

Parkinson's UK (Reg. Charity 258197)

*Weymouth & Dorchester Branch
Newsletter September 2015*

Weymouth Meetings on the **2nd Monday** of the month are held in the Residents' Lounge at Bincombe Court, Hamilton Close, Littlemoor DT3 6RG (2.30- 4.15)

Dorchester Meetings are in the Magna Housing Community Room, Lubbecke Way DT1 1QL on the **4th Friday** of the month (time as above).

Programme for the next few months

September 14th (Mon) – Dan Wallis (ex CAB) **benefit claims** at Bincombe Court at 2.30pm.

Sept. 25th (Fri) – Brian Hughes **Quiz** (Lubbecke Way, Dorchester).

October 12th (Mon) - Martin Fielding 'A vet's Life'. Weymouth.

Oct 23rd (Fri) – Robin Miller talking about volcanoes. Dorchester.

November 9th (Mon) – A speaker from **Wiltshire Farm Foods**.

Nov 27th (Fri) – A speaker from **Dorset History Centre**.

Monday, December 8th, Christmas Lunch at the **12 for 12.30** at the **Wessex Royale Hotel**, High West Street, Dorchester. Ring Mel Heaton (01300-348422) before the end of November to reserve your place and make your **2 course** menu choice.



As the overall cost is a bit more this year, the committee have decided that a charge of £5 should be made for all members attending and £15 for non-members unless they are essential carers.

Choose from **Starters** 1) Roasted cauliflower soup with spiced honey soda bread croutons.

2) Duck Terrine with toasted brioche, cranberry & orange relish.

3) Smoked mackerel mousse, celierac remoulade and chicory ciabatta.

Main 1) *Roast Turkey, roast potatoes, chestnut stuffing and chipolata gravy, & veg.*

2) *Roast Haunch of Venison, confit potato, braised red cabbage, port & juniper jus.*

3) *Herb crusted hake, chorizo and white bean cassoulet with crème fraiche.*

4) *Pan fried gnocchi, wild mushroom ragout & crispy kale.*

Dessert 1) Traditional Christmas pud. & brandy sauce.

2) Warm pear & almond tart.

3) Chocolate & salted caramel pot, cracked pecan, popcorn.

4) Selection of local cheeses, chutney, crackers & celery

Followed by Coffee & mints.

For easy ordering say eg for a couple, Me: Starter 2) & Main 1) and Partner: Main 3) & Dessert 1). If you wish to have three courses there will be an extra charge

Autumn Outings: Ring Baz Monkey World – on Friday Sept. 18th. A coach will leave **Littlemoor** Shoppers car park at **9.30am** and by **Dorchester Tesco** fountain at **9.45am**. There's a new Oran utan nursery opening soon.

Old Time Music Hall at the Lighthouse Theatre in Poole - on Wednesday Oct. 7th. Coach pick-up points as above at **12.30 & 12.40 pm** for **2.30** matinee. I would suggest that you take a picnic lunch to eat on the coach.

Wednesday coffee & chat for **Carers**; takes place from **10am** at Weymouth Marks & Spencer Coffee Shop. The more structured Carers meeting with our ISW, Lorraine Bilton, will take place instead at **1pm** (again on a

Wednesday, generally the first one in the month) at the Acorns Day Centre, Grosvenor Road, Weymouth. DT4 7QL. Lorraine has asked me to give the dates for your diaries **9th September, 7th October and 4th November**. Male carers as well as ladies are also welcome.

Ring Lorraine (0344 225 9828) if you wish to confirm the time and venue.

Future Fund Raising

There will be an **Esplanade Stall** in aid of the Branch on **Tuesday Sept. 15th**. Bric-a-brac, books, games and jigsaw puzzles can be collected by Baz or other committee members, but no food, clothes or electrical goods. Offers of help also to Baz.

We plan to take part again in the **Dorchester Rotary Club's Christmas Draw**. Tickets should be ready to come out with the November letter. Rotary boosts the value of tickets sold by 5%.

'Kinetics', Sue Wylie's play about the impact of a Parkinson's diagnosis, especially in young middle age, will be produced at Dorchester Corn Exchange on **Saturday, September 5th @ 8pm.** Tickets can be reserved for £9.00 through Dorchester Arts at the Corn Exchange (01305-266926) in weekday office hours, at Dorchester Tourist Information Centre (01305-267992) or online at www.dorchesterarts.org.uk

Barry wants to arrange a minibus from Weymouth if there are a number of bookings from the borough.

At our July meeting in Weymouth we had a double bill of speakers. Frances Booth came from her base at the Royal Bournemouth Hospital to talk about a service called 'My Health, My Way' that operates across Dorset to help individuals to regain quality life after some health condition has interfered with 'their normality'. Sometimes there is not actually a medical answer. It may be lack of transport or personal contacts. They say

- Frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility and endurance

- Appropriate use of medication
- Communicating effectively with family, friends and health professionals
- Nutrition, decision-making and how to evaluate new treatments

Courses take place once a week for 6 weeks, and each session lasts for 2 and a half hours.

Choose from the following course programmes in a location and day of the week to suit you:-

- Weymouth - Wednesdays, starting 2nd September 2015
- Sherborne - Tuesdays, starting 27th October 2015
- Dorchester - Wednesdays, starting 28th October 2015

If you don't want to attend a course? We also have an online course, or if you would prefer to meet with one of our coaches one to one ring

0303 303 0153

email: info@myhealthdorset.org.uk

or

book online at www.myhealthdorset.org.uk

We also had speakers from Weymouth & Portland Access Group, who would welcome your attendance or opinions at their meetings on 2nd Tuesday afternoons. Tel 01305 838000

Physio Group – Group meets monthly at Bincombe Court on the 3rd Monday of the month in the early afternoon, ably led by **registered physiotherapist, Tracey Atwell**. To access this class please make contact through our **Branch Secretary**, Sandra Heaton on **01300-348442**

Movement with music Group – Aimee Smith

075901 10225. Weekly in term time on Thursday afternoons. Autumn term starts on Thursday, September 10th or 17th. There's room for more people!

A charge of £5 is made for sessions at both groups.

Useful Contacts:

Local Parkinson's Specialist Nurse, **Liza Villanueva:**
01305-254789

Parkinson's UK Local Information & Support
Worker, Lorraine Bilton: 0344 255 9828 will have a
new job title from September 1st (**local adviser**) for
help with applications and referral to local
services/financial benefits etc

National Parkinson's Free Helpline: 0808 800 0303

Local Branch Contacts: Chairman, **Barrie Hain:**
01305-814228 or **07456-1969-56**, Hon Sec, **Sandra**
Heaton: 01300-348422 or Newsletter Editor &
dogsbody: **Hilary Morley: 01305-871554**