

General news.

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

The initial target of 10,000 signatures was achieved, requiring the Government to make a response, which they did on the 3rd April. However, the Petitions Committee subsequently considered the Government's response, and felt it did not respond directly to the request of the Petition and have asked the Government to provide a revised response.

The next step....

To force a full House of Commons debate the petition needs to reach 100,000 signatures. If you haven't done so already do please sign using the link below; please also pass the link to your friends and family to sign too.

In addition, on the 1st May, Graham Downie MP led a Back Bench debate about Parkinson's Awareness Month, and during the debate the MP's discussed the 'Parky Charter'.

For the full transcript see UK Gov Petitions website, and Rory Cellan-Jones 'Always On Newsletter'.

<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.



At our meeting in April David Baird explained how his Neuroplasticity exercise classes helped with movement co-ordination, and had everyone shadow-boxing. David has classes in Dorchester, contact him on 07724694260.



Grants and fund-raising.

A huge thank you to Dorchester Town Council for the very generous grant of £250 towards the cost of coach hire for the club's trip to Beaulieu.



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.

Fantastic efforts by the fund-raising team.

The collection at Tesco in Dorchester raised £550.

Karen's cake sale at DCH raised a staggering £459! Well done Karen.

PARKINSON'S NEWS

Weymouth & Dorchester
Branch Newsletter
May/June 2025

DATES FOR YOUR DIARY,

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.

Wednesday 28th May. United church Dorchester 10 to 12

Sunday 8th June. Great field Poundbury.

Wednesday 16th July. 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.

Let Dave Kendling know when you can help rattle a tin!

Please note that unless otherwise advised, general meetings are held at Upwey & Broadwey 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: Linda Clegg

Tel: 01305 835108

Events & Outings: Jo Galley Tel:

07831184320 and Mandy Parker
07989869167.

Fund Raising: Dave Kendling Tel:

07481854809 Email

d.kendling@btinternet.com and Karen

Baylis - 07817 588258, email

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Branch Website:

weymouthdorchesterparkinsons.org.uk

From Chairman Mike.....



A number of club members had a great time listening to Paul Mayhew-Archer's 'The Incurable Optimist' show at the Corn Exchange. Paul donated part of his fee for the event to Parkinson's activities,

which included a very generous £632 to club funds. Paul, and the other members of the 'Movers and Shakers' have made, and continue to make huge steps in raising the profile of PD. Our thanks are due to them all.

Coach trip to Beaulieu on Wednesday

21st May. First pick up at the Weymouth Park and Ride at 9am. Then pick up at the Tesco Fountain at approx 9.15am. Free to PWP and £15.00 to others. Book your place with Mike, 07837 654303 Email: mikevosper@aol.com

Cream tea at Goulds Garden Centre. Monday 16th June. Free for PWP and £5.00 to others. Book with Jo Galley 07831184320.

Carers Support Dorset

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

www.carerssupportdorset.co.uk/informationhub/carerscard

Jokers corner



I should have known the kitchen fitter wouldn't be any good. His favourite saying was "When one door closes another one opens!"

CARERS FOR PWPS

Changes at the 'self help' Carers Group

Jane Dare, who has done a really wonderful job of running the club for a great many years, has decided to retire and take a well-earned rest. Our sincere thanks to Jane for all her hard work.

Linda Clegg is taking-over, her contact details are: 01305 835108. The club 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.

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.