

General news.

In case you missed Rory Cellan-Jones's recent newsletters here is a brief summary.

'Making friends at the dance class'. He takes the opportunity to take part in the 'Dance for Parkinsons Open Day', at the English National Ballet's Docklands headquarters. He describes how much he enjoyed the seated dance experience and explains that the ENB has been running classes since 2011.

'See them all at Rory Cellan-Jones from Rory's Always On Newsletter.

And also

The Incurable Optimist: Paul Mayhew Archer, at The Corn Exchange, Dorchester on Sunday 13 April at 2.30pm. Paul Mayhew-Archer has been making audiences laugh for 45 years. Fourteen years ago, he was told he had Parkinson's, and he decided to carry on laughing, later making a BBC Documentary "*Parkinson's: The Funny Side*," and winning the Grierson Award for Best Documentary Presenter of The Year. It promises to be a fun afternoon, and Paul is kindly donating part of the proceeds to our group!



Clare Moore, at 'Sit and Strengthen' runs a seated exercise class, which increases flexibility, balance, and aids functional independence. Contact Clare on 07354 698737, email clare.moore@sitandstrengthen.com

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.

Seated Yoga, by Sharon Cox-Button. Everyone enjoyed a session of seated yoga at the February meeting.



Helen Brown, new Parkinson's Local Adviser. Helen introduced herself, and made lots of interesting and useful information available. Do contact Helen with any questions you may have. Email hbrown@parkinsons.org.uk.



Coach trip to Beaulieu.

The trip is booked for Wednesday 21st May. The coach will pick up the Weymouth passengers at the Park and Ride at 9am. It will then pick up the Dorchester members at the Tesco fountain at approximately 9.15am. This trip as usual is free to PWP and £15.00 to all others.

Book your place with Mike, 07837 654303
Email: mikevosper@aol.com

Hot off the press!

Our grateful thanks to Weymouth Town Council for the grant of £500 towards the cost of the coach for our trip to Beaulieu on 21st May,

And also...

Karen Baylis will be holding a Cake Sale at Dorset County Hospital to raise money for our group on the 11th April, World Parkinson's Day. If you could bake a cake it would be most appreciated. Karen will collect from you prior to the sale. Tel: 07817588258

PARKINSON'S NEWS

**Weymouth & Dorchester
Branch Newsletter
March/April 2025**

DATES FOR YOUR DIARY,

Monday - 17th March. Fish & Chip lunch, Review of club/AGM, followed by a Quiz. **Note this is a 2.00pm start!**

Monday - 21st April. David Baird (neuroplasticity exercise class).

Monday - 19th May - The return of Jackie Dukes (seated exercise to music).

Wednesday - 21st May Coach trip to Beaulieu. See details elsewhere in this newsletter

Monday - 16th June. - Afternoon tea at Gould's Garden Centre.

Monday - 21st July - Possibly a talk from a local Vet.

August. Summer break.

Monday - 15th September.

Monday - 20th October.

Fundraising dates.

Monday 12th March. United church Dorchester 10 to 12.

Thursday 10th April. Tesco Dorchester 10 to 4.

Wednesday 28th May. United church Dorchester 10 to 12

Sunday 8th June. Great field Poundbury time to be advised.

Wednesday 16th July. United church Dorchester 10 to 12 .

Let Dave Kendling 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 5NQ. 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: Jane Dare

Tel: 01305 815173

Events & Outings: Jo Galley Tel: 07831184320

Fund Raising: Dave Clegg Tel: 01305 835108 and Dave Kendling Tel: 07481854809 Email

d.kendling@btinternet.com

Newsletter Editor: John Heath Tel: 07802 527757

Email: john.c.heath@btinternet.com

Other committee members:

Jill Osborne - 07989 869167

Mandy Parker - 07979 275575.

Karen Baylis - 07817 588258.

Branch Website:

weymouthdorchesterparkinsons.org.uk

From Chairman Mike.....

Sad news.

"I was saddened to hear of the passing of our committee member and friend, Pat Pollard, who passed away peacefully on the morning of Thursday 27th February with her two daughters by her side. Pat has been a long term member of our branch, supporting her husband Stephen who was living with Parkinson's and died some years ago. Although not being able to attend meetings for several months, Pat has continued in her role booking guests for our meetings up to the end of 2025. Three days before she passed she told me she would no longer be able to continue serving on the committee. I thanked her for all she had done for the group over the years. She will be sorely missed by all."

And also, thanks to.....

"Dorchester Bowls Clubs annual Parkinson's Bowls Tournament raised a splendid £435.34 for our group funds. I had the opportunity to present the winners trophy and address the club members. Our thanks go to the organiser Pauline Page."

Carers Support Dorset

A new Carers Card giving access to discounts/benefits has been issued. See

www.carerssupportdorset.co.uk/informationhub/carerscard

Jokers corner



What's the difference between Greenland and Donald Trump? Greenland's not for sale.

CARERS FOR PWPS

The 'self help' Carers Group meets at the Weymouth Conservative Club, 41 Dorchester Road, Weymouth, DT4 7JT, on the second Friday of every month. Tea and coffee are available, in a friendly and mutually supportive environment.

Contact Jane Dare on 01305 815173 for further details.

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.

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

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. John Heath 07802527757.