

GROUP MEETINGS

All our planned meetings have been cancelled owing to the coronavirus.

Mon Mar 16th - Wey AGM.

Cancelled and not to be rescheduled in 2020.

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
10am to 11am. 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:

Secretary: Jim Bayliss 01305 457505

Treasurer: Dave Clegg 01305 835108

Carer's Contact:

Events: Jo Galley

Outings: Pat Pollard

Fund Raising:

Newsletter: Dave Clegg 01305 835108

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

PARKINSON'S NEWS

Weymouth & Dorchester Branch

Newsletter

May 2020

EMAIL

An important message from our secretary Jim Bayliss:-

In these tricky times, face to face communication has become difficult, not to say impossible. To stay in touch, many of us have been turning to various electronic forms of communication using our telephones, tablets and computers. For example, your committee has been having virtual meetings using the Zoom facility which allows video conferencing for up to 100 people and is free and very easy to use on a smart 'phone, tablet or computer. Also, as most of you will be aware, the cost of using ordinary mail - for example to distribute the newsletter has become prohibitive when large numbers are involved. The Weymouth and Dorchester Branch has some 145 members, an obvious large number!

While we are unable to hold Branch meetings, we are obviously unable to distribute the newsletter by hand leaving only the options of using mail or e-mail to get the letter to you.

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However, to date, only about one third of members have agreed to allow communication by e-mail which still leaves a large number needing to be sent by costly ordinary mail.

In an effort to be more efficient and to save money would you **please reply to this letter by emailing Dave Clegg if you agree to receive newsletters by email.** His email address is daveclegg49@gmail.com If you have any queries you can email me on jimbay930@gmail.com or telephone me on 01305 457505.

You will also be aware that there has been something of a crisis in membership of your committee. Most of the original committee had served for more than the six-year term allowed by Head Office and were forced to resign. While a number of new people have volunteered to come onto the committee, we need a few more volunteers, particularly as the new Chairman had to resign for personal reasons.

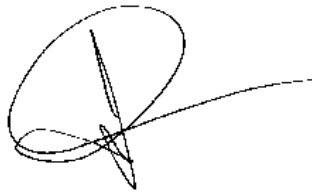
In the meantime, Dave Clegg has agreed to be Acting Chairman as well as Treasurer and membership Secretary while other committee members have taken on additional tasks to fill the gaps. In order to keep the Branch in operation we need your help. As well as giving or denying us permission to use your email, please also volunteer to join your

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committee. We need committee members, who may be members or member's partners, who would be willing to take on some of the smaller jobs, requiring not a lot of time or effort, as well as members who would merely serve on the committee and give the benefit of their life experience. Of course, it would also be brilliant if a member or a member's partner would volunteer to be Chairman!

If you do agree to serve on the committee you will be contacted by a committee member so you can talk through what may be expected of you and be invited to the next meeting.

Please do reply whatever your answers are.



Jim Bayliss, Secretary, Weymouth and Dorchester Branch

Please include the following information in your email reply: -

- Your name
- A note saying you are happy to receive emails from us
- Your email address
- A note saying you would or would not be willing to serve on the committee

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 Wylies film Kinetics is now free online during Lockdown

<https://vimeo.com/248010160>

Parkinsons UK VIDEOS

Time to spare, watch the latest videos from Parkinsons UK

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

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