

AUTUMN/WINTER 2018-9

Welcome to



www.oxfordparkinsons.org.uk

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

MONTHLY MEETINGS

7.00pm, first Wednesday of each month
(except Jan.2019 when we meet on Weds. 9th)

Botley WI Hall

North Hinksey Lane OX2 0LT

Talks on general and medical topics
Group discussions

OUR AIMS

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

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

PROGRAMME OF MEETINGS

Autumn/Winter 2018-9

All meetings begin at 7.00pm

2018 Oct 3	Dr Simon Stott , researcher at Cambridge University Centre for Brain Repair and author of the widely acclaimed blog scienceofparkinsons.com , talks about <i>The Measuring and Monitoring of Parkinson's</i>
Nov 7	Dr Michele Hu , consultant neurologist and co-Principal Investigator at Oxford Parkinson's Disease Centre
Dec 5	Branch Christmas Party with drinks, seasonal food and entertainment
2019 Jan 9	NOTE THE DATE! Dr Kevin McFarthing , our Branch Research Officer, introduces the New Year with <i>The Hope List – Parkinson's Therapies in Development</i>
Feb 6	Prof. Mark Williams , founding Director of the Oxford University Mindfulness Centre, on <i>Mindfulness: how ancient wisdom meets modern science</i>
Mar 6	BRANCH AGM and speaker to be announced

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

OUR 20th ANNIVERSARY

Twenty years ago, on 1st January 1999, our Branch was officially formed. Founder members Alan and Pauline Wharton are still firm friends of the Branch. We are planning various events and celebrations throughout 2019 to mark this milestone.

January's special 20th anniversary edition of our Newsletter will include more details of these events.

EVENTS AND ACTIVITIES

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

200 Club

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

Monthly Raffle

At our monthly meetings members donate prizes. The money raised helps to fund taxis for those who have no other way to attend meetings.

Sub-groups

The **WAG** (Working Age Group) is for younger people with Parkinson's and their carers to meet socially and share ideas. **OxPAL** similarly provides a social setting for those facing Parkinson's alone. More details on our website.

MEMBERSHIP

Annual membership of the Branch, which includes a regular newsletter, costs £5. To join, please contact the Membership Secretary.

GETTING HELP

Contact Lin Byrne (01367 710058) to ask about taxis for members unable to get to meetings using other transport.

Subsidised respite care may be available. For more information see our website.

Our Parkinson's UK Local Adviser can help you with support for carers, completing benefit claim forms, and other ways to improve the lives of people with Parkinson's.

Delia Wells 0344 225 3679
dwells@parkinsons.org.uk

RECENTLY DIAGNOSED?

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

Many are finding the **First Steps** programme helpful. For details, contact:

Kathryn McLoughlin 020 7963 9381
kmcloughlin@parkinsons.org.uk

CARE AND RESEARCH

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

NHS PARKINSON'S NURSES

City: Mabel Eghaghe 01865 234048

County: Jo Bromley 01865 737225

Nicola Findlay 01865 737386

Community Neurology

Specialist Nurse Team: 01865 737465

Telephone Clinic: Tuesdays 9am-10am

OUR NATIONAL CHARITY

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

Parkinson's UK head office

215 Vauxhall Bridge Road

London SW1V 1EJ

020 7931 8080

www.parkinsons.org.uk

Charity Number 258197

Confidential Helpline

0808 800 0303

Parkinson's UK Local Adviser

Delia Wells

0344 225 3679

dwells@parkinsons.org.uk

Parkinson's UK Membership

Annual membership of the national body

Parkinson's UK costs £4 and includes a

magazine from the national charity.

To join, or for more information:

Parkinson's UK

0800 138 6593

parkinsons.org.uk/about-us/become-member

BRANCH STRUCTURE

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

COMMITTEE

Chair	Sally Bromley 01865 311302 chair@oxfordparkinsons.org.uk
Secretary	Pen Keyte 01865 556032, 07889 437222 secretary@oxfordparkinsons.org.uk
Vice Chair, Media and Publicity	Paul Mayhew-Archer 01235 521626 media@oxfordparkinsons.org.uk
Treasurer	Carys Redmond 07817 597623 treasurer@oxfordparkinsons.org.uk
Membership Secretary	Diana Townsend 01865 751362 membership@oxfordparkinsons.org.uk
Research News	Kevin McFarthing 07802 256184 research@oxfordparkinsons.org.uk
Programme	Nigel Hamilton programme@oxfordparkinsons.org.uk
Committee members	Martin Cowell Kit Marriott David Salisbury Ian Sargent Jenyth Worsley