
EVENTS CALENDAR

Friday 14th June

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

Mon 17th June - Afternoon Tea

Goulds Garden Centre, Littlemoor Road

The time is **2pm** for a **2.30pm** sit down, when a nice treat of sandwiches, scones and petite fours will be waiting for us!

Please note: the last day for booking this outing is **Friday 24th May**.

Mon 24th June - Yoga for Parkinson's

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

Friday 28th June - Dorchester

Kevin Brooks will be giving us a talk about the **'Message in a Bottle'**. Kevin is a local **Lion** so I'm sure that he will be roaring well!

Friday 12th July

Carer's Support Group - see above

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

EVENTS CALENDAR cont

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 **cakes** and **sandwiches** with our cuppa, too!

Monday 19th August - Summer Panto

2pm - Pirates of the Pavilion, Weymouth Pavilion. A fun and happy show!

Every Tuesday - Parkinson's Dance

3pm - 4.30pm at the **Corn Exchange, Dorchester**

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

JUNE 2019

OUR MONKEY WORLD TRIP



We had an excellent outing to **Monkey World!** The weather stayed kind to us. After we dived out of the way, as some of our group got to grips with their mobility scooters, we were taken on an interesting tour by **Annie**, the Head of their Education Department, who told us all about the history and rehabilitation of various animals. It was soon time for refreshments! We headed back to the cafe, where **Dr Alison Cronin MBE** took time out to come over and chat to us, which made our outing even more special!

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

REFLEXOLOGY



Last month we had **Izabel Carter** come along and show us how reflexology can help relieve **anxiety, stress** etc in Parkinson's. Her mother-in-law has Parkinson's and so Izabel has managed to find out which moves can help Parkinson's

people the best! I thought reflexology was all to do with foot massage. Not so! Here is **Izabel** doing a facial massage on **Janet**. Just watching her had me nodding off!

If you would like to try this '**Reflexology for Health**', then you can contact Izabel by phone or email:

07912 951 763

izabelkcarter@gmail.com

www.izabelcarter.com

MEDICAL STAFF NEWS

Liza Villanueva, who has been one of our **Parkinson's nurses** for many years now, is leaving to take up a new role as nurse practitioner in the Bridport Community Hospital. We thank her for all her help and wish her all the best for the future!

Dr Ralph Gregory will be returning to work on 3rd June and will again be working with Parkinson's patients.

COLLECTIONS

A busy time for collections!

Thank you to those who helped with the **Morrison's** collection, **Linda's garage sale** and at **Weymouth football ground!**

A grand total of **£1155.56!**

A special **thank you** must go to **Helen Honeybon** who must have known everyone at the football ground to have collected so much for us!



We have more collections in the pipeline:

Wed 12th June - Street & Market, Dorchester

Fri 12th July - Esplanade Table top sale, Weymouth

Fri 30th Aug - Esplanade Table top sale, Weymouth

Wed 11th Sep - Street & Market, Dorchester



If you think that you would like to help, then please contact **Linda Hendren**

SUMMER PANTO

Mon 19th Aug at 2pm

Jan & John are ready to take your bookings to see **Pirates of the Pavilion!** Always a good laugh! We also have one wheelchair place.

Free for PwP, £5 for other members.

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

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

AGE UK help for older people:

01305 269444

website: ageuk.org.uk

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: Lynda Clegg 01305 835108

email: lynda.clegg@icloud.com

Group website:

www.weymouthdorchesterparkinsons.org.uk