
EVENTS CALENDAR

Mon 24th June - Yoga for Parkinson's
2.30pm - 3.30pm at Upwey & Broadway
Memorial Hall, Upwey, DT3 5NG

Friday 28th June - Dorchester

A member from **AGE UK** is coming along to advise us about **benefits and help** to which we could be entitled. Also **Lion Kevin Brooks** will be giving us a talk about the importance the **'Message in a Bottle'** scheme.

Friday 12th July

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

Mon 15th July - Weymouth

David Levi is coming along to talk about the **Dorset Waste Partnership**. At last, we shall learn exactly which plastic tubs etc can go into our recycle bin!

Mon 22nd July - Yoga for Parkinson's
2.30pm - 3.30pm at Upwey & Broadway
Memorial Hall, Upwey, DT3 5NG

Friday 26th July - Dorchester

Jo Evans reads some more of Pam Ayres poems. **So funny!** Close your eyes and you'd believe it was Pam Ayres herself reading them! We're hoping to have a **cake sale**. Plus **cakes** with our cuppa, as well! All **donations of cakes**, homemade or bought, will be gratefully received!

EVENTS CALENDAR cont

Friday 9th August

Carer's Support Group - as above

Monday 19th August - Summer Panto

2pm - **Pirates of the Pavilion**, Weymouth Pavilion. A fun and happy show! Don't forget - Parkinson's people go free!

Mon 19th Aug - Yoga for Parkinson's

2.30pm - 3.30pm at Upwey & Broadway
Memorial Hall, Upwey, DT3 5NG

Every Tuesday - Parkinson's Dance

3pm - 4.30pm at the Corn Exchange, Dorch

Thursday is Hydro day.

If you're not involved and would like to be, contact **Dave Clegg**, he has all the details.

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 NEWS

Weymouth & Dorchester

Branch Newsletter

JULY 2019

HELP PARKINSON'S RESEARCH



It's a lovely sunny summer's day! Well, it will be soon! Time to invite your friends and family round for **tea and cake** or maybe a **BBQ!** This time, be a bit cheeky and ask for a donation to help with Parkinson's research!

Parkinson's UK are hoping that as many people as possible will take part this summer. You can sign up to receive a free fundraising pack, which is full of ideas and branded materials like bunting, invitations, wristbands, posters, to make your summer fundraiser a huge success! Go to parkinsons.org.uk/gardengathering to find out more.

Don't forget, our group is always in need of help with our own fundraising!

Contact **Linda Hendren** for more information.

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

WOULD YOU LIKE TO HELP WITH THE RUNNING OF OUR BRANCH?

Do you like being part of a group?

Do you have ideas that would help with the running of a group?

If yes, then why not come along to our committee meetings! There are various roles with which you can help! **Fresh ideas are always welcome!**

If you would like to find out more, then please contact our chairman, **Baz**, who will be pleased to help you decide.

GET IT ON TIME

This is an important campaign Parkinson's UK are pushing forward so please have a look at the link below & share any information you can about it, especially the survey.



1. Freedom of Information requests. Parkinson's UK have asked medical establishments about the medication management of people with Parkinson's in hospitals. They hope to build a picture of the medication issues faced by people living with Parkinson's when admitted to hospitals.

2. Surveying people on medication in hospitals: Parkinson's UK currently have a live survey on medication management in hospitals, the link is here: <https://www.parkinsons.org.uk/get-involved/get-it-time>

DATES FOR YOUR DIARY

Wednesday 11th Sept

12.30pm to 4pm

A Fish & Chip lunch

followed by bingo at Upwey & Broadway Memorial Hall.

£3 for non-Parkinson's people.



Monday 9th Dec - Xmas dinner

12pm for 12.30pm at Rembrandt, Wey.

£10 for non-Parkinson's people.

Bookings will begin in September.

COLLECTIONS

Many thanks go to:

Catherine Oakley & Dorchestra and to

The Scottish Dancing Group who in total have given us a donation of £775.26 for our branch and for research.

SO LONG, FAREWELL



So long, farewell,
Auf Wiedersehen, Adieu,
Adieu, Adieu, To you and you and you!



Thank you for taking the time to read my newsletters over the last few years. and your kind comments. The time has come for someone else to take the helm.

As always, there is no newsletter for August. To **keep up-to-date**, make sure that you visit the **branch's website** or come along to our **meetings!**

USEFUL CONTACTS

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

Local Parkinson's Nurse Specialists,
Hazel Coleman & Liza Rowley
tel: 01305 254789

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
tel: 01305 221016

AGE UK help for older people:
tel: 01305 269444

LOCAL BRANCH CONTACTS

Chairman: Barrie Hain (Baz) 07456196956
Hon. Secretary: Mark Vagg
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:

Group website:

www.weymouthdorchesterparkinsons.org.uk

Parkinson's UK (Reg. Charity 258197)