

SUMMER 2022

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**

**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.

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

# PROGRAMME OF MEETINGS

## MAY to NOVEMBER 2022

<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.
<b>June 1</b>	<b>Lyndsey Isaacs</b> was married to Tom Isaacs for 17 years. She describes her experience as Tom almost single-handedly founded Cure Parkinson's.
<b>July 6</b>	<b>Remap: making things possible</b> Philippa Lee of the Oxford Panel of this national charity will explain how the local volunteer members design, custom-make or modify equipment to improve the independence of disabled people.
<b>Aug 3</b>	Our regular annual <b>discussion meeting</b> focuses this year on apathy, which affects many with Parkinson's.
<b>Sep 7</b>	We follow up the August discussion with input from professionals.
<b>Oct 5</b>	<b>No Silver Bullet:</b> Michel Planquart explains how two friends set about using Zoom to make available information on Parkinson's research from around the world.
<b>Nov 2</b>	<b>Bioelectronics:</b> Professors Alex Green and Timothy Denison will describe how neuroscience and engineering have come together to develop therapeutic devices, and where this collaboration has led.

## 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

<b>City:</b>	Mabel Eghaghe	01865 234048
<b>County:</b>	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**

Our Local Adviser, Delia Wells, can be contacted via the Helpline.

### **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 COMMITTEE

<b>Chair</b>	vacant
<b>Secretary</b>	Pen Keyte, 07889 437222 secretary@oxfordparkinsons.org.uk
<b>Treasurer</b>	Stephen Duhan treasurer@oxfordparkinsons.org.uk
<b>Acting Chair</b>	Martin Cowell vc@oxfordparkinsons.org.uk
<b>Membership Secretary</b>	Ian Sargent membership@oxfordparkinsons.org.uk
<b>Research News</b>	Kevin McFarthing research@oxfordparkinsons.org.uk
<b>Programme</b>	Peter Thompson programme@oxfordparkinsons.org.uk
<b>Fundraiser</b>	Kit Marriott fr@oxfordparkinsons.org.uk
<b>Visits and outings</b>	Martin Cowell visits@oxfordparkinsons.org.uk
<b>Working Age Group link</b>	Alison Butt wag@oxfordparkinsons.org.uk
<b>Media &amp; Publicity</b>	Paul Mayhew-Archer media@oxfordparkinsons.org.uk
<b>Respite care support</b>	vacant respite@oxfordparkinsons.org.uk
<b>Newly diagnosed support</b>	Nick Wrigley nd@oxfordparkinsons.org.uk
<b>Branch Ambassador</b>	Sally Bromley
<b>AV/digital support</b>	Jonathan Bromley admin@oxfordparkinsons.org.uk
<b>Committee members</b>	Nigel Hamilton Mark Jennings Carys Redmond David Salisbury