

## SING TO BEAT PARKINSON'S

Caroline Pugh has been training with 'Sing to beat Parkinson's', an organisation associated with the Cantata Trust, and is now a 'Delivery Partner'. She has written to us to offer 'Sing to beat Parkinson's', singing sessions which help improve wellbeing for People with Parkinson's and other debilitating conditions. The sessions are planned to start in late September but as you can see on the advert next to this article she is offering a free taster session on Zoom in August



Research has shown that communal and creative activities like singing provide benefits to people with Parkinson's so why not give it a try!

## VACANCIES

**We are still looking for someone to take the post of Chairman as well as needing a few more committee members. Please volunteer your services.**

## SING TO BEAT PARKINSON'S



### Sing To Beat Parkinson's

on Zoom  
Wednesday 18<sup>th</sup> August  
2.00pm  
free introductory session

- Singing for good vocal health & voice production
- Great for coordination skills & rhythm
- Feel good & enjoy many favourite well-known songs

For more information and to book a place please contact:

Caroline Pugh 07984 828642  
creatingmusicalparticipation@gmail.com  
www.creatingmusicalparticipation.com

Singing together is great fun and can improve vocal production, coordination, motivation and confidence. This session is designed to help people living with Parkinson's, but can also be enjoyed by anyone who enjoys singing. Please contact Caroline for the Zoom link or to find out more about future face to face sessions in Dorset.



## PARKINSON'S NEWS

Weymouth & Dorchester  
Branch Newsletter  
EXTRA August 2021

### FACE TO FACE AT LAST

We have held our first face to face post Covid committee meeting and looked at the arrangements we need to make for the first face to face general meeting in what seems an age. We can confirm that we will all meet at the Upwey Memorial Hall at 2pm on August 16th.

The August meeting will be as advised in the July/August newsletter. It will be a fairly simple affair 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.

We will also take the opportunity to confirm some of the things that would normally have been dealt with at the AGM which of course could not take place due to the pandemic.

**PARKINSON'S<sup>UK</sup>**  
**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](mailto: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 753839

## LOCAL BRANCH CONTACTS

**Treasurer/Acting Chairman:** Dave  
Clegg 01305 835108

Email: [daveclegg49@gmail.com](mailto:daveclegg49@gmail.com)

**Secretary:** Jim Bayliss 01305  
457505

Email: [jimbay930@gmail.com](mailto:jimbay930@gmail.com)

**Carer's Contact:** Jane Dare 01305  
815173

**Events:** Jo Galley 01305 853312

**Outings:** Pat Pollard 01305 264471

**Fund Raising:**

**Newsletter:** Jim Bayliss 01305  
457505

Email: [jimbay930@gmail.com](mailto:jimbay930@gmail.com)

**Other committee members:**

Simon Meyer,

Jill Osborne 07989 869167

**Branch Website:**

[weymouthdorchesterparkinsons.org.uk](http://weymouthdorchesterparkinsons.org.uk)

## OUTINGS etc

### Goulds Afternoon Tea

The annual get together at the Goulds Garden Centre in Preston is being planned for September 20<sup>th</sup>, 2:30pm for 3:00pm. You are invited to put your names forward if you would like to join us at this venue. It will be free for people with Parkinson's and £5 for carers. **Please contact Jane Dare on 01305 815173 if you would like to attend.**

### Other meetings/outings

We would like to know your preferences for future meetings. Please look at the possibilities outlined below and contact Pat Pollard on 01305 264471 to let her know which of the possibilities would interest you.

1— Harbour trip on mv Freedom as in the July/August newsletter.

2— Sing to beat Parkinson's—see separate article.

3— A half day Mystery coach tour.

4— Talk on exercise and food by Oak House Foods.

5— Talk by a chiropodist.

6— Talk by a neurologist.

7— Talk by RNLI.

8— Talk on Fraud and scam awareness

9— Talk on wills and lasting power of attorney.

10— Talk by fire brigade on home safety.

11— Talk on managing the symptoms of Parkinson's.

Once we know your preferences we can arrange speakers for the forthcoming meetings on October 18th and November 15th as well as for 2022.

## PARKINSON'S RESEARCH Myths

**It's hard to find research opportunities**

There are actually many user-friendly ways to find opportunities to take part in Parkinson's research. If you live in the UK, Parkinson's UK have worked with PWPs to create the [Take Part Hub](#) — a simple searchable system to help you find studies and trials that suit you. We check every study we share to ensure it is ethically approved and we work with the research team to provide information about studies in plain English.



## YOUR SAFETY

When attending the meeting on August 16th, please take care that you do not trip or fall. Some areas of the car park and entrance are uneven and there are steps to gain entry to the hall.

Although the restrictions are no longer mandatory, tables and chairs will be laid out in a socially distanced way. Further, you should wear face coverings when you are not sitting down and you should try to remain seated as much as possible.