

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

# OUR NEWS

## Oxford and District Branch A Year in Pictures

Winter 2017-8

### Chair's Chat: Sally Bromley

For our final newsletter for 2017 we thought you'd like to see the many and varied things we've been up to! From small concerts to Symfunny, a picnic, cream tea, BBQ, visits, lunch, Bodleian and Natural History Museum talks, a long cycle ride North, Oxford Walk, individual fundraisers, Big Bold and Balance exercise class, PD Warrior, voice class, being visited by our MP, staging a large conference ... and more.



I take this moment to wish everyone a Happy Christmas and New Year and thank you for being part of a very special group of people.

Enjoy revisiting our year.

*Sally*

**March** Hinksey Church yard was awash with spring flowers for our annual event there with the Donkey House Band.



**April** Symfunny at the Royal Albert Hall. What an extravaganza! Loud, colourful and entertaining.



**June** About 120 people enjoyed a Cream Tea in Sally's garden.



**July** Picnic in the grounds of Blenheim Palace

### NEW MEMBERS

We extend a warm welcome to those recently joining:

Paul & Elizabeth Chicken  
Mike & Dee Eaton  
Ron Hiles  
Alan Leary  
Brian & Pam Ponting  
Roma Vincent  
Hazel Ward

### 200 CLUB

The November winners were:

£25.00: Cynthia Mancey  
£12.50: Caroline Tasker

### IN MEMORIAM

Our deep sympathy goes to the families of members who have recently passed away:

Derek Gray  
Brenda Chatwyn



**All year round** Big, Bold and Balance exercise classes are very popular. A DVD is available to encourage us to exercise during holidays.



Exercise bands

The team behind the tea and Jaffa Cakes!



All together now...

Hands up!



PD Warrior classes for those who like something a little more challenging



**June** This turf labyrinth was fun to walk, with a collection box at the centre for Parkinson's UK.



**June** Electron microscope seen during a very interesting and informative MRC lab visit. Further visits to labs are planned.



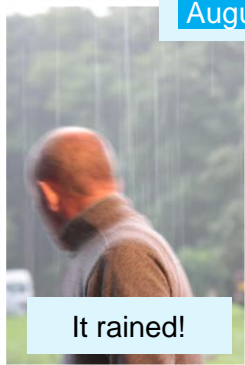
**July** Art workshop – some of us enjoyed trying our hand at lino printing.



**August** Our Branch meeting was a discussion giving opportunities to share ways to improve our lives.



**August** The traditional barbeque took place in Wytham Woods, in traditional weather...



It rained!

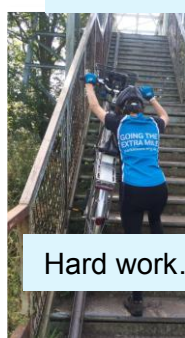


Sheltering from the rain

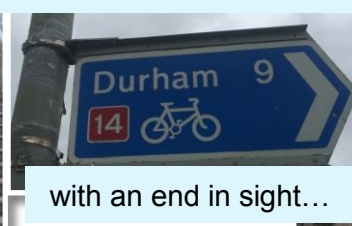


Your Committee in full control

**August** Nigel and Debbie Hamilton cycled 350 miles to Durham to raise awareness and funds.



Hard work...



with an end in sight...



and success at last!

**September** As part of our Parkinson's 200 Plus Conference, the Bodleian Library mounted a display to commemorate the bicentenary of the publication of James Parkinson's *Essay on the Shaking Palsy*.

**September** Over 230 people attended our Parkinson's 200 Plus conference...



...to hear a fabulous lineup of speakers...



...and, of course, to have tea!



**September** We helped to greet riders on Parkinson's UK's BOXCAM 200-mile sponsored cycle ride.



**September** Diana Townsend and Peter Snook with the therapists at European Parkinson Therapy Centre



**September** The annual Oxford Walk is a fundraiser and fun-raiser for all including the dogs. This year we photographed walkers in Radcliffe Square from the tower of St Mary's.



All walkers welcome including dogs, neurologists, and people in pink hats!



**October** A reunion celebrated the second anniversary of the First Steps programme for people newly diagnosed with Parkinson's.



**November** Layla Moran MP visited our Friday exercise and voice classes.



**October** Paul Mayhew-Archer and many other well known figures visited 10 Downing Street as part of a Parkinson's UK delegation to meet the Prime Minister. You can read Paul's comments on our website. But here are his final words:

**“** *Parkinson's is horrible and ruthless, but the people it attacks seem to be extraordinary, inspirational people: People like Emma and James and Billy, and also people in my local group like Sally and Jem and many others. The Parkinson's community is full of people who inspire researchers to dig deeper into their brilliant brains and inspire politicians and the public to dig deeper into their pockets. While they do so there is hope for us all.*

**”**

