

GROUP MEETINGS

Our planned meetings on the third Monday of each month at Upwey memorial Hall have been cancelled during lockdown. However, news is expected by the end of August regarding the potential resumption of face to face meetings.

Mon July 13th - Committee meeting.

Your committee has been holding virtual meetings on-line, using Zoom, on the second Monday of each month. So things are still going on in the background (albeit at a fairly low key) although they may not be generally visible to the wider membership.

The meeting planned for **Mon Jun 15th - Wey Tea and Cakes at Goulds**, 2:30 for 3pm start, PwPs go free, £5 all others, paid in advance had to be cancelled due to Lockdown. It is hoped that this event will be able to go ahead later in the year, possibly in September. The talk on Estate planning held instead was obviously of no interest as it had only one attendee—your Acting Chairman.

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

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

In spite of canvassing the membership in the last newsletter we unfortunately still do not have a Chairman for the group. Please think about volunteering for this post and contact any committee member to do so. There are other vacancies on the committee and if you feel being Chairman is too much for you or your spouse then please offer your services for other roles.

Parkinson's Research

Research has not been stopped by Covid-19 and researchers are looking for more volunteers, those with and without Parkinson's, to assist them by completing questionnaires etc. If you feel able to help then have a look at the website. <https://www.parkinsons.org.uk/research>.

PARKINSON'S NEWS

Weymouth & Dorchester

Branch Newsletter July 2020

LOCAL BRANCH CONTACTS

Chairman:

Secretary: Jim Bayliss 01305 457505

Treasurer: Dave Clegg 01305 835108

Carer's Contact:

Events: Jo Galley

Outings: Pat Pollard

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 & Broadwey 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

News Bites

If you have internet access you may have already seen this new feature on the Group website (see front page). If not you can see a selection here.

New Book

Sue Wylie is starting to make a new piece of writing, and would like to hear about people's experiences with Parkinson's, any anecdotes they may have etc. They can be funny, outrageous or sad. This invite extends to the caregivers who are often overlooked. She would love to hear from them too. This is to stimulate ideas with no promise of inclusion. Please send any submissions to suewylie61@gmail.com

Carers

Where would we be without the army of carers, friends, spouses and loved ones who give support with little or no reward other than the satisfaction of being useful.

There are several organisations who can help with chat, guidance, etc and even discount schemes for carers.

To register as a carer in Dorset call 0800 368 8349.

There is a national organisation 'Carers UK' based at 20 Great Dover Street, London SE1 4LX, tel 020 7378 4999. They have a website packed with useful information — carersuk.org/home

News Bites continued

Also, most, if not all Doctors surgeries have a carers contact who can point you in the right direction for guidance regarding everything from worries to grants and help with form filling.

Dance for Parkinson's

While there can be no group get togethers with Parkinson's Dance until lockdown ends there is a wealth of activity online from tea time chats to led dance routines for various levels of ability. The links below take you to the online classes that can be paused, rewind etc so you can take them at whatever pace suits you.

<https://www.pdsw.org.uk/online-content/online-class-parkinsons-dance/>

<https://danceforparkinsons.org/resources/dance-at-home>

<https://www.scottishballet.co.uk/articles/digital-sb-health-classes>

<https://www.ballet.org.uk/onscreen/ballet-class-limited-mobility/>

<https://www.youtube.com/playlist?list=PLwJQNhoixSYNu61r5PPXR0qgFyzkq9lmm>

SELF REFERRAL

People with Parkinson's are now included in the 'extremely vulnerable group' in the NHS Volunteer Responders scheme.

This means they can self-refer into this service (in England) for help with things such as shopping, transport to hospital and befriending. Parkinson's UK is also an 'approved referrer', so our Helpline and advisers can refer people into the service, too.

Please share this update with your Parkinson's networks - as it's such a vital helpline for people who are struggling with practical things or loneliness.

Check out the NHS Volunteer Responders [website](#) for more info!

KINETICS FILM

Sue Wylie's film Kinetics is now free online during Lockdown

<https://vimeo.com/248010160>

Parkinsons UK VIDEOS

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

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

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