

## 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

7.00pm, first Wednesday of each month  
(except Jan.2020 when we meet on Weds. 8<sup>th</sup>)

**Botley WI Hall**  
**North Hinksey Lane OX2 0LT**

Talks on general and medical topics  
Group discussions

### OUR AIMS

No one should face Parkinson's alone.  
We aim:

- To help and support people with Parkinson's, their carers and families.
- To provide information and advice.
- To help raise funds for research and local branch activities.

## PROGRAMME OF MEETINGS

2019

<b>Apr 3</b>	Martin Cowell, committee member: <b>India: a fascinating journey</b>
<b>May 1</b>	Prof.Kieran Clarke, Oxford University: <b>Energy for the brain: a ketone drink for Parkinson's?</b>
<b>Jun 5</b>	Mark Jennings, Director for Health Improvement at King's Fund and committee member: <b>The Beginning of the NHS</b>
<b>Jul 3</b>	Prof. Sarah Stewart-Brown, Warwick University: <b>What is wellbeing and what has it got to do with health?</b> <i>EXTRA:</i> a brief report on June's World Parkinson's Congress in Kyoto
<b>Aug 7</b>	<b>Branch members' concerns</b> and group discussions
<b>Sep 4</b>	<b>Responses to members' concerns</b> with a panel including experts in nutrition, swallowing and speech
<b>Oct 2</b>	Writer, speaker and lecturer David Howe on <b>Partners of Prime Ministers – or Anyone for Dennis?</b>
<b>Nov 6</b>	A local GP helps us to <b>Keep Well this Winter</b>
<b>Dec 4</b>	<b>Christmas Party</b> with drinks, seasonal food and entertainment

2020

<b>Jan 8</b>	Richard Wood, GP Lead for Neurology, Oxfordshire CCG: <b>The Clinical Commissioning Group</b>
<b>Feb 5</b>	Expert Patient Tutor team: <b>Educating future medics with patients' help</b>
<b>Mar 4</b>	<b>BRANCH AGM</b> and Dr Kevin McFarthing's <b>Research Report</b>

## Two special birthdays this year

January 1<sup>st</sup> marked 20 years since the founding of our Branch.  
The 50<sup>th</sup> anniversary of our national charity Parkinson's UK was in February 2019.  
Look out for events, challenges and publicity highlighting these milestones.

## EVENTS AND ACTIVITIES

We offer exercise and voice classes, physiotherapy, Dance for Parkinson's, and other activities. The Branch also organises various events, outings and holidays. For details visit our website, or contact any Committee member.

### 200 Club

£12 per year buys chances to win £25 or £12.50 at each monthly draw. Contact Malcolm Benson (01865 873843).

### Monthly Raffle

At our monthly 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** is for younger people with Parkinson's and their carers to meet socially and share ideas. For more details contact Ash and Laura:  
[wag@oxfordparkinsons.org.uk](mailto:wag@oxfordparkinsons.org.uk)

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

## MEMBERSHIP

Annual membership of the Branch, which includes a regular newsletter, costs £5. To join, please contact the Membership Secretary.

## GETTING HELP

Contact Lin Byrne (01367 710058) to ask about taxis for members unable to get to meetings using other transport.

Subsidised respite care may be available. For more information see our website.

Our Parkinson's UK Local Adviser can help you with support for carers, completing benefit claim forms, and other ways to improve the lives of people with Parkinson's.

Delia Wells 0344 225 3679  
dwells@parkinsons.org.uk

## RECENTLY DIAGNOSED?

If you have been told you have Parkinson's and would like to talk to someone about it, please contact Sally Bromley.

Many are finding the **First Steps** programme helpful. For details, visit [oxfordparkinsons.org.uk/recently\\_diagnosed](http://oxfordparkinsons.org.uk/recently_diagnosed)

## CARE AND RESEARCH

Our active and successful fundraising allows us to support people with Parkinson's in our area and helps to fund research carried out in Oxford by the Oxford Parkinson's Disease Centre.

## BRANCH STRUCTURE

Our Branch has around 230 members and friends and is run by an elected Committee of volunteers. It is funded by money-raising activities and from donations given by local people and organisations.

## COMMITTEE

<b>Chair</b>	Sally Bromley chair@oxfordparkinsons.org.uk
<b>Secretary</b>	Pen Keyte secretary@oxfordparkinsons.org.uk
<b>Vice Chair, Media and Publicity</b>	Paul Mayhew-Archer media@oxfordparkinsons.org.uk
<b>Acting Treasurer</b>	Carys Redmond treasurer@oxfordparkinsons.org.uk
<b>Membership Secretary</b>	Diana Townsend membership@oxfordparkinsons.org.uk
<b>Research News</b>	Kevin McFarthing research@oxfordparkinsons.org.uk
<b>Programme</b>	Nigel Hamilton programme@oxfordparkinsons.org.uk
<b>Visits and outings</b>	Martin Cowell visits@oxfordparkinsons.org.uk
<b>Committee members</b>	Mark Jennings Kit Marriott David Salisbury Ian Sargent Jenyth Worsley

## 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<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

### Parkinson's UK head office

215 Vauxhall Bridge Road  
London SW1V 1EJ  
020 7931 8080

[www.parkinsons.org.uk](http://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:

Parkinson's UK 0800 138 6593  
[parkinsons.org.uk/join](http://parkinsons.org.uk/join)