

December 2023 – April 2024

Welcome to



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

For on-screen viewing only. DO NOT PRINT.

PROGRAMME OF MEETINGS

DECEMBER 2023 – APRIL 2024

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

WEDS Apr 3 7pm	Chris Church from Friends of the Earth speaks on Environmental concern in Oxfordshire – then, now and in the future
------------------------------------	---

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

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^{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

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

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.