

MAY – DECEMBER 2021

## 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

with a varied programme of talks and activities  
**7.00pm, first Wednesday of each month  
using Zoom until further notice**

### OUR AIMS

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

- Help and support people with Parkinson's, their carers and families.
- Provide information and advice.
- Raise funds for research and local branch activities.

## PROGRAMME OF MEETINGS

### MAY-DECEMBER 2021

<b>May 5</b>	Chief Nursing Officer for England (2012-2019), Prof. Jane Cummings CBE, talks about <b>Compassion in Nursing and Healthcare</b>
<b>Jun 2</b>	Nigel Fisher, Conservator of Oxford's famous Woods, speaks on <b>Wytham Woods – a laboratory with leaves</b>
<b>Jul 7</b>	Parkinson's UK Chair of Trustees Gary Shaughnessy discusses <b>The Way Ahead for Parkinson's UK</b>
<b>Aug 4</b>	Delia Wells, our Parkinson's UK Local Adviser, leads us in small <b>group discussions</b> on the real problems of daily living with Parkinson's
<b>Sep 1</b>	Delia Wells and other Parkinson's professionals share their expertise in a <b>follow-up</b> to our August meeting's discussions
<b>Oct 6</b>	Simon Townsend, Director of Banbury Museum: <b>Developing a Cultural Quarter in Banbury</b>
<b>Nov 3</b>	Prof. Michele Hu of Oxford University's Nuffield Dept of Clinical Neuroscience: <b>Update on Parkinson's research in Oxfordshire</b>
<b>Dec 1</b>	<b>Christmas Party</b> with drinks, seasonal food and entertainment

## CORONAVIRUS CONCERNS

Our May and June events will take place using Zoom. We will resume face-to-face activities as soon as it is safe and possible.

### EVENTS AND ACTIVITIES

We offer or support various activities including exercise, mindfulness and voice classes, and Dance for Parkinson's.

The Branch also organises events, outings and holidays. For details visit our website, or contact any Committee member.

#### 200 Club

£12 per year buys a chance to win £25 or £12.50 at each monthly draw.

To join or for more information, contact:  
[200club@oxfordparkinsons.org.uk](mailto:200club@oxfordparkinsons.org.uk)

#### Monthly Raffle

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

#### Working Age Group (OxWAG)

For younger people with Parkinson's and their carers to meet socially and share ideas.

Contact Alison and Trina:  
[wag@oxfordparkinsons.org.uk](mailto:wag@oxfordparkinsons.org.uk)

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

## MEMBERSHIP

Membership of the Branch costs £5 for a full calendar year.

To join, please contact the Membership Secretary.

## GETTING HELP

Contact us to ask about taxis for members unable to get to meetings using other transport.

Subsidies to help fund respite care may be available. For more information see our website.

Our Parkinson's UK Local Adviser (contact details on the back page) can help to improve the lives of people with Parkinson's in many ways including completing benefit claim forms and support for carers.

## RECENTLY DIAGNOSED?

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

For details, visit [oxfordparkinsons.org.uk/recently\\_diagnosed](http://oxfordparkinsons.org.uk/recently_diagnosed)

## CARE AND RESEARCH

Our active and successful fundraising allows us to support people with Parkinson's in our area and helps to fund research.

## 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<sup>UK</sup>**  
**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](http://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](mailto:dwells@parkinsons.org.uk)

### Parkinson's UK Membership

All our supporters are encouraged to become members of the national body Parkinson's UK.  
To join, or for more information:

Parkinson's UK 0800 138 6593  
[parkinsons.org.uk/join](http://parkinsons.org.uk/join)

## BRANCH STRUCTURE

Our Branch has around 230 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>	Mark Jennings <a href="mailto:chair@oxfordparkinsons.org.uk">chair@oxfordparkinsons.org.uk</a>
<b>Secretary</b>	Pen Keyte 07889 437222 <a href="mailto:secretary@oxfordparkinsons.org.uk">secretary@oxfordparkinsons.org.uk</a>
<b>Treasurer</b>	Stephen Duhan <a href="mailto:treasurer@oxfordparkinsons.org.uk">treasurer@oxfordparkinsons.org.uk</a>
<b>Vice Chair</b>	Martin Cowell <a href="mailto:vc@oxfordparkinsons.org.uk">vc@oxfordparkinsons.org.uk</a>
<b>Membership Secretary</b>	Ian Sargent <a href="mailto:membership@oxfordparkinsons.org.uk">membership@oxfordparkinsons.org.uk</a>
<b>Research News</b>	Kevin McFarthing <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>Fundraiser</b>	Kit Marriott <a href="mailto:fr@oxfordparkinsons.org.uk">fr@oxfordparkinsons.org.uk</a>
<b>Visits and outings</b>	Martin Cowell <a href="mailto:visits@oxfordparkinsons.org.uk">visits@oxfordparkinsons.org.uk</a>
<b>Media &amp; Publicity</b>	Paul Mayhew-Archer <a href="mailto:media@oxfordparkinsons.org.uk">media@oxfordparkinsons.org.uk</a>
<b>Committee members</b>	Jonathan Bromley Sally Bromley Mike Greenwood David Salisbury Jenyth Worsley Nick Wrigley