

General news.

World Parkinsons day is on Saturday 11th April.

Parkinson's UK's initiative 'Make It Blue' for World Parkinson's Day on the 11th April seeks to raise awareness and improve the lives of people with Parkinson's. The PUK website has everything you need to become involved, whether by encouraging building owners to light-up a building in blue, or to, *Bake it blue, Wear it blue, Knit it blue, or Dye it blue.* See <https://www.parkinsons.org.uk/community/world-parkinsons-day>

Local initiatives in Dorchester.

To raise awareness, Hazel Coleman our local Parkinsons Nurse Specialist, will be setting up a PUK information table in Damer's restaurant in Dorset County Hospital on the 10th April.

Also, Hazel and Karen Baylis, with help from Andy Canning the mayor of Dorchester, will be selling homemade cakes in DCH, from 10.30am until all are sold! To raise awareness and funds for the Weymouth and Dorchester Parkinsons branch. *If you are able to help by making a cake please contact Karen on 07817 588258 to arrange collection.*

Thanks to Rose.

Rose has made us aware of the radio programme 'Shadow World', which investigates side-effects of taking dopamine agonistic drugs. Now available on BBC Sounds, the series of 10, 15-minute episodes was first broadcast on BBC radio 4, with a trailer on the 10th February and then from the 16th to 27th February. See www.BBC.co.uk/Sounds

Apparently, patients were experiencing unusual side effects from dopamine agonist drugs as far back as the early 2000s. So why weren't some patients being properly warned fifteen years later? Neuropsychiatry professor Valerie Voon from the University of Cambridge explains how dopamine affects our perception of reward vs risk - which means people taking dopamine agonists can be prone to taking more risks.

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

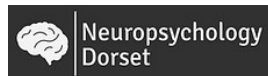
Recent events and other news.



Our thanks to Ali Joliffe, for a fascinating and enthusiastic talk about the life of the primates in her care. All of Monkey World is accessible for disabled visitors, except for the Woodland Walk, due to the uneven ground.

David Baird – Neuroplasticity Exercises.

We had a return visit from David Baird, who led us through a series of his Neuroplasticity exercises. David, formerly a soldier in the British Army, has been a fitness professional for over 25 years, and, as a qualified Mental Health and Exercise coach, is passionate about everything related to fitness and a positive mindset. David runs local courses and can be contacted on tel: 07724694260 Email davidbaird74@gmail.com



Neuropsychology Dorset describes Neuroplasticity as the brain's ability to rewire, adapt, and heal, by forming new neural connections. Understanding neuroplasticity can unlock the brain's potential. See www.NeuropsychologyDorset.co.uk

Just a reminder.

Nordic Walking,

Weekly 'Nordic Walking for Parkinson's' at Redlands Leisure and Community Centre. Contact 01425 479776, email healthandactivity@dorsetcouncil.gov.uk

Parkinson's 'Away-From-Home Kit'.

See www.parkinsons.org.uk/information-and-support/parkinsons-away-home-kit

Weymouth & Dorchester Branch Newsletter March/April 2026

DATES FOR YOUR DIARY

Monday 16th March. AGM, with Fish and Chip supper - contact Jo or Mike for details. *Note, this is a 2.00pm start.*

Monday - 20th April, Carl Beech - Inventor and founder of BeechBand, benefits of the wearable wellness device

Tuesday - 28th April, Visit to Oxfords Bakery. A traditional Dorset, artisan bakery.

Monday - 18th May, Dr Luke Massey - Consultant Neurologist - specialist in movement disorders, particularly atypical Parkinsonian syndromes.

Monday 15th June, Goulds - Afternoon tea.

Monday 20th July, Alan Jenkins - talk on a 'Royal Visit'.

Monday 21st September, The Quangle Wangle Choir - an entertaining mixture of concert and workshop.

Monday 16th November, Rob Davies - Senior Local Campaigns Officer (Parkinson's UK)

Fundraising dates.

Thursday 9th April. Collecting at ASDA.

Friday 10th April. Karens cake stall at DCH. See *General news* for further details.

Thursday 7th May. Collecting at Tesco.

Wednesday 27th May. Table top sale at Dorchester United Reform Church, 10 to 12.

Wednesday 17th June. Table top sale at Dorchester United Reform Church, 10 to 12.

Thursday 13th August. Karen has organised a Weymouth Seafront space to promote awareness and raise funds for the branch. Find her near the tea-cabin.

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

USEFUL CONTACTS

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

Local Parkinson's Nurse Specialists: Hazel Coleman and Maria Irving-Scott, tel 01305 254789. 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

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Tel: 01305 457505
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Carer's Contact: Jan Davis Tel: 01305814965

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:

See the latest club news on the branch website .
See. <https://weymouth.parkinsonsuk.group/>

Parkinson's research.

Parkinson's UK's newly funded projects.
Can an online diet programme improve quality of life for people living with Parkinson's.

The food we eat has a huge impact on our health. For some symptoms of Parkinson's, such as fatigue, low mood and constipation, nutrition is thought to play a key role. Dr Claire McEvoy aims to address this gap by trialing a new online programme, called MediPD, designed to help people with Parkinson's adopt a Mediterranean-style diet.

Can an app that uses music improve walking.

Parkinson's can make walking harder and increase the risk of falls. Which affects confidence, independence, and quality of life. Cueing techniques, like using music, can help improve walking and reduce falls by giving prompts that make walking steadier and more consistent.

In addition.

PUK are funding three projects exploring ways of slowing down Parkinson's.

- *Exploiting our brain's waste disposal systems while we sleep.*

- *Can blocking harmful fats protect brain cells.*

- *Understanding the role of Galectin-3 in Parkinson's.*

For further details see <https://www.parkinsons.org.uk/news/>

PSPA

PSPA is the only UK charity dedicated to creating a better future for everyone affected by PSP (Progressive Supranuclear Palsy) and CBD (Corticobasal Degeneration). For information and support to help you understand your condition and plan ahead visit <https://www.pspassociation.org.uk/>
For details of the Newly Diagnosed Support Group, and support available to you and your family, contact telephone: 0300 0110 122, or email: helpline@pspassociation.org.uk

Jokers corner



I thought my dad was smart, but when I asked him if he knew what a solar eclipse was he said. No son!

CARERS FOR PWPS

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 sometime soon! For further information contact Jan Davis. Tel: 01305814965

Carers Support Dorset

New Carers Newsletter.

For details of events, including energy saving and financial wellness see www.carersupportdorset.co.uk And for the new Carers card see www.dorsetcarerscard.org.uk

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 Mike know.