

## 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  
at Cherwell School North Site,  
Oxford OX2 7EE  
and online**

### 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 DECEMBER 2021 – MAY 2022

### 2021

<b>Dec 1</b>	<b>Christmas Party</b> with drinks, seasonal food and entertainment. Please note that this in-person event at Cherwell School will <b>not</b> be offered online.
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### 2022

<b>Jan 5</b>	<b>Tax, Care and Toy Boys:</b> A speaker from the Legal Dept of the Co-op national HQ brings us up to date with many practical things we should, may or may not have done.
<b>Feb 2</b>	<b>Five Straight Lines:</b> Local Councillor, composer and music specialist <b>Andrew Gant</b> on some of the ideas, stories and characters behind the great tradition of Western music (of all kinds).
<b>Mar 2</b>	<b>Branch AGM</b> with an update from <b>Dr Kevin McFarthing</b> on the development of new therapies for Parkinson's.
<b>Mar 30</b>	Our April meeting is replaced by a <b>SPECIAL EVENT</b> featuring the recently appointed CEO of Parkinson's UK, Caroline Russell.
<b>May 4</b>	<b>Gardening in a Sustainable Way:</b> Dr Suzanne Dalton, a keen local gardener, explains why gardening improves our wellbeing and suggests ideas for increasing the biodiversity of your garden.

## COVID CONCERNS

We will follow Government advice on meeting face-to-face, or we will use Zoom, or both, to facilitate attendance and minimize any risk to members' health.

### 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 just £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, search for “respite care” on our website.

Our **Parkinson’s UK Local Adviser** 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 Nick Wrigley.

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

## SUPPORT 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.**

[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:  
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.

<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>Respite care support</b>	Sue Bates <a href="mailto:respite@oxfordparkinsons.org.uk">respite@oxfordparkinsons.org.uk</a>
<b>Newly diagnosed support</b>	Nick Wrigley <a href="mailto:nd@oxfordparkinsons.org.uk">nd@oxfordparkinsons.org.uk</a>
<b>Branch Ambassador</b>	Sally Bromley
<b>Committee members</b>	Jonathan Bromley Carys Redmond David Salisbury