

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

KINETICS UPDATE

Kinetics is now a contributor about Parkinson's to Mediflix, a health streaming service that helps people with health concerns and chronic conditions by providing reliable information via videos and films. Kinetics piece helping people to live well with Parkinson's is free at www.Mediflix.com/Parkinsons

HELP AVAILABLE

In response to the Coronavirus pandemic, the NHS now has a Volunteer Responder Service to provide support and help.

If you need help, say to get your shopping done, you can call them on 0808 196 3646 from 8am to 8 pm seven days a week.

REASSURANCE

You may be pleased to know that having Parkinson's does not increase your risk of catching Covid-19.

It is also good news that if you have not yet had your vaccination you will soon be offered an appointment to get the jab. Nevertheless it remains important to follow the guidelines set out by Her Majesty's Government to help limit the spread of this deadly virus as much as possible. So please do stay at home as much as you can and only go out for essential reasons or for exercise. Keep clear of people who are not in your household and wear a face covering if you have to go indoors where there are others, for example when shopping.

CHANGE AT THE TOP

Steve Ford the Parkinson's UK CEO has stepped down. During a National Volunteer Call on January 28th we were introduced to Shan Nicholas who is our interim CEO. She will be guiding Parkinson's UK through the search for a new full time CEO and will ensure continuity and a seamless transition.

PARKINSON'S NEWS

Weymouth & Dorchester

Branch Newsletter

January/February 2021

THE CURRENT SITUATION

As I am sure you are all aware, the third national lockdown means that we are still not able to hold face to face meetings, nevertheless we continue to hold regular committee meetings, on-line via Zoom, on the second Monday of each month.

Since the last newsletter the vaccine programme has started to roll out and if like me you have had your first jab, we can begin to see the start of the end of the restrictions.

We have not heard back from anyone regarding the suggestions of holding quizzes on Zoom. Have you not had time or is no one interested in such quizzes?

Now a plea for storage space. Does anyone have space, perhaps in a garage, to look after some Group equipment? There is a gazebo, some tables, a display board, booklets and a few other items.

If you are able to help, please get in touch using the 'Local Branch Contacts' section of this newsletter.

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

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

Many thanks to those of you who entered the Rotary Christmas Raffle.

You will be pleased to know that we have received a donation of £264.00 from the Rotary Club in recognition of our entries. This is more than the total amount that we paid to take part.

GROUP ACTIVITIES

On the 20th of January 20th your Group Committee attended a Zoom 'Annual Review' with Clare Ambrose our Network Support Officer at Parkinson's UK..

The purpose of the meeting was to set an agenda of activities for the coming year.

We have had very little feedback from you, the membership, and at this time we still have no firm idea when we can make a start with face to face meetings.

It was decided that we will need to give some two months warning of a resumption of activities to ensure that everyone can be informed of restart dates and what activities will be undertaken.

The possibilities for us include bingo, quizzes, afternoon teas, an outing to Goulds Garden Centre, fund raising table top sale on Weymouth Prom, Christmas dinner, speakers and possibly a mystery tour. Your comments would be welcome -see the local Branch Contacts section.

PARKINSON'S RESEARCH

WHATS NEW FOR 2021

There are a number of new initiatives for the coming year including the follow up to a survey where people with Parkinson's were asked to rate which symptoms would, if they were improved, make the most difference to their lives. Tremor, Balance and falls were followed by Fatigue and energy as the three most would like alleviated. Also, clinical trials of new treatments are to go ahead together with investigation into repurposing existing drugs to help alleviate Parkinson's symptoms/

OPPORTUNITIES TO HELP Understanding speech changes in Parkinson's

If you are over 35, diagnosed with Parkinson's, fluent in English and have changes to your speech you may be able to help. Also people over 35 not diagnosed with Parkinson's are needed as a control group.

Please contact Mridhula on mmurali@gmu.ac.uk or 0771 651 6201 before march 31st.

TIME FOR 'CAN'

You may have seen Parkinson's adverts on TV recently. They are part of a fund-raising campaign stressing what CAN be done in spite of the challenges of 2020. Through TV and other initiatives £501,795 has been raised so far.

LOCAL BRANCH CONTACTS

Acting Chairman: Dave Clegg
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Carer's Contact:

Events: Jo Galley 01305 853312

Outings: Pat Pollard 01305 457505

Fund Raising:

Newsletter: Jim Bayliss 01305 457505

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Other committee members:

Simon Meyer, Elizabeth Irving,

Jill Osborne

Branch Website:

weymouthdorchesterparkinsons.org.uk