

Parkinson's general news.



Parkinson's UK research.

Emma Rodgers, Research Communications Officer from Parkinson's UK, joined us at our November meeting. Emma told us about the imminent launch of the new Tech Guide, a platform to provide information about trusted devices and Apps for Parkinson's, as well as sharing the latest research news, see techguide@parkinsons.org.uk to order a printed copy.

Cinema tickets – Carers go free.

If you need to be accompanied to visit a cinema the UK Cinema Association (UKCA) can issue a CEA card. It costs £6.00 pa and allows the Carer a free cinema seat. See www.ceacard.co.uk



Move-It-Or-Lose-IT run exercise classes, including Seated Exercises which help older adults to stay active and independent, by improving strength, mobility, and overall wellbeing, especially people with limited movement. See <https://www.moveitorloseit.co.uk/> Contact Nicky, who is based in Dorset, on 07818411785, for further details.

Recycle your Printer Cartridges.

Recycle your Printer Cartridges and raise money for Parkinson's. See <https://www.recycle4charity.co.uk/> InkjetCartridges

Recent events and other news.



Christmas lunch.

Was very much enjoyed by 65 people. The Rembrandt Hotel did a geat job, serving a splendid meal.



Full-house.

There was a full-house at the United Church in Dorchester in December. The choir, Dorset for Singing, had a retiring collection, in aid of the club and raised a fantastic £541. Well done Jim Bayliss, who sang a solo.

PARKINSON'S NEWS

Weymouth & Dorchester
Branch Newsletter
January/February 2025

DATES FOR YOUR DIARY,

Monday - 20th January.

Prize Bingo.

Wednesday - 22nd January.

Table-Top sale at United Church, Dorchester.

Monday - 17th February. Sharon Cox-Button returns to demonstrate her seated Yoga excercises.

Monday - 17th March. Fish & Chip lunch, Review of club/AGM, followed by a Quiz.

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

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

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.

Monday - 17th November.

Monday - 15th December.

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

National Parkinson's Helpline: Tel: 0808 800 0303.
....Helen Brown

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

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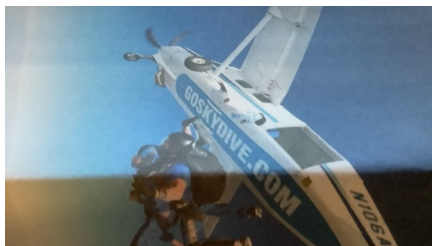
Karen Baylis - 07817 588258.

Branch Website:

weymouthdorchesterparkinsons.org.uk

From Chairman Mike.....

SKYDIVE for Parkinson's!



Preparing to tackle another item on her "Bucket-List", Caroline Halls will be doing a Tandem Skydive from 10,000 feet on the 30th May to raise funds for Parkinson's. See Go-FundMe.com – search Caroline Halls. Well done Caroline.

Carers Support Dorset

A new Carers Card has been issued. For further details see

www.carerssupportdorset.co.uk/informationhub/carerscard

The free Carers card gives access to discounts/benefits from business and venues in Dorset.

Jokers corner



The chap in front of me, clearly well into his eighties, was being questioned by the GP's receptionist. "Might you be pregnant she asked?" He replied "I would rather not say, as I haven't told my parents yet!"

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.