

MEETINGS & PLACES

In normal times we meet on the third Monday of each month at Upwey memorial Hall.
As you know we cannot hold these meetings during the current crisis but there are other options for those of you who are able to access on-line activities.

PARKINSON'S DANCE

Parkinson's Dance is an activity that helps people with Parkinson's to stay mobile. Normally held at the Corn Exchange in Dorchester, Parkinson's Dance classes are available as zoom sessions, to those who previously attended in person, for £2 a session. If you wish to join in, contact Samantha at :-

samanthagillingham@msn.com

Alternatively you can follow the links below for free youtube sessions
<https://www.pdsw.org.uk/online-content/online-class-parkinsons-dance/>

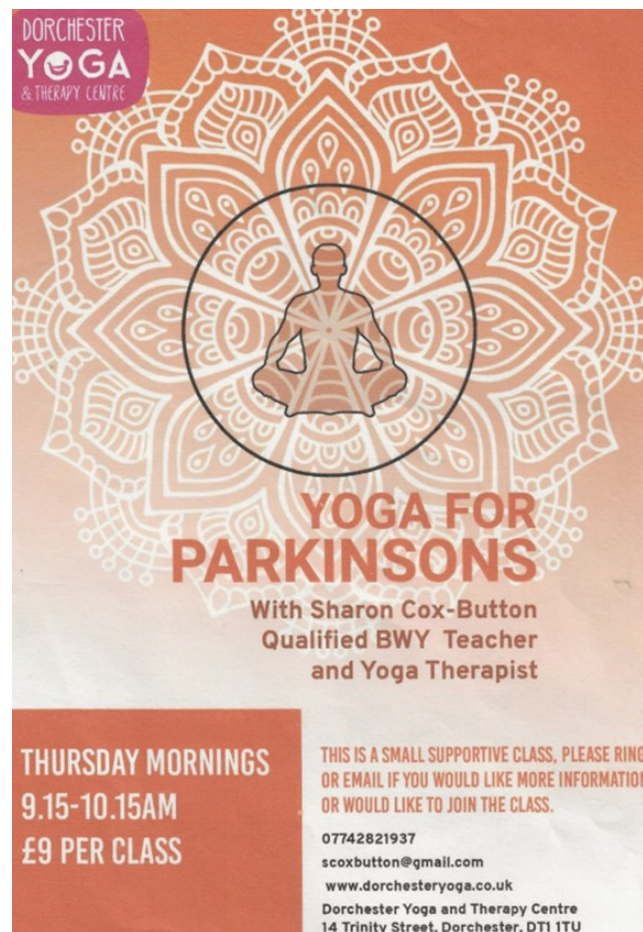
<https://danceforparkinsons.org/resources/dance-at-home>

<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=PLwJQNhoixSYNu61r5PPXR0qgFyzkg9lmm>

ARMCHAIR YOGA



DORCHESTER
YOGA
& THERAPY CENTRE

YOGA FOR PARKINSONS

With Sharon Cox-Button
Qualified BWY Teacher
and Yoga Therapist

THURSDAY MORNINGS
9.15-10.15AM
£9 PER CLASS

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.dorchesteryoga.co.uk
Dorchester Yoga and Therapy Centre
14 Trinity Street, Dorchester, DT1 1TU

These sessions are now available via Zoom. To join, contact Sharon on 07742 821937 or by email at scoxbutton@gmail.com



PARKINSON'S NEWS



Weymouth & Dorchester
Branch Newsletter
November/December 2020

THE CURRENT SITUATION

The situation with regard to our meetings remains unchanged. We continue to hold regular committee meetings, on-line via Zoom, on the second Monday of each month but face to face meetings are still banned by the continuing Coronavirus restrictions. However all is not doom and gloom. The latest news shows that we are close to getting a successful vaccine against Covid19. This could have a dramatic impact and open up the possibility of having proper meetings again in the not too distant future. In the meantime it has been suggested that for those members who have on-line facilities we could hold some Zoom meetings for simple quizzes like 'Scattergories'. We would have to rely on people honestly marking their own answers but if such meetings would interest you please respond to the email addresses in the 'Local Branch Contacts' section of this newsletter. To save money we are producing newsletters bi-monthly so I take this opportunity to wish you all a Happy Christmas and a prosperous Covid-free New Year.

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

ROTARY XMAS RAFFLE

With the newsletter there is a book of five raffle tickets. The raffle is run by Dorchester Casterbridge Rotary Club and they donate a percentage of the takings to Parkinson's. Therefore, the more tickets we can sell, then the better it is for Parkinson's. Also you could win £500!

Please return the stubs, filled in with your contact details, together with a cheque for the money collected to Jim Bayliss at Flat 17 Beech Court, South Walks Road, Dorchester DT1 1DX.

Make the cheque payable to 'The Rotary Club of Dorchester Casterbridge' and ensure that it reaches Jim **no later than Wednesday 9th December.**

LOCAL BRANCH CONTACTS

Acting Chairman: Dave Clegg
01305 835108

Email: daveclegg49@gmail.com

Secretary: Jim Bayliss 01305 457505

Email: jimbay930@gmail.com

Treasurer: Dave Clegg 01305 835108

Email: daveclegg49@gmail.com

Carer's Contact:

Events: Jo Galley 01305 853312

Outings: Pat Pollard 01305 457505

Fund Raising:

Newsletter: Jim Bayliss 01305 457505

Email: jimbay930@gmail.com

Other committee members:

Simon Meyer, Elizabeth Irving,

Jill Osborne

Branch Website:

weymouthdorchesterparkinsons.org.uk

UNWRAP CHRISTMAS

From Christmas cards to Jigsaws and gifts galore, if you do some Christmas shopping through Parkinson's UK you will help boost the coffers that pay for research into the causes and potential cures for Parkinson's. Just go on-line to the website shop.parkinsons.org.uk/ When you browse and buy you are supporting both British and Fair Trade manufacturing as well as people with Parkinson's.



PARKINSON'S RESEARCH

HALLUCINATION RELIEF

There is hope that a cancer anti-nausea drug can help alleviate the hallucinations experienced by some 75% of people with Parkinson's. Parkinson's UK is investing £1 million in a phase II clinical trial with UCL to find if the drug ondansetron is safe and effective against hallucinations. The 12 week trial will follow 216 people in some 25 NHS clinics across the UK.

INSIGHT INTO BRAIN CELL LOSS

New research using brain tissue from the Parkinson's UK Brain Bank is providing vital clues as to why brain cells are lost in Parkinson's. This is crucial to accelerating the search for better treatments and even a cure.

OPPORTUNITIES TO HELP

There are constant opportunities to take part in research into Parkinson's and volunteers are always required to take part in surveys, trials etc. If you go to the Parkinson's UK website and enter the home page you will see a search window in the top right area of the screen. Type '**take part in research**' here and you will see a range of opportunities linked to your postcode area. Have a go!

