

## Welcome to



[www.oxfordparkinsons.org.uk](http://www.oxfordparkinsons.org.uk)

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

### MONTHLY MEETINGS

7.00pm on the first Wednesday of each month

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

Talks on general and medical topics  
Group discussions

### OUR AIMS

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

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

## PROGRAMME OF MEETINGS Spring/Summer 2018

<b>Apr 4</b>	<b>David Howe:</b> Modern Manners, and Remembering not to Forget
<b>May 2</b>	<b>Becky Bell, Oxford City Council:</b> Support with home improvements and repairs
<b>Jun 6</b>	<b>Penny Thewlis, Age UK:</b> Staying independent and leading a full life for older people
<b>Jul 4</b>	<b>Veronica Thorneloe:</b> Blenheim Palace – 300 years of history on our doorstep
<b>Aug 1</b>	<b>Coping with Parkinson's – The Real Issues:</b> Your chance to raise your concerns and discuss how the Branch can help PwP and carers
<b>Sep 5</b>	<b>Solutions and Self-Help:</b> Health professionals help us with some of the issues raised by our August discussion

### 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.

For full up-to-date information, visit  
[www.oxfordparkinsons.org.uk](http://www.oxfordparkinsons.org.uk)

## OTHER EVENTS

Booking is needed for some events. Check our website or ask any Committee member.

<b>Apr 6</b>	Donkey House Players concert, South Hinksey
<b>Apr 11</b>	World Parkinson's Day. Visit to Prof. Frances Platt's lab
<b>Apr 26</b>	Lunch at The Dog House, Frilford Heath
<b>Jun 18</b>	MRC Brain Dynamics Network Unit lab visit
<b>Jun 24</b>	Cream Tea by kind invitation of Paul and Ros Swadling
<b>Jul 10</b>	Blenheim Palace picnic
<b>Aug 16</b>	Barbecue, Wytham Woods

### 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.

Delia Wells, our Local Adviser, can help you with support for carers, completing benefit claim forms, and other ways to improve the lives of people with Parkinson's. Phone 0344 225 3679, email [dwells@parkinsons.org.uk](mailto: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 0207 968 9381  
[kmcloughlin@parkinsons.org.uk](mailto: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.

## 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

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

## NHS PARKINSON'S NURSES

**City:** Mabel Eghaghe 01865 234048  
**County:** Jo Bromley 01865 737225  
**Community Neurology Specialist Nurse Team:** 01865 737465  
Telephone Clinic: Tuesdays 9am-10am

## OUR NATIONAL CHARITY

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

### Parkinson's UK head office

215 Vauxhall Bridge Road  
London SW1V 1EJ  
0207 931 8080

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)  
Charity Number 258197

### Confidential Helpline

0800 800 0303

### Parkinson's UK Local Adviser

Delia Wells 0344 225 3679  
[dwells@parkinsons.org.uk](mailto: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](http://parkinsons.org.uk/about-us/become-member)