

GROUP ACTIVITIES

Meetings organised by Parkinson's UK Head Office and by your committee, are being held on-line using Zoom as face to face meetings are still not allowed.

With the expected August 31st revision of the rules regarding meetings looming, it has become apparent that we need to know members wishes regarding what activities they would like to join and whether members will feel able to attend 'in person' meetings when we are allowed to organise them.

We therefore ask you to use the local branch contacts listed in this newsletter to let us know the following:-

1—If the rules allow, would you now feel able to join an 'in person' meeting or would you rather avoid such contact with others for the time being.

2—Which of the undermentioned activities would you attend or find of interest. Please also let us know if there are any other activities that would interest you that are not listed here:-

Regular branch meetings at Upwey with speakers, quizzes etc,

Smaller meetings, possibly in each others gardens,

On-line meetings,

Coach trips (day outings),

Participation in research (see article elsewhere in this newsletter),

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

Urgent Vacancy

On top of his other responsibilities, Dave Clegg is still having to be Acting Chairman and if we cannot fill this post the future of the group is in jeopardy.

Please think about volunteering for this position or canvassing any suitable friends who could fill this post.

Also, there are other vacancies on the committee and if you feel being Chairman is too much then please offer your services for other roles.

Parkinsons UK VIDEOS

Time to spare, watch the latest videos from Parkinson's UK

<https://www.youtube.com/user/parkinsonsUK/videos>

PARKINSON'S NEWS

Weymouth & Dorchester
Branch Newsletter August 2020

LOCAL BRANCH CONTACTS

Chairman:

Secretary: Jim Bayliss 01305 457505

Treasurer: Dave Clegg 01305 835108

Carer's Contact:

Events: Jo Galley 01305 853312

Outings: Pat Pollard 01305 264471

Fund Raising:

Newsletter: Jim Bayliss 01305 457505

Branch Website:

weymouthdorchesterparkinsons.org.uk

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

REGULAR MEETINGS (when Lockdown ends)

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 10am to 11am. Ring 07742 821937 or email scobutton@gmail.com for more info.

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

Parkinson's Research

You can go to the website to find the latest information:-

<https://www.parkinsons.org.uk/research>.

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

New investments announced for Parkinson's research

We're [investing a further £1 million](#) through our Virtual Biotech to drive forward drugs that target energy-producing mitochondria to slow the loss of brain cells in Parkinson's.

Last week also saw the announcement of the major pharmaceutical company Biogen stepping up to [invest \\$1 billion for gene-based drugs](#) for Parkinson's.



Parkinson's Research (continued)

Research into the causes of Parkinson's, treatments and cures has been ongoing throughout the Covid-19 crisis and face-to-face research is now restarting as well. Volunteers are needed to progress this research in the two following fields.

1—A Phase 3 trial investigating a treatment to help with sudden blood pressure changes which can lead to dizziness and falls. Follow the link below for more information.

<https://medium.com/parkinsons-uk/investigating-a-new-treatment-for-sudden-drops-in-blood-pressure-32ba31f05ff5>

2—Improving trials through a series of questionnaires. The researchers need people with Parkinson's and partners of people with Parkinson's to complete five 30 minute questionnaires over a 6 month period to find the best way to test new treatments that may slow the progress of Parkinson's.

If you wish to take part please phone Marie-Louise Zessler on 01752 583232 before 31st August or email her on

pdmams@plymouth.ac.uk

Help Needed?

Do you know anyone who has Parkinson's who is not a member of the Weymouth and Dorchester Group who would benefit from becoming a member? Let us know and we will contact them to see if we can help them in any way.

Morrison's

You probably already know about the government initiative for pubs and restaurants offering half price meals (up to £10) on Mondays to Wednesdays in August. Morrisons café have gone one step further extending the offer to all weekdays.

More GROUP ACTIVITIES

One of the Dorset Groups uses texting as a means of maintaining contact with members who do not have on-line facilities.

Do you have a mobile phone? If you do, would you be willing to be contacted by text? Many members do not have on-line facilities but may have mobile phones and could get news from the group by text.

If you would be happy with an arrangement of this sort please advise us by contacting any of the committee members listed in this newsletter and we will see what can be set up.