
USEFUL CONTACTS

National Parkinson's Free Helpline for help with benefits and services:
0808 800 0303

Local Parkinson's Nurse Specialist,
Hazel Coleman: 01305 254789
Liza Villanueva: **Wed & Fri**

Parkinson's Local Advisor: **Mon-Thurs**
Lorraine Bilton: 0344 225 9828
email: lbilton@parkinsons.org.uk

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

Friday 12th April
Carer's Support Group meet at the Rembrandt Hotel on Dorchester Road, Weymouth at 10.30am. A chat and a cuppa!

Monday 15th April - Weymouth group
A social get together! Maybe a quiz or bingo or ? Curious, then come along and join us!

Thur 25th April
Collection at Morrison's, Weymouth

Friday 26th April - Dorchester group
Joining us will be Izabel Carter, explaining how Reflexology can help to alleviate the problems of Parkinson's.

Sat 27th April
Collection at Weymouth Football Ground.

Thur 9th May
Trip to Monkey World -more info on next page.

Friday 10th May
Carer's Support Group - See above

Mon 20th May - Weymouth group
Local historian, Stuart Morris, will be here to tell us about the History of the Weymouth Piers.

Friday 24th May - Dorchester group
A social get-together! Time for tea & chat, plus a game or two!

PARKINSON'S NEWS

Weymouth & Dorchester
Branch Newsletter
APRIL 2019

WORLD PARKINSON'S DAY

THURSDAY 11TH APRIL

RESEARCH

I expect many of you saw the BBC2 programme about the volunteers who took part in the drug trial of GDNF. Very brave people indeed!

Luckily, not all research involves brain surgery. There is one team researching into the burden of breathlessness in people with Parkinson's. Another team is looking to better understand how people with Parkinson's experience anxiety and how they manage it. How to identify early features of Parkinson's. Plus many more!

If you would like to take part, then Google 'Take Part Hub'. This will take you to the Parkinson's Research Support Network web site where you can see which ones still need volunteers.

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

TIME TO START BOOKING!

Thur 9th May - Trip to Monkey World
Always an enjoyable outing. Easy walking, a nice cafe and the monkeys just keep you smiling!

Leaving **Littlemoor car park** at **10.30am**
then **Tesco, Dorch, car park** at **10.45am**.
Leaving **Monkey World** at **3pm**.

Mon 17th June -Goulds Afternoon Tea
2.30pm Who can forget those gorgeous scones! We are always well looked after. So if you haven't been before, do come along. If you have any dietary concerns then we will give you the contact number for Goulds.

From this year, people with **Parkinson's** will be able to go for **free** on the trips, while other members will need to pay **£5 each**.

Jan and John will be taking bookings at the Weymouth and Dorchester meetings, so don't miss out!

UPDATE

Carol & Mike Kendrick's eldest daughter was due to do a **tandem skydive** for our local Parkinson's group and the Pancreatic Cancer charity on Sat 16th March. As the weather was so bad, her jump will now take place in **May**, so you still have a chance to donate!

Go to justgiving.com and search for **Julie Kendrick**. Good luck from all of us Julie!

DORCHESTRA

Dorchester is a local **community orchestra** which consists of local musicians from Dorchester and Weymouth. **Catherine**, one of our members, is the Musical Director. Every year they hold **free concerts** with retiring donations to a charity. On **Sunday May 19th at 4pm**, they have a concert at the **Sunninghill Community Hall**, Culliford Road North, Dorchester DT1 1EB. **Parkinson's** is the charity of choice this time! The programme consists of **20th Century Music** by **British composers**, ranging from Frederic Curzon to incidental music to Harry Potter and the Goblet of Fire, and all things in between. Everyone is most welcome to **come and listen**.

I am certainly looking forward to going!

CALLING ALL YOU QUIZZERS

There is a **quiz** taking place on **Sat 30th March**, starting at **7pm** at the **Dorchester Cricket Club Pavilion**, where we now hold our Dorchester meetings. It is being run by the **New Dimension group** and our very own chairman, **Baz**, is going to be the **Quiz Master!**

Tickets cost **£8** per person, which will include **refreshments**. If you would like to go, then **Baz** will be selling tickets at our meetings.

Best of all, all proceeds will be going to our **local Parkinson's group!**

First question: How can you not go?

CAN YOU HELP, PLEASE?

Our fundraiser, **Linda with an i**, is doing a fabulous job getting collections and table top sales organised! These activities do need **helpers**, so if you could spend an hour or two on the following days, please give Linda a call!

Thur 25th April - collecting at Morrison's Weymouth

Sat 27th April - Weymouth Football Club

Wed 12th June - street collecting in Dorchester

Fri 12th July - Esplanade Table top sale, Weymouth

Fri 30th Aug - Esplanade Table top sale, Weymouth

LOCAL GROUPS

Weymouth group -

2.30pm to 4.00pm.

On the **3rd Monday** of the month.

Meetings are held in the **Upwey & Broadwey 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)