

CHOIR

Marion Tait has offered to start a singing group. It's well known that singing can improve your speech problems. A few people have shown interest but not enough to start a group yet. It will probably be held at St Francis Church, Littlemoor. So if you want to try it, call Baz on 01305 852431.



New Network Support Officer

Clare Ambrose has taken over from Jane Henderson as the Network Support Officer for Dorset. She also covers Hampshire, Oxfordshire, Berkshire, Buckinghamshire & West Sussex. That's a large area to cover so be gentle with her!

PARKINSONS DANCE VIDEO

Aimee Hobbs has an online video for you to get some exercise during Lockdown. It's chair based so suitable for anyone

<https://www.pdsw.org.uk/news/day-5-parkinsons-awareness-week-parkinsons-dance-class/>

YOGA DORCHESTER

A poster for 'Yoga for Parkinsons' in Dorchester. The background is a large, intricate white mandala on an orange background. In the center of the mandala is a silhouette of a person in a yoga pose (Padmasana). The text 'DORCHESTER YOGA & THERAPY CENTRE' is in a pink circle in the top left. The main title 'YOGA FOR PARKINSONS' is in large, bold, orange letters. Below it, in smaller black text, is 'With Sharon Cox-Button Qualified BWY Teacher and Yoga Therapist'. At the bottom left, in a dark orange box, it says 'THURSDAY MORNINGS 9.15-10.15AM £9 PER CLASS'. At the bottom right, in a white box, it says 'THIS IS A SMALL SUPPORTIVE CLASS, PLEASE RING OR EMAIL IF YOU WOULD LIKE MORE INFORMATION OR WOULD LIKE TO JOIN THE CLASS. 07742821937 scoxbutton@gmail.com www.dorchester-yoga.co.uk Dorchester Yoga and Therapy Centre 14 Trinity Street, Dorchester, DT1 1TU'.

There is a Yoga for Parkinsons in Dorchester every Thursday 9:15am for an hour. Ring 07742 821937 or email scoxbutton@gmail.com for more info.

PARKINSON'S NEWS

Weymouth & Dorchester Branch
Newsletter
Apr-May 2020

BRANCH COMMITTEE

As I hope you know already, the AGM was cancelled owing to Lockdown precipitated by the Coronavirus disaster. This left us effectively in no mans land, the old committee eager to retire and the new committee unsure what to do. Head Office have decided that where branch AGMs were cancelled, there is no need to rearrange them. The new committee will take over as of the date the AGM was originally booked and all the reports that would have been presented at that AGM will be published to all our members. These documents have been posted on our branch website as the cost of printing and postage would be prohibitive. Everyone with a laptop or ipad or a modern phone should be able to view them. If anyone has a problem with this, let me know

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BRANCH COMMITTEE contd

(Continued from page 1)

and I'll arrange a copy to be sent to you. Goto:-

www.weymouthdorchesterparkinsons.org.uk/news/news.html

and follow the clicks.

The new committee is:-

Jennifer Herridge - Chairman

Jim Bayliss - Secretary

Dave Clegg - Treasurer

Jo Galley

Simon Meyers

Jill Osborne

Pat Pollard

If you have any comment about this procedure, send me an email or phone me. We shall allocate some time at the first branch meeting to discuss this if required.

LOCAL BRANCH MEETING PLACES

Weymouth Group -

3rd Monday of the month

2.30pm to 4pm, held in the **Upwey**

& Broadway Memorial Hall,

Victoria Avenue DT3 5NG

GROUP MEETINGS

All our planned meetings have been cancelled owing to the coronavirus, including the AGM. However the date of the AGM is significant as the new committee takeover from that date.

Mon Mar 16th - Wey AGM moved from Dorchester. Cancelled and not to be rescheduled in 2020. See page 1

Mon Jun 15th - Wey Tea and Cakes at Goulds, 2:30 for 3pm start, PwPs go free, £5 all others, paid in advance. We've kept this event open in the hope Lockdown will be over by then.

Talk by Ali Khattab about his research will be rescheduled as soon as we can.

Regular Meetings (not during Lockdown)

Every Tuesday - Parkinson's Dance
3pm to 4.30pm at the Dorchester Corn Exchange. Just turn up and have a go.

Every Thursday - Yoga for Parkinson's
9:15 to 10:15 see over. Ring 07742 821937 or email scoxbutton@gmail.com for more info.

Every 2nd Friday - Carers Meeting
10:30 to 12 noon at Rembrandt Hotel

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: Jennifer Herridge 01305 833122

Secretary: Jim Bayliss 01305 457505

Treasurer: Dave Clegg 01305 835108

Carer's Contact:

Events:

Outings:

Fund Raising:

Newsletter: Dave Clegg 01305 835108

Branch Website:

weymouthdorchesterparkinsons.org.uk

PARKINSON'S^{UK}
CHANGE ATTITUDES.
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