

## General news.

### **An update on Colin Arthey's fundraising appeal to support Parkinsons Dance Classes.**

Colin, who lives with Parkinson's, set himself the challenge of multiple laps of the Castle Cadbury hillfort. Since the mention in the last newsletter he has reached 59% of his £1,400 target in support of Dorchester Arts popular Parkinson's Dance Classes. He says "It has been a real endurance test for someone living with Parkinsons", but Colin is determined to promote the classes, which he says "are full of fun and physically fantastic. Every donation, share, and word of encouragement will help to keep these vital classes alive!" For 2026 he is also planning a sponsored group 'Talkathon' which will be a lively, community-driven event where participants will speak, share, and connect to raise funds and awareness.

You can support Colin through his JustGiving page at <https://www.justgiving.com/page/colin-arthey-1>.

### **Free confidential helpline.**

PUK has a free, confidential Helpline for anyone affected by Parkinson's. Trained advisers can support with symptoms, medication, benefits and emotional wellbeing. Contact 0808 800 0303.

### **Support PUK's Nurse Appeal.**

Recognising the need for additional Parkinson's nurses, PUK's Nurse Appeal is raising money to create more specialist nurses. The nurses provide expert care because they only work with people with the condition. They support people coming to terms with their Parkinson's diagnosis, help people to manage their medication, so they get the best results and fewer side effects, they make referrals to other professionals such as speech and language therapists and physiotherapists, train other health and social care professionals, for example making sure people with Parkinson's get their medication on time in hospital. Here in Dorset we are fortunate to have Hazel Coleman, tel: 01305 254789 and Maria Irving-Scott, tel 01305 253199. Email:

[parkinsons@dchft.nhs.uk](mailto:parkinsons@dchft.nhs.uk) If you can please support the appeal with a donation, see Parkinsons UK Donate to the Nurse appeal.

## Recent events and other news.

### **Nordic Walking.**

The weekly 'Nordic Walking for Parkinson's' sessions at Redlands Leisure and Community Centre Weymouth, are continuing. The hour long sessions start at 11.15 on Wednesdays, and cost £4.75. To book an introductory session contact 01425 479776, email [healthandactivity@dorsetcouncil.gov.uk](mailto:healthandactivity@dorsetcouncil.gov.uk) or for more information see: <https://www.dorsetcouncil.gov.uk/w/nordic-walking>

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

If you have Parkinson's, it's important to take your Parkinson's medication within 30 minutes of the prescribed time. Even short delays can worsen your symptoms and put you at risk. Yet, when in hospital, over half of people with Parkinson's don't get their medications on time, every time. The kit comprises a range of tools to help people with Parkinson's, and carers, advocate for their Parkinson's medications on time, every time. You never know when you might need to go into hospital, so it's a good idea to be prepared. From medical alert cards and wristbands to checklists and in-depth guidance, you can create a kit that works for you. The tools can be downloaded and printed from home, or ordered from the online shop. For more information, visit <https://www.parkinsons.org.uk/information-and-support/parkinsons-away-home-kit>

### **Largest ever Parkinson's research trial is starting now.**

A new research trial testing 2 potential treatments that could slow or even stop Parkinson's getting worse has started. The trial will need 1,600 people with Parkinson's to take part and recruitment is underway, with more than 40 research trial sites opening across the UK in 2026. You can register your interest now, and you will be contacted when your chosen trial site is open. Learn more about the trial and register your interest on the PUK "Take Part Hub page" - tel 0808 800 0303 or see [www.Parkinsons.org.uk](http://www.Parkinsons.org.uk)



## **Weymouth & Dorchester Branch Newsletter January/February 2026**

**HAPPY NEW YEAR.**

### **DATES FOR YOUR DIARY**

**Monday - 19th January.** Ali Joliffe - Team Leader from Monkey World - Ape Rescue Talk.

**Monday 16th February.** David Baird - Neuroplasticity exercises.

**Monday 16th March.** AGM, with Fish and Chip supper.

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

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

**Monday 15th June,** Goulds - Afternoon tea.

### **Fundraising dates.**

**Wednesday 28<sup>th</sup> January.** Table top sale at Dorchester United Reform Church, 10 to 12.

**Wednesday 27<sup>th</sup> May.** Table top sale at Dorchester United Reform Church, 10 to 12.

**Wednesday 17<sup>th</sup> June.** 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 & 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](mailto:hbrown@parkinsons.org.uk)

**Local Parkinson's Nurse Specialists:** Hazel Coleman, tel: 01305 254789 and Maria Irving-Scott, tel 01305 253199. Email: [parkinsons@dchft.nhs.uk](mailto: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](mailto:mikevosper@aol.com)

**Treasurer:** Pam Glover Tel: 07769 613797  
Email: [p.glover968@btinternet.com](mailto:p.glover968@btinternet.com)

**Secretary:** Jim Bayliss  
Tel: 01305 457505  
Email: [jimbay930@gmail.com](mailto:jimbay930@gmail.com)

**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](mailto:d.kendling@btinternet.com) and Karen Baylis - 07817 588258, email [tonyandkarenb@mail.com](mailto:tonyandkarenb@mail.com)

**Newsletter Editor:** John Heath Tel: 07802 527757  
Email: [john.c.heath@btinternet.com](mailto:john.c.heath@btinternet.com)

**Branch Website:**

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

## From Chairman Mike.....

### Christmas Lunch at The Rembrandt.

63 members enjoyed wonderful service, tasty food, and a good time was had by all. Raffle prizes included a meal for two at the Rembrandt, shopping vouchers, wine and chocolates. A huge vote of thanks to Jo Galley for organising the event.



### It's Pantomime time - oh no it's not!



This years pantomime visit was to Weymouth Pavillion to see Jack in the beanstalk. 21 members thoroughly enjoyed a fun filled and noisy two and a half hours of entertainment.

**Parkinson's Nurse survey – 'Questionnaire prior to attending an appointment with a Parkinsons Nurse.'** Jim Bayliss thanks those members who returned their completed questionnaires. Responses were almost 100% in favour, and some very useful potential modifications to the form were suggested. Jim has collated the responses and passed them on to Hazel Coleman, the Parkinsons Nurse.

## Carers Support Dorset

### New Carers Newsletter.

For details of events, including energy saving and financial wellness, and to sign-up for the new Carers Newsletter, contact [admin@carersupport.co.uk](mailto:admin@carersupport.co.uk) or telephone 08001814118

## Jokers corner .....



Two aerials got married – the reception was brilliant.

## 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

## 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](http://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 Mike know.