

USEFUL CONTACTS

National Parkinson's Free Helpline:
0808 800 0303

Local Parkinson's Nurse Specialist,
Hazel Coleman: 01305 254789

Liza Villanueva: Liza will be away until the Spring

Parkinson's Local Advisor for help with
benefits and services:

Lorraine Bilton: 0344 2259828

Dorset Adult Social Care Services:
for self referral for new enquirers
01305 221016

LOCAL BRANCH CONTACTS

Chairman: Barrie Hain (Baz) 07456196956

Hon. Secretary: Jenny Johnson

Hon. Treasurer: Dave Clegg 01305 835108

Carer's Contact: Jane Dare 01305 815173

Events organiser: Peter Dare 01305 815173

Outings: Jan & John Davis 01305 814965

Fund Raising: Linda Hendren 01305 774595

Newsletter: Lynda Clegg 01305 835108
email: lynda.clegg@icloud.com

Group website:

www.weymouthdorchesterparkinsons.org.uk

EVENTS CALENDAR

Monday 10th December - Xmas Dinner
The Hotel Rembrandt, 12 for
12.30pm. 'Tis the season to
be merry! Enjoy!



Friday 14th December
Carer's Support Group meet at the
Rembrandt Hotel on Dorchester Road,
Weymouth at 10.30am. A chat and a cuppa!



HAPPY NEW YEAR



Thursday 3rd Jan
Xmas Panto - Dick Whittington
2pm at Weymouth Pavilion.

Time to have some fun! Oh, yes it is!

Friday 11th January
Carer's Support Group meet at the
Rembrandt Hotel on Dorchester Road,
Weymouth at 10.30am. A chat and a cuppa!

Monday 21st Jan - Weymouth group
A talk and demonstration on First Aid given
by Barrie Hampson of The Red Cross.
Keeping up-to-date with the correct methods
to use is very important!

Friday 25th Jan - Dorchester group
Richard White, a fellow PwP, tells of his
adventures in the Maasai Mara game reserve
in Kenya! and yes, he survived and is here to
tell the tale!

PARKINSON'S NEWS

Weymouth & Dorchester
Branch Newsletter
DEC 2018 - JAN 2019



A new year and a new beginning for both our groups! The room used by the Weymouth group at Bincombe was made smaller and so it became necessary to find a new venue. Upwey & Broadwey Memorial Hall has a car park, plus it is on the number 10 bus route! Please note: the meets are now on the 3rd Monday of the month!

Then we found that Lubbecke Way, where we park for our Dorchester meetings, was going to become a no-parking street. So we then had to look around for a new venue for the Dorchester group! It was all go! We eventually decided that the Dorchester Cricket Pavilion was the best venue. It has a car park plus it is on the number 10 bus route - no we don't have shares in the number 10 bus route!

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Come along and join us!

HELP & CARE - WAYFINDERS

Have you heard of **Help & Care**? They have been working across South-Central England for over 30 years, promoting dignity and **independence** for all people living with a **long-term health condition**, **carers** and those who are isolated and/or housebound. They can speak up on your behalf, offer assistance to manage some **day-to-day activities**, **provide advice** and much more.

If you think that you would benefit from their help and would like to know more, then you can contact them on **0300 111 3303**. They also have a website: **www.helpandcare.org.uk** If you have already been in contact with them, then please do let us know how helpful you found them, so that we can pass on your information to other people.

HO! HO! HO!

A magician gets a job on a cruise ship. He soon realises that there is usually a change of audience every week so he can perform the same tricks over and over again.

Sitting near the stage is the captain's parrot, watching and remembering. Eventually it starts interrupting, calling out "He's hiding it under it under his cloak" or "All the cards are spades", etc and the magician gets really miffed.

Then one day there is a bad accident and the ship sinks. The Magician and the parrot find themselves sharing the same bit of driftwood in the ocean. They don't speak for a couple of days until the parrot says "OK I give up--- What have you done with the ship?"

FUNDRAISERS



Linda & Corinne at the Craft Fair

I didn't know that we had so many excellent **Arty-Crafty people** in our Parkinson's group! What a super display of crafts we had! **£81** was collected!

Well done to all who contributed!

Come and **say hello** as we man the **Xmas Sleigh** for the **Dorchester Rotary Club**.

We will be collecting on the 12th, 14th & 19th December in **South Street**, Dorchester.

Time for some last minute Christmas shopping!



ROTARY CLUB RAFFLE

Please hand your raffle ticket money to Dave Clegg as soon as possible. The **latest date to return** them to Dave is **Sat 8th Dec**. Deliver or post to 4, Maple Close, Preston DT3 6EB

YOGA

Please note: there will be **no yoga** taking place in **December**. **Yoga begins again on Monday 28th January at 2.30pm**.

CHRISTMAS CARDS

The Christmas Dinner is a good time to hand out **Christmas cards** to your friends. This is to let you know, that, like last year, there will be **donation boxes** so that instead of giving Christmas cards, you can give some money. There will be a Christmas card for you to sign to let people know. The money will help our members continue to have activities at a discounted rate.

LOCAL GROUPS

Weymouth group -
2.30pm to 4.00pm.

On the 3rd Monday of the month.
Meetings are held in the Upwey & Broadway Memorial Hall, Victoria Avenue, Upwey, DT3 5NG

Dorchester group -
2.30pm to 4.00pm

On the 4th Friday of the month.
Meetings are held at the Dorchester Cricket Club Pavilion, Weymouth Avenue, Dorchester, DT1 2EN

Parkinson's UK (Reg. Charity 258197)