



**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

**WE'RE GOING NORTH** this summer... No, not heading for the sunspots of the South, looking for the gold in the West or seeking the riches of the East... On 17<sup>th</sup> August we're riding our bikes from one Cathedral City to another, setting off from Oxford and hoping to hit Durham on 1<sup>st</sup> September.

Nigel hatched this plan around the time of his 71<sup>st</sup> Birthday and Debbie agreed to come along for the ride. The rest of the family were divided in thinking that a novel form of age-related insanity was settling in but would brook no change of plan (apart from suggesting that it would be better to start in Durham and head South because going downhill would be easier and more appropriate).

With a trip of 350 miles it seemed a good idea to generate some funds for our local Parkinson's group which cares for people affected by this condition and provides support for research at the Parkinson's Disease Centre in Oxford ([www.opdc.ox.ac.uk](http://www.opdc.ox.ac.uk)) There's more information about Parkinson's UK on the website ([www.parkinsons.org.uk](http://www.parkinsons.org.uk)) and about the Oxford Branch on ([www.oxfordparkinsons.org.uk](http://www.oxfordparkinsons.org.uk))

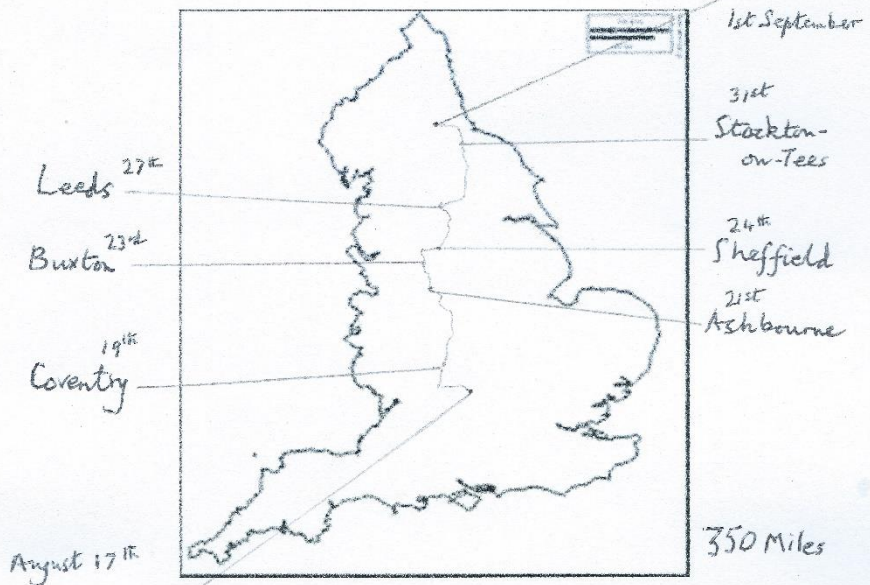
If you'd like to support us, please follow this link:

<http://uk.virginmoneygiving.com/NigelHamilton2>





## DURHAM



## OXFORD

