

April-October 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

SPRING/SUMMER VENUE AND TIME:

**7.00pm, first Wednesday of each month
from April to October**

**Cherwell School North Site,
Oxford OX2 7EE and online**

For full up-to-date information on all
our activities, visit

oxfordparkinsons.org.uk

PROGRAMME OF MEETINGS

APRIL to OCTOBER 2024

Apr 3	Chris Church from Friends of the Earth on Environmental concern in Oxfordshire – then, now and in the future
May 1	Delia Wells , Parkinson's UK Adviser, guides us through the maze of Care services
Jun 5	Prof. Richard Wade-Martins , Principal Investigator at the Department of Physiology, Anatomy and Genetics (DPAG), asks: Why do brain cells die in Parkinson's and how can we prevent it?
Jul 3	Rory Cellan-Jones , podcaster, author and former Technology Correspondent for the BBC – topic to be confirmed
Aug 7	Members' discussion – our annual opportunity to share experiences of a Parkinson's-related topic. This year we look at sleep .
Sep 4	Dr Pietro-Luca Ratti , neurologist and sleep researcher at Oxford University, helps us follow up on last month's sleep discussion
Oct 2	Jackie Lucas (to be confirmed): Lasting Power of Attorney (LPA) Made Simple

Always check our website for updates and any last-minute changes.

For on-screen viewing only. DO NOT PRINT.

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 more than 300 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 classes, Posture and Poise, weekly gym sessions in Witney, and Dance for Parkinson's. The Branch also organises events, outings and holidays. For details visit our website, or contact any 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

We welcome new members. To join, please contact the Membership Secretary or apply on our website.

The small annual subscription is currently under review.

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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

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, or visit oxfordparkinsons.org.uk/parkypals if you prefer to leave a written message.

GETTING HELP

Our **Parkinson's UK Adviser** (see overleaf) can help to improve the lives of people with Parkinson's in many ways including completing benefit claim forms and helping carers to find support.

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 helps to fund research.

NHS PARKINSON'S NURSES

Community-based Neurology Nurses (PD)

These nurses support people with PD **outside** the city area

Jo Bromley, Nic Findlay,

Sue Hill, Hannah Fullam 01865 737465

City and Hospital PD Nurse:

Mabel Eghaghe 01865 234048

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 Adviser

Delia Wells Contact via Helpline or
dwells@parkinsons.org.uk

Parkinson's UK Membership

We encourage all our supporters 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:	Rebecca Berry chair@oxfordparkinsons.org.uk
Communications Secretary:	Josey Carpenter secretary@oxfordparkinsons.org.uk
Treasurer:	Stephen Duhan treasurer@oxfordparkinsons.org.uk
Visits and Vice Chair:	Martin Cowell vc@oxfordparkinsons.org.uk
Membership Secretary:	Nigel & Debbie Hamilton membership@oxfordparkinsons.org.uk
Working Age Group:	Trina Wilcock wag@oxfordparkinsons.org.uk
Respite care:	Pamela Hutchinson-Collins respite@oxfordparkinsons.org.uk
Newly diagnosed support and Parky Pals:	Nick Wrigley pp@oxfordparkinsons.org.uk
Fundraiser:	Kit Marriott fr@oxfordparkinsons.org.uk

A full list of Committee members and how to contact them is available on the Committee page of our website.

OUR PHONE NUMBER

0300 772 7003

We offer a single contact number for Parky Pals and for any other 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.