

Welcome to



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

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

Jan 5	Tax, Care and Toy Boys: 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.
Feb 2	Five Straight Lines: Local Councillor, composer and music specialist Andrew Gant on some of the ideas, stories and characters behind the great tradition of Western music (of all kinds).
Mar 2	Branch AGM with an update from Dr Kevin McFarthing on the development of new therapies for Parkinson's.
Mar 30	Our April meeting is replaced by a SPECIAL EVENT featuring the recently appointed CEO of Parkinson's UK, Caroline Russell.
May 4	Gardening in a Sustainable Way: 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

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

For full up-to-date information on all our activities, visit 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

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

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

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

BRANCH STRUCTURE

Our Branch has around 230 members and friends and is run by an elected Committee of volunteers.

Chair	Mark Jennings chair@oxfordparkinsons.org.uk
Secretary	Pen Keyte 07889 437222 secretary@oxfordparkinsons.org.uk
Treasurer	Stephen Duhan treasurer@oxfordparkinsons.org.uk
Vice Chair	Martin Cowell vc@oxfordparkinsons.org.uk
Membership Secretary	Ian Sargent membership@oxfordparkinsons.org.uk
Research News	Kevin McFarthing research@oxfordparkinsons.org.uk
Programme	Nigel Hamilton programme@oxfordparkinsons.org.uk
Fundraiser	Kit Marriott fr@oxfordparkinsons.org.uk
Visits and outings	Martin Cowell visits@oxfordparkinsons.org.uk
Media & Publicity	Paul Mayhew-Archer media@oxfordparkinsons.org.uk
Respite care support	Sue Bates respite@oxfordparkinsons.org.uk
Newly diagnosed support	Nick Wrigley nd@oxfordparkinsons.org.uk
Branch Ambassador	Sally Bromley
Committee members	Jonathan Bromley Carys Redmond David Salisbury