
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: Liza will be away until the Spring

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 8th March

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

Monday 18th March - Weymouth group

Our AGM has arrived! How is our group doing? Are you happy with the committee members? Come and have your say about things! As it is the day after St Patrick's Day, we thought that we'd have an Irish theme! Irish music etc. To be sure, if you could wear something green, that would add to the atmosphere!



Friday 22nd Mar - Dorchester group

James Bayliss has organised a puzzle afternoon for us. He is an artist who can actually paint optical illusional pictures! Mind boggling!

Friday 12th April

Carer's Support Group - See above

Monday 15th April - Weymouth group

A nice social get together! Maybe a quiz or bingo could be the order of the day!

Friday 26th April - Dorchester group

Come and relax with friends after a hectic Easter!

PARKINSON'S NEWS

Weymouth & Dorchester
Branch Newsletter
MARCH 2019

OUR NEW VENUES



Everyone was more than happy with our new venues! Here we all are at the Upwey & Broadwey Memorial Hall busily filling in the Red Cross question sheet!

Before the speaker begins, we have time for a cup of tea or coffee, biscuits/cake (all for free) and a chat!

There is a display board containing useful information. There are also the pamphlets from Parkinson's UK which you can freely take away, instead of having to contact Parkinson's UK for them!

We round the afternoon off with a raffle - and yes, I have won sometimes - then make our way home, looking forward to our next get-together!

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

INFORMATION FROM LORRAINE BILTON

Lorraine is the Parkinson's Local Advisor for West Dorset, East Devon, South Somerset and Exeter. She has asked me to include the following information so that you know whether to call her or the Parkinson's UK Helpline:

"50 people a day in the UK are now diagnosed with PD meaning that our capacity has not changed, but more people need to access our service. To try to manage the demand upon my service I have initiated the following:

I am asking people to call our national helpline 0808 800 0303 for advice about benefits such as attendance allowance, carers allowance, VAT relief for goods and holiday insurance, booklets, information and simple general enquiries. This will allow me maximum capacity to assist with the following more complex issues:

Newly Diagnosed PWP and carers/families

Employment queries and the financial implications.

Hospital admissions - information, rights about medication, linking with your PNS etc.

Hospital discharge process - rehab, self-funded patients returning home etc

Carer support and information - services, resources, respite, care, emotional support, funding issues

Information - services, resources, respite, care, emotional support, funding issues etc

Client support and information - symptoms, services, resources, care queries, emotional support, funding issues, housing, aids, adaptations etc

Power of attorney - information, process, costs etc

Care needs - agencies, standards, Care Quality Commission, CHC funding, costs etc

Care assessments - process, information and support.

Family support- information, emotional support, symptoms and resources etc."

WAYS TO SUPPORT PARKINSON'S

There are many different ways in which you and your family can help to support Parkinson's! Taking part in a **fundraising activity** can help Parkinson's UK and make you feel special at the same time!

On **Sunday 7 April**, the more energetic of you can **Abseil** down **Canonteign Falls** in Dartmoor.

To find out more, email: parkinsons.org.uk/canonteign19

On **Sunday 14 July**, there is a walk around **Wilton House** in Wiltshire. This can be as leisurely as you want! To find out more, email: parkinsons.org.uk/walkin2019

On **Saturday 16th March**, weather permitting, **Carol & Mike Kendrick's eldest daughter** is doing a **tandem skydive** for our local Parkinson's group and the Pancreatic Cancer charity. A **BIG** good luck and well done to her! By the way, **donations** always help to spur on participants!

YOGA

Our **Yoga** classes take place at the **Upwey & Broadway Memorial Hall**, Upwey, on the



4th Monday of the month. As you can see by the photo, you can be **seated** or if able, you can **stand** to do the movements, whichever is the most comfortable for you personally. You come away from the class feeling **more relaxed** and yet with **more energy**.

You're welcome just to turn up or for more information, contact **Linda Hendren**

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)