

General news.

A brief 'good-news' update on the Movers and Shakers petition to the UK Government seeking a debate on The Parky Charter.

Although the total number of signatures so far is in excess of 91,000, 100,000 are necessary to force the Government to debate the petition.

This is a one-off opportunity to bring about real change, and hope, for the Parkinson's community, so we need to do all we can to help achieve the 100,000 target.

The simplest way to get to the petition is put, parkypetition.com in your search engine and it takes you right there. Please pass to your friends too. You can also scan this QR code.



<https://petition.parliament.uk/petitions/713714>

And also

The Move It Or Lose It club has added a series of balance exercise videos. See
<https://www.moveitorloseitclub.co.uk/>

Don't forget. Do let me know if you have difficulty accessing any of the websites referred to in this newsletter.
john.c.heath@btinternet.com

Recent events and other news.

Parkinson's UK - Get Active Stay Active podcast launches.

PUK have launched Get Active Stay Active podcast to help more people get active with Parkinson's.

Featuring people with lived experience, physical activity and healthcare professionals - the new podcast focuses on a range of topics from finding the right activity and intensity, to managing fatigue and finding the right nutrition to stay active. The podcasts are on Spotify, or watch on YouTube.

Have you tried - Parkinson's Dance?

The 'seated' class is great fun, with therapeutic benefits and movement specifically designed for the symptoms of Parkinson's. Developed to be fun, stimulating, motivating and challenging, and support the improvement of balance, coordination and suppleness. Led by trained specialists in a comfortable and safe environment. Your first session for free!

Where? The Corn Exchange, High East St, Dorchester, DT1 1HF
Dorchester:

When ? Tuesdays, 3.00 – 4.30pm
The cost? £5.00 per session (carers free)

For further information see <https://www.dorchesterarts.org.uk/parkinsons-dance/>

London — Royal Parks Half Marathon, on 12th October.

Karen's daughter Rachel is taking part in her first half-marathon, and is raising funds for Parkinson's Research. She would appreciate your support, donations either to Karen at club meetings, or via Rachel's Facebook page. Good luck Rachel.

Weymouth & Dorchester Branch Newsletter July/August 2025

DATES FOR YOUR DIARY

Monday - 21st July. A Mega-Quiz.

August. Summer break.

Monday - 15th September. To be confirmed.

Monday 20th October. Steve Oxford from Oxford Bakery.

Monday 17th November. To be confirmed.

Christmas Lunch. Date and venue to be decided.

Fundraising dates.

Sunday 13th July – Age UK event at Poundbury Great Field.

Wednesday 16th July. Table-top sale at United church Dorchester 10 to 12 .

Wednesday 13th August. Karen has organised a Weymouth Seafront space to promote awareness of Parkinson's and also raise some funds for the club. Find her near the Tea Cabin.

Wednesday 8th October – Table top sale at Dorchester United Reform Church 10 to 12.

Wednesday 3rd December – Table top sale at Dorchester United Reform Church 10 to 12.

Please let Dave or Karen know when you can help rattle a tin!

Please note that unless otherwise advised, general meetings are held at Upwey & Broadway Memorial Hall, Victoria Ave, Weymouth, Dorset, DT3 5NG. Starting at 2.30.

USEFUL CONTACTS

Parkinson's Local Adviser: Helen Brown Tel: 020 7963 3697. hbrown@parkinsons.org.uk

Local Parkinson's Nurse Specialists: Hazel Coleman, tel: 01305 254789 & Maria Irving-Scott, tel: 01305 253199. Email: parkinsons@dchft.nhs.uk

Dorset Adult Social Care Services:
Tel: 01305 221016

AGE UK Help For Older People: Tel: 01305 269 444

LOCAL BRANCH CONTACTS

Chairman and Membership Secretary:

Mike Vosper Tel: 07837 654303 Email: mikevosper@aol.com

Treasurer: Pam Glover Tel: 07769 613797

Email: p.glover968@btinternet.com

Secretary: Jim Bayliss

Tel: 01305 457505

Email: jimbay930@gmail.com

Carer's Contact: Lynda Clegg

Tel: 07773243786

Events & Outings: Jo Galley Tel:

07831184320 and Mandy Parker
07979275575.

Fund Raising: Dave Kendling Tel:

07481854809 Email

d.kendling@btinternet.com and Karen

Baylis - 07817 588258, email

tonyandkarenb@mail.com

Newsletter Editor: John Heath Tel:

07802 527757

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Branch Website:

Fantastic news — the branch website has been updated. See. <https://weymouth.parkinsonsuk.group/>

From Chairman Mike.....

A huge thank-you to Caroline Halls who on Friday 30th May did a tandem sky-dive from 10,000 feet at Old Sarum Airfield near Salisbury Wilts. Caroline raised a fantastic £3,090 in aid of Parkinson's Research, and she also donated £545 to our group. Thank you Caroline, and well done.



Cream tea at Goulds Garden Centre.

Forty two members enjoyed a lovely cream tea at Goulds on Monday 16th June. Thanks to Jo and Mandy for organising the event, and Pam for organising the raffle prizes. Well done to you all.

Fantastic effort by the fund-raising team. They raised £153 at the Great Field event on the 8th June. Well done team.

Late news item. There is to be a free concert by the Casterbridge Male Voice Choir on Wednesday 23rd July at St. Mary's Church Dorchester. Part of the collection will benefit our group. Contact Mike for further details.



Carers Support Dorset

A new Carers Card giving access to discounts/benefits has been issued. See www.carerssupportdorset.co.uk/informationhub/carerscard

Jokers corner



*It takes a lot of balls
to play golf the way I do!*

CARERS FOR PWPS

Hello from Lynda Clegg.

On the second Friday of the month, many carers meet up at the Weymouth Conservative Club for a cuppa & a chat. It's a time for us to have a care-free chat, but if someone is concerned about something, others can give their experience, which helps to relieve some of the worry! Occasionally, guests come along, like Hazel, our Parkinson's nurse.



So carers, you are welcome to come along & join us. 10.30am until about noon at the Weymouth Conservative Club, 41, Dorchester Road, DT4 7JT. Hope to see you in August! Contact Lynda on 07773243786.

PARKINSON'S RESEARCH

For the up-to-date news about research, sent to you by email, see the Parkinson's UK website, and 'Sign-up' to the Research Support Network. See www.parkinsons.org.uk/research.

YOUR SAFETY

A reminder that when attending meetings you should take care that you do not trip or fall. Some areas of the car park and the entrance to the hall are uneven and pose a trip hazard.

You are receiving this newsletter because you are a member of the Weymouth and Dorchester Branch of Parkinson's UK. If you do not wish to receive further communications of this nature please let me know.