

PARKINSON'S WORLD AWARENESS DAY

Sunday April 11th was World Parkinson's Awareness Day and was marked with various events including a 'Broadcast' which was recorded and is available for you to view at your leisure on the Parkinson's UK website,

<https://www.parkinsons.org.uk>

For me, two things stood out during the broadcast, exercise and clinical visit preparation.

EXERCISE

It is proven that physical exercise helps people with Parkinson's to stabilise their condition and to halt atrophy of their brain cells.

Exercising for 30 to 45 minutes at least 3 times a week is needed and to gain the full benefit you should exercise until you are out of breath, possibly sweaty and you should feel tired when you finish your exercise session.

It is best to do a variety of different exercises and if you can exercise every day, preferably outside, that will be most beneficial. If you walk for your exercise which is what most do, keep setting little targets like speed up as far as the next lamppost and try to do a little more each day. Don't forget to reward yourself afterwards with a cake or a coffee!

CLINICAL VISITS

How can you get the most out of clinical visits? Clinicians find it difficult to help if you present a whole catalogue of symptoms and problems.

PARKINSON'S WORLD AWARENESS DAY (Continued)

It is best if you decide what bothers you most. What is the top priority for you. Maybe it is not a symptom but maybe something you want to do that you find difficult for example you might want to walk for exercise but you feel off balance and find it difficult.

It will anyway help the clinician to help you if you list no more than the three things that bother you most and save other problems for a later visit.

PARKINSON'S RESEARCH OPPORTUNITIES

Parkinson's UK realises that not every piece of research is right for everyone.

To find opportunities to help with research into Parkinson's near you, use our postcode searchable [Take Part Hub](#) which is regularly updated with new research looking for people like you.



PARKINSON'S NEWS

Weymouth & Dorchester

Branch Newsletter

May/June 2021

FACE TO FACE AT LAST

At the last committee meeting on April 12th we decided that we should aim to start face to face meetings in July, starting with the committee meeting on July 12th and the main meeting in the Upwey Memorial Hall on July 19th.

As we have had to miss so many meetings we intend to do away with the summer break and plan to have meetings in the Upwey Hall on August 16th, September 20th, October 18th and November 15th.

The first meeting will be kept fairly simple with socialising, tea and cakes and a bingo session.

We will also have a raffle and those who attend are reminded that each attendee normally brings a small gift to put into the raffle.

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

LOCAL BRANCH CONTACTS

Treasurer/Acting Chairman: Dave Clegg 01305 835108

Email: daveclegg49@gmail.com

Secretary: Jim Bayliss 01305 457505

Email: jimbay930@gmail.com

Carer's Contact: Jane Dare

Events: Jo Galley 01305 853312

Outings: Pat Pollard 01305 264471

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

CARERS MEETING

There will be a face to face meeting at the Rembrandt Hotel with Jane Dare at 10:30 on Friday 11th June

ART CLASSES

As well as being Secretary to the W&D Branch, Jim Bayliss runs weekly art classes in the St Martins Community Hall, Broadmayne from 2pm to 4pm on Wednesday afternoons.

Like most things, the classes have been on hold during the pandemic but if all goes well they will restart in September. Whether you are a complete novice and would like to complete a series of lessons to learn the basics of watercolour or if you already have experience and would like to paint in company, you will be made very welcome. If you are interested, call Jim on 01305 457505 for more details.

PARKINSON'S DANCE

The Parkinson's Dance classes on Zoom will finish on Tuesday May 18th except that a zoom class for new attendees will start on Wednesdays, starting May 19th.

The Tuesday Zoom class will now be an in-person class at the United Church Hall, Dorchester, starting from Tuesday May 25th. For more information contact Pavillion Dance South West by email lisa@pds.org.uk or by tel 01202 203630

HALLUCINATIONS

3 out of 4 people with Parkinson's will have hallucinations at some point. Prof Reeves at UCL has found that the existing drug ondansetron may reduce them and other symptoms like tremors.

[Watch the video to find out more.](#)

PARKINSON'S RESEARCH

There is an opportunity for people with and without Parkinson's to take part in some research looking into palliative care from GP's out of hours.



Dr Mark Walker and the research team at Cardiff University are investigating how this care has been delivered and want to hear from individuals who have received care as well as from carers and loved ones.

The aim of the research is to gain an in-depth understanding of the experiences of people receiving palliative care and their partners to help set future policy.

[Who do the researchers need?](#)

12 people diagnosed with long term conditions who are receiving palliative care support, as well as a family member or carer. You must have accessed out of hours support from your GP in the last two months.

[What's involved?](#)

You'll be invited to a 1 hour, one off video call with the research team. For more information, please read the full [participant information sheet](#).

[Interested in taking part?](#)

Please contact Mark via email at Walker.ma@cardiff.ac.uk or phone 07918 978316 before 30 June 2021.