

December 2023 – April 2024



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

#### NEW WINTER VENUE AND TIME:

**11.00am, second Tuesday of each month from December to March**

**Kidlington Baptist Church,  
High St, Kidlington OX5 2DS  
and online**

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

## PROGRAMME OF MEETINGS DECEMBER 2023 – APRIL 2024

<b>Dec 12</b> 11am	Our annual <b>Christmas party</b> with drinks, seasonal food and entertainment <b>This event will not be available online.</b>
<b>Jan 16</b> 11am <b>NOTE the date!</b>	Diagnosed with Parkinson's in 2016, <b>Dr Jonny Acheson</b> is an emergency medicine specialist in Leicester. He will talk about <b>Going Full Circle with Parkinson's</b> . Dr Acheson will join us remotely using Zoom.
<b>Feb 13</b> 11am	In his signature style, broadcaster <b>Jeremy Paxman</b> asks " <b>Isn't it about time you shut up?</b> " He will join us remotely using Zoom.
<b>Mar 12</b> 11am	Please join us for our <b>AGM</b> when we elect a new Committee and report on the year's activity. There will also be a <b>clinical trials update</b> from Dr Kevin McFarthing

**For the summer schedule starting in April 2024 we expect our meetings to revert to Cherwell School at 7pm on the first Wednesday of each month.**

For full details, keep an eye on our website and your emails.

<b>WEDS</b> <b>Apr 3</b> 7pm	<b>Chris Church</b> from Friends of the Earth speaks on <b>Environmental concern in Oxfordshire – then, now and in the future</b>
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## OUR VISION AND 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.

## ABOUT US

Our Branch has around 230 members and friends, and is run by an elected Committee of volunteers. A full list of officers and committee can be found on the committee page of our website.

## EVENTS AND ACTIVITIES

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

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

## WORKING AGE GROUP (OxWAG)

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

[wag@oxfordparkinsons.org.uk](mailto:wag@oxfordparkinsons.org.uk)

## MEMBERSHIP

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

To join, please contact the Membership Secretary or apply on our website.

## RECENTLY DIAGNOSED?

If you have been told you have Parkinson's and would like to talk to someone about it, please contact Nick Wrigley:  
nd@oxfordparkinsons.org.uk or visit  
oxfordparkinsons.org.uk/recently\_diagnosed

## PARKY PALS

Starting in January 2024, our new service **ParkyPals** offers friendly confidential phone calls for anyone who needs a sympathetic ear, or simply would be glad to have a chat.  
Call **0300 772 7003** if you would like one of our team to contact you.

## GETTING HELP

Our **Parkinson's UK Local 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.

If you are unable to get to our monthly meetings using other transport, we may be able to help towards the cost of **taxis**. Please ask for more details.

## SUPPORT AND RESEARCH

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

## 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**  
0808 800 0303

### Parkinson's UK Local Adviser

Delia Wells Contact via Helpline or  
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 designate:	Rebecca Berry chair@oxfordparkinsons.org.uk
Communications Secretary:	Josey Carpenter secretary@oxfordparkinsons.org.uk
Acting Chair and Visits and Outings:	Martin Cowell vc@oxfordparkinsons.org.uk
Treasurer:	Stephen Duhan treasurer@oxfordparkinsons.org.uk
Membership Secretary:	Nigel and Debbie Hamilton membership@oxfordparkinsons.org.uk
Working Age Group:	Trina Wilcock wag@oxfordparkinsons.org.uk
Respite care:	Pamela Hutchinson-Collins respite@oxfordparkinsons.org.uk
Recently diagnosed support:	Nick Wrigley nd@oxfordparkinsons.org.uk
Fundraiser:	Kit Marriott fr@oxfordparkinsons.org.uk

## 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.