

April-December 2023

# Welcome to



[www.oxfordparkinsons.org.uk](http://www.oxfordparkinsons.org.uk)  
**0300 772 7003**

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

## OUR VISION

**No one should face Parkinson's alone.**

## PROGRAMME OF MEETINGS APRIL to DECEMBER 2023

<b>Apr 5</b>	<b>Joy Milne</b> , "the woman who can smell Parkinson's", tells us about Manchester University research inspired by her remarkable talent
<b>May 3</b>	Informal chat sessions for members and carers/supporters to exchange their ideas and tips, and to share their concerns and successes.
<b>Jun 7</b>	Speaker to be announced
<b>Jul 5</b>	<b>Mandy Massam</b> of AgeUK Oxfordshire guides us through the minefield of how to avoid scams of all kinds
<b>Aug 2</b>	As usual, our August meeting gives you a chance to discuss a Parkinson's-related topic (details to be announced).
<b>Sep 6</b>	This meeting offers analysis and feedback from our discussions in August.
<b>Oct 4</b>	<b>David Wilding</b> of the RSPB tells us about Otmoor Nature Reserve.
<b>Nov 1</b>	Presentation by researcher, clinical neurologist and staunch supporter of our Branch, <b>Prof Michele Hu</b>
<b>Dec 6</b>	Our annual <b>Christmas party</b> with drinks, seasonal food and entertainment

## EVENTS AND ACTIVITIES

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

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

### 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)

## 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.

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

## ABOUT US

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

## RECENTLY DIAGNOSED?

If you have been told you have Parkinson's and would like to talk to someone about it, please contact Nick Wrigley (see Committee list on the back page).

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

## GETTING HELP

Our **Parkinson's UK Adviser** (see overleaf) can help to improve the lives of people with Parkinson's in many ways including completing benefit claim forms and support for carers.

Subsidies to help fund **respite care** may be available. For more information, search for "respite care" on our website.

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

## SUPPORT AND RESEARCH

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

## MEMBERSHIP

Membership of the Branch costs just £5 for a full calendar year. To join, please contact the Membership Secretary.

## NHS PARKINSON'S NURSES

Community Neurology  
Specialist Nurse Team: 01865 737465  
**City:** Mabel Eghaghe 01865 234048  
**County:** Jo Bromley, Nicola Findlay, Sue Hill 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**  
0800 800 0303

### Parkinson's UK Adviser

Delia Wells Contact via Helpline or [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 OFFICERS

Chair	vacant
Communications Secretary	Josey Carpenter <a href="mailto:secretary@oxfordparkinsons.org.uk">secretary@oxfordparkinsons.org.uk</a>
Treasurer	Stephen Duhan <a href="mailto:treasurer@oxfordparkinsons.org.uk">treasurer@oxfordparkinsons.org.uk</a>
Acting Chair and Visits and Outings	Martin Cowell <a href="mailto:vc@oxfordparkinsons.org.uk">vc@oxfordparkinsons.org.uk</a>
Membership Secretary	Nigel Hamilton <a href="mailto:membership@oxfordparkinsons.org.uk">membership@oxfordparkinsons.org.uk</a>
Working Age Group	Alison Butt, Trina Wilcock <a href="mailto:wag@oxfordparkinsons.org.uk">wag@oxfordparkinsons.org.uk</a>
Respite care	Pamela Hutchinson-Collins <a href="mailto:respite@oxfordparkinsons.org.uk">respite@oxfordparkinsons.org.uk</a>
Newly diagnosed support	Nick Wrigley <a href="mailto:nd@oxfordparkinsons.org.uk">nd@oxfordparkinsons.org.uk</a>

A full list of our Committee members and how to contact them can be found on the committee page of our website.

## OUR PHONE NUMBER

**0300 772 7003**

We offer a single contact number for any queries. We will respond promptly to any message you leave if we can't take your call immediately.

Calls to 0300 numbers are charged at national rate, and are usually included in the free minutes of your mobile or landline call plan.