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## EVENTS CALENDAR

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**Mon 29th April - Yoga**  
2.30pm - 3.30pm at Upwey & Broadway Memorial Hall, Upwey, DT3 5NG

**Friday 10th May**  
Carer's Support Group meet at the Rembrandt Hotel on Dorchester Road, Weymouth at 10.30am. A chat and a cuppa!

**Thur 16th May - Monkey World**  
Dr Alison Cronin MBE hopes to give us an update on her work in Vietnam and Annie, Head of their Education Dept, will be giving us a tour around the Park!  
Leaving Littlemoor car park at 10.15am then Tesco, Dorch, car park at 10.30am. Leaving Monkey World at 3pm.

**Sunday 19th May - Dorchestra**  
Taking place at 4pm a free concert of 20th century Music by British composers at the Sunninghill Community Hall, Culliford Road North, Dorchester DT1 1EB.  
Donations to Parkinson's.

**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**  
Time for a quiz, so come along all you quizzers and put your quizzing hats on! I'm sure there will be a prize or two as well!

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## EVENTS CALENDAR cont

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**Mon 29th May - Yoga -Change of date!**  
2.30pm - 3.30pm at Upwey & Broadway Memorial Hall, Upwey, DT3 5NG

**Friday 14th June**  
Carer's Support Group - see above

**Mon 17th June -Goulds Afternoon Tea**  
Arrive at 2.30pm for a nice treat of sandwiches, scones and petite fours!

**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!

**Every Tuesday - Parkinson's Dance**  
3pm - 4.30pm at the Corn Exchange, Dorch.

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## LOCAL BRANCH CONTACTS

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**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](mailto:lynda.clegg@icloud.com)

**Group website:**  
[www.weymouthdorchesterparkinsons.org.uk](http://www.weymouthdorchesterparkinsons.org.uk)

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## PARKINSON'S NEWS

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Weymouth & Dorchester  
Branch Newsletter  
MAY 2019

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### OFF ON A NEW ADVENTURE

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Hilary has been part of our local club for the best part of 32years! In fact, Hilary joined in 1987!

Not one to sit on the sidelines, Hilary's first position was that of convener.

In Sept 1989, the Weymouth & Dorchester Parkinson's Group was inaugurated and that's when Hilary became the group's secretary. Since then, Hilary has also been the Welfare Officer, the Newsletter Editor and Speaker.

If we needed to know about something, then you just had to ask Hilary! She is a mine of information! What shall we do without her!

We wish her all the best and hope she enjoys her well earned rest! To be honest, I'm sure that she will still be busy doing something!



Thank you, Hilary

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

## AGM UPDATE



Emma, Baz and Dave

Last month was our AGM. We were lucky to have our Area Manager, **Emma Cooper**, come to visit and to give us a talk about Parkinson's UK and the latest research.

The election of officers took place with just one change. Sadly, due to family commitments, our secretary **Jenny Johnson** has had to step down. Our thanks go to **Mark Vagg**, who has kindly taken on the role! The afternoon finished with an Irish themed quiz and a tea of sandwiches, sausages, nibbles and cakes.

After **Guinness sausages** and a truly delicious **Guinness cake**, we all staggered home happily! Thank you to everyone who supplied the delicious Afternoon Tea!

## DR RALPH GREGORY

At the end of April, **Dr Ralph Gregory** will be away for a month. Afterwards, he will be returning to work and continuing with his Parkinson's patients. In the meantime, **Dr Luke Massey** will be dealing with everything.

## COLLECTIONS

Our collection at **ASDA** went very well, though I didn't realise how chilly the foyer could be! **Many thanks** to all our helpers! Our fundraiser, **Linda**, did a garage sale during Parkinson's Week.

A grand total of **£423.49** was raised for our club!



**Future collections are Janet and Bill Sun 16th June - Walk for Parkinson's**

Bournemouth Sea Front starting at **10am**  
A 2mile, 3.5mile or a 7.5mile walk.

Visit [parkinsons.org.uk](http://parkinsons.org.uk) for more information.  
**:Fri 12th July - Esplanade Table top sale, Weymouth**

**Fri 30th Aug - Esplanade Table top sale, Weymouth**

**Wed 11th Sep - Street & Market, Dorchester**

## LORRAINE BILTON

Our best wishes go to **Lorraine Bilton**, who has recently had a car accident. She will be **unable to make home visits** until June at the earliest, but Lorraine will be able to take **phone calls** from people needing **emotional support** and **information** about life with Parkinson's. We all hope you make a **speedy recovery**, Lorraine!

## 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](mailto:lbilton@parkinsons.org.uk)

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

## 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 \(Reg. Charity 258197\)](http://Parkinson's UK (Reg. Charity 258197))