

PARKINSON'S AWARENESS

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>

The following notes are from Samantha Gillingham of Parkinson's Dance South West

To raise awareness on the lead up to *World Parkinson's Day* on 11th April, we have programmed a whole event full of fun, creative and informative online workshops to take part in from your own home.

For people living with Parkinson's, including friends and family.

Click on or copy and paste this link in your browser to book for free (or make a donation). Limited places available

<https://www.pdsw.org.uk/digital-content/parkinsons-dance-awareness-event/>

For more information contact Lisa
lisal@pdsw.org.uk / 07793284588



Parkinson's Awareness Event online activities

Dear Dancers,

I'm excited to share PDSW's Parkinson's Awareness Event online activities with you - we've spoken about this event briefly in class, we'll here's the info for you to explore and book on to!

Use the link on the previous page to access the full schedule, also, click on or copy and paste the link below to our Parkinson's Dance gathering on **Wednesday 7 April 11am-12:30pm**, which is specifically for our current Dorchester, Bournemouth & Sherbourne group members only:

<https://www.pdsw.org.uk/whats-on/parkinsons-dance-class-gathering/>

If you have any problems accessing the info online, please pop Lisa an email and she'll try to help. Lisa is the wonderful Producer for Health & Wellbeing at Pavilion Dance and has created this lovely event for us.

Hoping that lots of you will be inspired to join in.
Sammy

PARKINSON'S NEWS

Weymouth & Dorchester

Branch Newsletter

March/April 2021

THE AGM

I am sure you will remember that we had to postpone the 2020 AGM because of the Covid-19 restrictions. We are in a similar situation over the 2021 AGM.

Your committee has decided that once again we are unable to hold an AGM this year.

Face to face or 'in person' meetings are still not allowed to happen under the current restrictions and although we could have held a virtual AGM using Zoom, this would not have been fair to the half of the membership who do not have on-line access and would therefore have been unable to attend.

Business will be postponed yet again until 2022 but the committee will circulate the reports they would have made at an AGM by email and post. Confirmation of the election of committee members will also be postponed and the present committee have agreed to stay in post for a further year.

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

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

A NEW COMPANY

Parkinson's UK is committing £800K to fund a new company to research into GDNF, a naturally occurring protein produced in the brain.

GDNF supports the survival of many types of brain cells, including cells lost in Parkinson's.

PESTICIDES

Parkinson's is seldom caused by a single trigger but we do know that one of the environmental factors linked to the condition is exposure to pesticides.

There has recently been a government consultation on the sustainable use of pesticides and the Oxford Branch has made submissions to the consultation.

World Parkinson's Day

World Parkinson's Day will be on April 11th 2021. Look forward to many events including 'Light up the Clock' in Parkinson's blue.



Jubilee Clock circa1890

PARKINSON'S RESEARCH

Dyskinesia is a common side effect of Parkinson's medication. It causes involuntary movements that can affect various parts of the body, making simple, everyday tasks, like tying your shoelaces or making a cup of tea, difficult.

Dr Adrian Newman-Tancredi's research has found that a drug called NLX-112 stabilises the amount of dopamine released by serotonin cells. This could reduce dyskinesia and give more control back to people's lives. We're very excited to be co-funding a phase 2 clinical trial in people together with The Michael J. Fox foundation.

Already effective in the lab, the next step is to see if these promising results are replicated in people with Parkinson's so creating a new treatment for dyskinesia. Dr Newman-Tancredi has studied NLX-112 for many years, and believes it also has potential to treat depression, improve sleep and reduce pain, thus helping many more people with Parkinson's, not just those with dyskinesia.

Because NLX-112 is already available for other conditions, if it does prove effective in controlling dyskinesia in people, we can move quickly to make the drug available to people with Parkinson's. Click the link below for more information or to donate.

[Will you donate now and help fund this groundbreaking clinical trial?](#)