wet weather with income of £23,000. This year with better weather we are hoping to attract 300 walkers, through members walking and raising sponsorship and inviting friends to join in and generate their own sponsorship, and perhaps we will reach the magic £30,000 Malcolm Benson has kindly taken over the liason with PUK and will be seeking marshals for the 3 different walk distances, together with members to assist with registration and car parking. Once again we are starting and finishing at the Cherwell School on September 10th.

Entry forms are available online at parkinsons.org.uk/walkoxford or from Martin or Kit or you can register by phoning 020 7963 3912. Needless to say, the sooner you start approaching friends and family for sponsorship the more likely they are to support you. **This year the Walk will take place on Sunday September 10th with a slightly modified route to vary the interest to regular walkers within our historic city.**

We can register on line now at parkinsons.org.uk/walkoxford and start looking for sponsors. Our magic income target figure is £30,000 so let's see if together we can achieve this figure with a substantial percentage of income going to fund Research Projects at OPDC who usually have a number of researchers joining us on The Walk. The project that we are supporting this year is "Investigating the waste disposal system in Parkinson's".

We should not forget simpler and less onerous FR events. In February we held a coffee morning in Whitchurch on Thames, South Oxford, raising nearly £500 and in March Elizabeth and Bill Pyke together with their local church held a White Elephant stall in a pub car park in Chilton, raising just over £500. Frankly we don't always need to be targeting high income as all our events are important to make people aware of Parkinson's as we endeavour to find a cure.

Jenyth Worsley organised a most interesting evening of poetry and and music "The Pity of War" with members of the University Choir in the University Church of St Mary the Virgin. These three recent events show just what members can do in their local communities when quite often communities are looking for charities to support, so don't hold back with looking for simple local events which we are always willing to help you arrange.

Talking about support, we are always conscious to limit the occasions when we ask members to financially support events, as being a branch member is as much about companionship and receiving care from the Branch and PUK, who often state "that you are never alone with Parkinson's" which is always at the forefront of our minds.

Nigel and Debbie Hamilton are doing a sponsored cycle ride from Oxford to Durham to raise funds for our branch. The route covers 350 miles over 2 weeks between 17th August and 1st September. More details from Nigel and Debbie or if you would like to sponsor them go to <http://virginmoneygiving.com/NigelHamilton2> We wish them lots of luck and good fortune for this inspirational event.

Our annual BBQ will take place again at Wytham Woods on Thursday August 17th starting at 6pm. Once again we are assembling in the Conservators barn area and are grateful for permission to hold the evening event there. They are kindly providing locally produced venison burgers which are mouthwatering. **Tickets £8 per head. Apply to Jem, Kit or Pen.**

The Symfunny concert that some of us enjoyed at the Royal Albert Hall, and was partly arranged by Paul Mayhew Archer, raised £147,000 for PUK which was a tremendous effort. One felt proud looking around at the tiered seating in the Albert Hall to be associated with PUK.

On Thursday October 19th the Abingdon Bridge Club is holding a friendly duplicate bridge day taking place at 5 venues in Abingdon between 10.30 and 4.30, with the funds raised coming to our Oxford Branch. Register with Kevin Carter at the club on 01235 524712 or email kevin@profundus.com

Oxford Walk Sunday 10th September **HELP NEEDED.**

The Oxford Walk is one of our main fundraising events of the year which takes place on **Sunday Sept 10th**. We need your help and support in a number of ways.

- 1) Acting as Marshalls at various points on the walk.
- 2) Booking entrants in at the start of the walk and recording their return. This is inside and sitting down!
- 3) Directing those arriving by car to the appropriate car park.
- 4) Walking one of the routes, 1.5, 4.5 or 8 miles and getting sponsors.
- 5) Refreshments on the day...donations of cakes and nibbles much appreciated

Please try and recruit family and friends.

If you can help please contact Malcolm Benson at mkb@doctors.org.uk or **01865873843**

Further information at fundraising@parkinsons.org.uk or **020 7963 3192**

FINANCIAL SNAPSHOT

by Carys Redmond our Treasurer

As ever the year has continued to be busy for the branch. To date this year, the branch has raised circa £29,000 from fundraising activities and donations and additionally received further Merrett legacy funds. This money has been raised in a huge variety of ways including Sally's recent cream teas, Parkinson's Awareness Week activities, The Pearson's Dentist donating money raised from selling gold extracted from crowns (I must stress not all from the Pearson's teeth!) and further funds coming in from the concerts and Christmas crackers book initiatives at the end of last year. Not to forget some coffee mornings held by members and the Donkey House Players concert too.

This money has been used to ensure the branch is able to run a broad range of activities including up to 30 hours of free respite care from Bluebird, Voice classes, and subsidised physio classes across Oxfordshire and also mindfulness classes. In addition, we provided transport to the Symfunny event at the Royal Albert Hall in April and subsidised the branch lunch. We have also already contributed a further £15k towards the research project being conducted at the OPDC, "understanding GABA co-transmission from dopamine".

THANK YOU to everyone who has supported the branch



Treasurer's Postscript -

Calving update - 1st calf arrived a couple of hours after the end of the working together event in Aylesbury (made for a busy day) and we now have 6 - 3 more to come.

** UPDATE ON RESEARCH PROJECTS **

As you probably know, the Branch is very fortunate to be involved with at least two current research projects being carried out at the Universities of Reading and Oxford. Dr Aileen Ho at Reading is examining different types of brain training in a new Parkinson's study. She provides participants with entertaining brain-training games to take home and play for an eight week training period. Aileen is still looking for people with Parkinson's to enrol in her research, and would love to hear from anyone who is interested. If you would like to participate please contact her by email at: a.k.ho@reading.ac.uk.

And Dr Zahra Mohadi at Oxford University is looking at Emotion and Motivation in Parkinson's disease, and is looking for volunteers to participate in exercises which involve watching short videos, and completing a short questionnaire. If you would like to participate, she can be contacted at: zahra.moradi@psy.ox.ac.uk.

HIP CONNECTIONS

Last year I had an operation for a replacement left hip. (It had been groaning for a few years after I fell up the steps at St Margaret's Church so as not to be late for reading an epiphany poem.) The operation, as Jem Appleton reminds me, has improved my quality of life: the administration, the surgeon, nursing staff and physios were all great, and understood the need to keep up my Parkinson's medication and to keep me moving and doing the exercises afterwards.

But the operation was also reminder of EM Forster's words, "Only connect". It took me back to a BBC engineering course where I had to make and solder (then with unshaky fingers) the components of a transistor radio, and realised how its sound was just a series of connections: current, resistors, condensers, diodes, etc leading to the speaker. And then later, came the realisation that one's body is no different from a sound system. The hip bone is connected to the - thigh bone, the thigh bone is connected to etc, and misuse or misplacement of one joint affects the whole leg, and then via the pelvis, the leg next to it. It's taken me a long time to learn!

Jenyth Worsley
[From 'Howards End']

DID YOU SEE SYMFUNNY?

Putting on a concert at the Royal Albert Hall is an experience. There was so much I didn't know.

I didn't know you can't just book the place. We had to give the Hall some famous names who were willing in principle to take part. Then the Hall gave us some dates when it was available.

I didn't know you can't just sell all the seats. A number of seats are privately owned so the owners can choose whether to donate their seat to your cause or occupy it for nothing on the night or sell it privately and pocket the dosh.

I didn't realise quite how HUGE it is. We sold nearly 3000 seats and we could have sold more.

In fact, that was my one regret about the evening - that we did not sell more tickets. Hard I know, and the event organisers at PUK like Katie and Jen worked their socks off, but I think we would have sold more if we'd managed to plug it on telly. I and the organisers, James and Juliette, thought we had a slot on breakfast telly but it fell through.

When I say James and Juliette I mean conductor James Morgan and his wife, the singer, Juliette Pochin. Symfunny is their brainchild. James has early onset Parkinson's and although his brain has trouble making contact with the rest of his body he has wonderful contacts in the world of music. So he was able - somehow, goodness knows how - to assemble a couple of hundred musicians to form an orchestra and chorus. And then he was able to attract stars like Katie Melua, Collabro, Aled Jones, Pete Townshend and our host Jason Manford.

Meanwhile I approached a lot of people I've got to know in comedy and fortunately some of them were able to take part - Jack Dee and the 'I'm Sorry I haven't a Clue' teams, Josh Widdicombe and 'Mrs Brown'. They really are amazingly kind people. In fact Brendan O'Carroll (the man trapped inside Mrs Brown's body) not only flew himself, his wife and his make up lady over at his own expense but also donated ten thousand euros to PUK. He truly is a dear friend.

In the build up to the big event James and Juliette had to arrange all the music (a mammoth task) and I had the rather easier job of writing one or two jokes for Jason Manford and a few lines about the Royal Albert Hall for Jack Dee:

"Queen Victoria's husband, Prince Albert felt that the city he called home needed a major concert hall. But Dresden didn't want one so he built it here. The Queen laid the first stone. And our very own scorer, Samantha, laid several more following a concert featuring Mick Jagger and his friends".

I also had the little job of writing a short routine for myself. I was terrified before I went on but thankfully people laughed and I loved every second of the experience. It's odd. Without Parkinson's I would never have had the chance to do standup at the Royal Albert Hall so I am quite grateful to the bloody thing.

Thank you so much to those of you in the Oxford Branch who came to the concert. I really hope you enjoyed it. For me it was an unforgettable evening.

Paul Mayhew-Archer

PARKINSON'S TAKING THE MESSAGE FROM OXFORD TO DURHAM

WE'RE GOING NORTH this summer... No, not heading for the sunspots of the South, looking for the gold in the West or seeking the riches of the East... On 17th August we're riding our bikes from one Cathedral City to another, setting off from Oxford and hope to hit Durham on 1st September.



Nigel hatched this plan around the time of his 71st Birthday and Debbie agreed to come along for the ride. The rest of the family were divided in thinking that a novel form of age-related insanity was settling in but would brook no change of plan (apart from suggesting that it would be better to start in Durham and head South because going downhill would be easier and more appropriate).

We have planned our trip to cover the 350 miles in two weeks and we think it would be a good idea to seek some sponsorship. Throughout Oxfordshire the local branch of [PARKINSON'S UK \(www.oxfordparkinsons.org.uk\)](http://www.oxfordparkinsons.org.uk) provides support for people suffering from this incurable and progressive disease. It also works closely with the University of Oxford's Parkinson's Disease Centre (www.opdc.ox.ac.uk) supporting research into the causes of this neurological condition and finding more effective ways of stopping its progression. The OPDC has achieved an enviable reputation through its multi-disciplinary research programme. The Oxford Branch of Parkinson's UK actively contributes to this programme of research and it is holding a patient led conference in Oxford on 18th September (www.parkinsons200plus.org).

If you can contribute to our fundraising -activity please log onto www.justgiving.com/hamilton-cycleride

Incidentally 2017 marks 200 years since Parkinson's was first defined as an incurable disease in *An Essay on the Shaking Palsy*. Thank you very much.

The wheels on the bikes go round and round the wheels on the bikes go round and round the wheels on the bikes go round and round

BOXCAM September 16 -17

BOXCAM which stands for Bristol to Oxford (100 miles) and Oxford to Cambridge (a further 100 miles) on bicycles, is the PUK answer to commemorating the 200 years since the publication of James Parkinson's famous Essay. Oxford Branch is putting on a conference!!

The cyclists will arrive for the night in Jurys Inn on the Woodstock Road Roundabout, during the afternoon of Saturday 16th and I promised we would welcome their arrival with a smile and some refreshment. Please let me know if you think you could spare some time to do this – From 3-5pm, and/or from 5-7 pm. The cyclists will have a meal together and Richard Wade Martins will give them an update on research in Oxford and Paul Mayhew Archer will entertain them after the meal. I shall look decorative! Of course, some of you or your family and friends may like to take part, details on the PUK website.

TOM ISAACS

Like many in the Parkinson's world, we were deeply sorry to hear of the death of Tom Isaacs on 31st May. His passing was unexpected and sudden. Tom, 49, diagnosed at the age of 27, co-founded the Cure Parkinson's Trust, and drove it to become a leading organization in the world of PD. CPT has an acute focus on developing a cure for PD at the earliest possible opportunity, and has made massive progress in both fundraising and clinical trials.

Tom was the key architect of CPT. His determination, spirit and positive sense of humour were inspirational. His legacy will continue to inspire.

Dr Kevin McFarthing

"Shake Well Before Use" is the title of Tom Isaacs very readable book, describing his rage at being diagnosed with Parkinson's at age 27. His reaction was to walk 4000 odd miles round the British Isles, and raise over a third of a million pounds to support Parkinson's research. In the ensuing 20 years until his unexpected death on May 31st, Cure Parkinson Trust has raised many thousands of pounds, and has set up a number of research groupings, and clinical trials. The CPT aim is **"To slow, stop and reverse the disease"**. (Ed.)

Tom died 31st May at the tender age of 49. He had been diagnosed 20 years ago and his condition was well advanced.

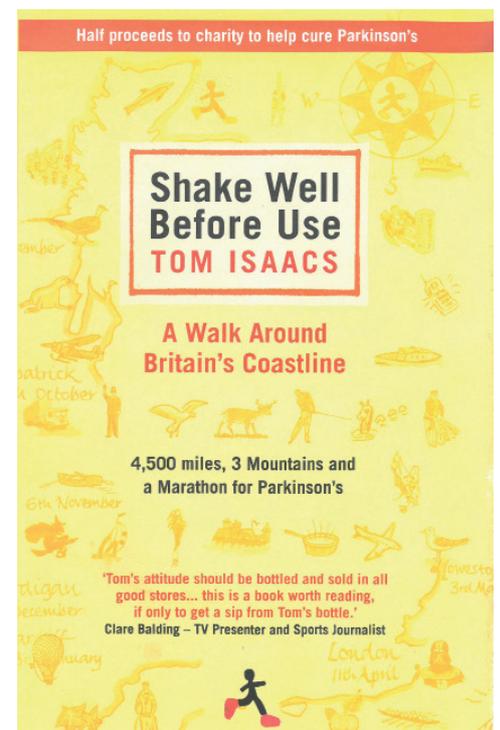
29th June was his funeral attended by 500 plus people who had been blessed by their various connections with him. The presentations gave a much clearer understanding of the man and his remarkable achievements.



I first met Tom at their offices in Hertfordshire. There was instant warmth between us - it was as if we had known each other much longer and our discussions were as if a continuum of previous meetings - our approach to life and a shared value in which we could help others with Parkinson's were very apparent. At the end of a couple of hours we agreed next steps and it seemed mutually appropriate to embrace in a man hug (not something I would normally do on a first date).

I feel privileged and honoured to know Tom (all be it briefly) and we can all learn from his demeanour, approach to life, belief that a cure will be found and boundless energy which amazed all who knew him. The world of Parkinson's has lost its momentum momentarily but we hope his vision will be realised.

Peter Harling



COMING UP...

OXFORD AND DISTRICT BRANCH MEETINGS, TALKS AND OUTINGS

OXFORD BRANCH MEETINGS

On the 1st Wednesday of each month at

Botley WI Hall

North Hinksey Lane OX2 0LT

Talks on general & medical topics
Group discussions

SUMMER PROGRAMME 2017

Jul 5	The Linked Trials Dr Richard Wyse & Helen Matthews of The Cure Parkinson's Trust explain how using selected drugs that already have approval for use with other conditions may have a role to play in the treatment of Parkinson's.
Aug 2	How can we help? Branch members! It's over to you Please bring your needs to share at the August meeting
Sep 6	Lasting Power of Attorney A short presentation. Followed by a summary of the information gathered in the August meeting.
Oct 4	The View from the Top of Parkinson's UK Mark Goodridge, Trustee & Chair of Parkinson's UK
Nov 1	Lysosomal Storage diseases Prof Frances Platt and her research student Mylene talk about their work in the Lysosomal storage diseases. This topic may be very interesting and relates to the current focus on the "Waste Management Systems". Their research is part funded by our group
Dec 6	Christmas Party bring a plate of food to share

OTHER EVENTS

Jul 10	Picnic at Blenheim Palace
Jul 23	Piano recital at Wigmore Hall
Aug 17	BBQ in Wytham Woods Limited to 70, first come first served .Reserve your tickets with Jem , Kit, or Pen £8 per head includes first drink " Also, a note about taxis from Lin, will follow shortly....
Sep 10	Oxford Parkinson's Walk
Sep 16-17	BOXCAM cycle ride
Sep 18	Oxford Branch conference
○	(Call Pen for details)

ACTIVITIES

Zumba, Physiotherapy, Voice, Dance for Parkinson's (Ballet with ENB) and other activities; outings & holidays

FUNDING CARE & RESEARCH

We continue to support people with Parkinson's in our area and some of the research being conducted in Oxford as part of The Oxford Parkinson's Disease Centre

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.

BRANCH COMMITTEE

Chair

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email oxford.sally@gmail.com

Secretary

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Kit Marriott 01189 844582

Treasurer

Carys Redmond 07817 597623

Membership

Diana Townsend 01865 751362

Research News

Kevin McFarthing 07802 25618

Media & Publicity

Paul Mayhew Archer

Programme

Nigel Hamilton.

George Philip, David Salisbury,
Martin Tims and Jenyth Worsley

TAXIS

Talk to Lin on 01235 520573, if you cannot get to a branch meeting, this is a one off emergency aid.

Hello , my name is **Lin Byrne** and I help to organise two vital services offered to members of the Parkinson's UK Oxford Branch.

TAXI SERVICE

A taxi can be arranged to enable our members to attend the monthly meeting ,held at Botley WI on the first Wednesday of each month. This service is available to our members on occasions when there are no public transport or personal lifts available - as a last resort .To arrange a taxi or to discuss this service please telephone me on 01367 710058 or 07960122890.

RESPIRE CARE

This service is funded by the Oxford Branch and is able to offer up to 30 hours per person per year of FREE respite care, in blocks of 2 to 5 hours at a time. The care is given by Bluebird Care. This gives Carers the opportunity to take a break and do everyday things. Anyone looking after a person with Parkinson's in Oxfordshire is eligible to apply, providing that both parties live within the County. I have just taken over the role of coordinator of this service so if further details are required please contact me on 01367 710058 or 07960122890 and I can send you the forms and further details.

PARKINSON'S 200 PLUS

For everyone working with or affected by Parkinson's

Monday 18th September 2017 from 12.30 to 6.00pm
Wesley Memorial Church, Oxford OX1 2DH

Learn

about current
research



Question

leading
experts



Discover

approaches to
complement
medication



Meet

people with
Parkinson's
regaining control

Registration and full details at parkinsons200plus.org
or call: **07490 067590**



Devised and presented by Parkinson's UK Oxford Branch
in collaboration with the University of Oxford's
Nuffield Department of Clinical Neuroscience
and University of Reading School of Pharmacy

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