

2025 EDITION

Welcome to



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.

ON THE WEB

For full up-to-date information on all our activities, visit
oxfordparkinsons.org.uk

MONTHLY MEETINGS

Come to a meeting to see what a friendly and positive group we are

Our meetings offer a sociable environment where anyone affected by Parkinson's is welcome.

Most meetings have a speaker.
Some cover Parkinson's-related topics.
Others are of more general interest.

Summer meetings

For the lighter months (April to October) our meetings are on the **first Wednesday of every month at 7pm.**

Winter meetings

Meetings in November to March take place on the **first Tuesday of every month at 1.30pm** to avoid travel in the dark.

Annual fixtures

In **December** we have a party with seasonal refreshments and entertainment.
March sees our Annual General Meeting where a new committee is elected.

Current programme

Check our website for an up-to-date programme. Look for Branch meetings on our website, or use this QR code.

If you can't use the website, call **0300 772 7003**.



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 annual subscription is £10 per person from January 2025.

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

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

A new Committee is elected at our AGM in March every year. The email addresses for each position will remain the same even when someone new takes on the role.

This leaflet was updated in November 2024.