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## THANK YOU, JULIE

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Carol & Mike Kendrick's daughter, **Julie**, has just presented us with a cheque for **£1000!** Amazing! She bravely took on a Skydive and donated the money collected to Parkinson's and Cancer - yes, she actually raised £2000 in total!  
**Thank you so much, Julie!**

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## ABILITY NET

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For those of you who couldn't make it to our September Dorchester meet, we thought that we ought to let you know about **Ability Net**.

This is an organisation that provides free computer support to older people and disabled people of all ages in the comfort of your own home.

To see how they could help you, you can call them free on **0800269545** or visit their website [www.abilitynet.org.uk/at-home](http://www.abilitynet.org.uk/at-home)

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## IT'S PANTO TIME!

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This year the Weymouth Pavilion Christmas Pantomime is **Cinderella**. If you would like to join us, it will cost just **£5!** Make sure you see **Jan & John** at one of our meetings, who can tell you all the details of **date & time** and book you in!  
Oh yes they can!

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## USEFUL CONTACTS

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**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](mailto: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  
website: [ageuk.org.uk](http://ageuk.org.uk)

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## LOCAL BRANCH CONTACTS

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**Chairman:** Barrie Hain (Baz) 07456196956  
**Hon. Secretary:**  
**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:**  
**Newsletter:** Dave Clegg 01305 835108

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

[Parkinson's UK \(Reg. Charity 258197\)](http://www.parkinsons.org.uk)

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## PARKINSON'S NEWS

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Weymouth & Dorchester  
Branch Newsletter  
OCT - DEC 2019

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## EVENTS CALENDAR

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**Monday 21st Oct - Weymouth**  
**Godfrey Williams** is giving a talk about the Portland Lighthouse - the one with only one red stripe!

**Friday 25th Oct - Dorchester**  
**Annie** from **Monkey World** will be giving us a talk about the rescued apes. Some interesting stories to be told!

**Friday 15th November**  
**Ottery St Mary trip.**  
A chance to do your Christmas shopping!  
Pick up Littlemoor 10.30am  
Tesco, Dorch 10.45am  
Leaving Ottery St Mary at 3pm

**Monday 18th Nov - Weymouth**  
**Dr Luke Massey**, who is the main Parkinson's consultant at DCH, will be talking about the latest treatments for Parkinson's.

**Friday 22nd Nov - Dorchester**  
Is it a Quiz or is it Bingo? A fun time to be had by all!

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## EVENTS CALENDAR cont

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**Monday 9th Dec - Xmas dinner**  
12pm for 12.30pm at Rembrandt,  
Weymouth  
**£10 for non-Parkinson's people.**  
**Jan & John** are taking your  
bookings now!



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

**Yoga for Parkinson's - 4th Mon of month**  
2.30pm - 3.30pm at **Upwey & Broadway**

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## XMAS RAFFLE

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Please find enclosed some **Christmas Draw raffle tickets**. The raffle is run by the **Dorchester Casterbridge Rotary Club** and they donate a percentage of the taking to Parkinson's. Therefore, the more we can sell, then the better it is for Parkinson's!

Please return the stubs and a cheque for the money collected by **Sat 7th Dec** to **Dave Clegg** who will then pass everything on to the Rotary Club.

The cheque needs to be made payable to **The Dorchester Casterbridge Rotary Club**.  
Dave's address: 4, Maple Close, Preston,  
Weymouth DT3 6EB

Many thanks and good luck!

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## HELP WITH NEW RESEARCH

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On Radio 4 there is an Inside Health programme. On 23rd July the episode was about a liquid probiotic called Symprove. This probiotic has been shown to survive the acid of the stomach and get through to the bowel. A neurologist heard anecdotal reports from his patients of its beneficial effects. He has subsequently got a trial going with Parkinson's UK, and is looking for participants.

The downside is that it's expensive, £158 for 3 months supply! Interestingly, it links in to the latest theories that Parkinson's development is somehow connected to the gut.

The Symprove website is informative, but as it's classed as a food supplement, they can't even have a link to the various bits of research they're involved in. Nor is it available on prescription. This sounds like a good reason to be part of the trial!

The link to the Radio 4 programme is <https://www.bbc.co.uk/sounds/play/m0006zvs>

To find out about the product Symprove, go to [symprove.com](http://symprove.com)



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

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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!**  
Would you like to help with **fundraising** or try your hand at producing **the newsletter**?

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

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## LOCAL GROUPS

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