

## XMAS RAFFLE

The draw for the raffle is Friday 20th December so I need your ticket stubs and money by Saturday 14th please.

Cheques payable to Dorchester Casterbridge Rotary Club and posted or delivered to 4 Maple Close, DT3 6EB.

We get all the money back plus a percentage so please support this.

## CHOIR

Marion Tait has offered to start a singing group. It's well known that singing can improve your speech problems. Before we start, we would like to know how many would be interested. If you want to try it, call Baz to find out more.

## FORUMS

For those of you with access to the "interweb", there are sites called Forums which anyone can use. You sign in and then can

## FORUMS contd

converse with other people with Parkinsons. You can read lots of useful information and pose your own questions. There are two worth looking at:-

[www.myparkinsonsteam.com](http://www.myparkinsonsteam.com) which is international so you can speak to Americans and British.

Parkinsons UK also has:-

[forum.parkinsons.org.uk/](http://forum.parkinsons.org.uk/) which is subject based. You can search for example on Research to find the current trials and their progress and maybe join the trial or donate towards the cost.

## MERRY XMAS



## PARKINSON'S NEWS

Weymouth & Dorchester Branch  
Newsletter  
Jan 2020

## BRANCH CRISIS

Grave news, this branch is on the verge of extinction.

Head Office have insisted that the committee abide by a little known rule that limits the time spent on committee to six years. Little known and till now little used rule since some members have been on committee for 10 years or more.

This means nearly all the committee members have to stand down at the AGM in March. If we can't fill the roles by then this branch will be shutdown and we will have to start again as two support groups or maybe cafés. We will lose all the money so no more

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## BRANCH CRISIS contd

subsidised trips or dinners, no more fund raising nor newsletters. This could be my first and only newsletter.

We urgently need members to step up and join us now so they can learn the ropes by March. It does not take up much time, maybe two hours a week depending on the job. Head Office have already found a candidate for treasurer and possibly a chairman. If you are interested, please talk to Baz or Dave Clegg.

## LOCAL GROUPS

**Weymouth Group** meeting-  
**3rd Monday** of the month  
2.30pm to 4pm, held in the **Upwey & Broadway Memorial Hall**, Victoria Avenue **DT3 5NG**  
**Dorchester Group** meeting -  
**4th Friday** of the month  
2.30pm to 4pm held at **Dorchester Cricket Club Pavilion**, Weymouth Avenue, **DT1 2EN**

## GROUP MEETINGS

**Monday 20th Jan - Weymouth**  
Annie from Monkey World is back with more monkey business.

**Friday 24th Jan - Dorchester**  
TBA

**Monday Feb 17th - Weymouth**  
TBA

**Friday Feb 28th - Dorchester**  
Brian Bates - Tales from Dorset County Prison, some humorous, some macabre!

**Monday Mar 16th - Weymouth**  
TBA

**Friday Mar 27th - Dorchester AGM**  
will this be the last? turn up to find out and support our branch.

Further meetings cannot be booked until we know the future of the branch.

**Every Tuesday - Parkinson's Dance**  
3pm to 4.30pm at the Dorchester Corn Exchange  
**4th Monday each month - Yoga for Parkinson's** 2.30pm to 3.30pm at Upwey & Broadway Memorial Hall

## 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](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

## LOCAL BRANCH CONTACTS

**Chairman:** Barrie Hain (Baz) 07456196956

**Secretary:**

**Treasurer:** Dave Clegg 01305 835108

**Carer's Contact:** Jane Dare 01305 815173

**Events:** Peter Dare 01305 815173

**Outings:** Jan & John Davis 01305 814965

**Fund Raising:**

**Newsletter:** Dave Clegg 01305 835108

**Website:**

[weymouthdorchesterparkinsons.org.uk](http://weymouthdorchesterparkinsons.org.uk)

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