

General news.

News from Rory Cellan Jones.

In addition to the fantastic news of the parliamentary debate, to be held on the 17 November, mentioned in Mike's column, Rory's recent emails have included topics for.

Strategies for staying on your feet.

This looks at the four symptoms of Parkinson's that make falls more likely - tremor, postural instability (in other words poor balance), slowness of movement and rigidity. Strategies are suggested that may/ can help.

The £26m trial by UCL.

Looking at a new, faster and more efficient approach to drug trials, testing multiple treatments thought to have the potential to slow, stop or reverse Parkinson's. If one drug fails, then they have the option to move on to another treatment.

For further information on these and other topics see: rorycellanjones@substack.com

In support of the Dorchester Arts much-loved Parkinson's Dance Classes.

Colin Arthey, who lives with Parkinson's, is taking on a personal challenge: a walk around Castle Cadbury in Somerset on 9th November. Colin will attempt multiple laps of the hillfort's steep terrain, a true test of endurance. Colin says "Every donation, share, and word of encouragement helps keep them alive." You can support Colin through his JustGiving page at https://www.justgiving.com/page/colin_arthey-1.

An update on Andrew Bone's collection for his 70th birthday.

Instead of presents he asked family and friends to donate to Parkinson's and the total raised was £2,330, of which he has donated £800 to the Weymouth and Dorchester branch. Thank you very much, Andrew.

Recent events and other news.

Nordic Walking.

Following the huge success of a recent trial Dorset Council Health and Activity Service are running a weekly 'Nordic Walking for Parkinson's' session at Redlands Leisure and Community Centre, Weymouth. To book an introductory session contact the Health and Activity Team on 01425 479776, email healthandactivity@dorsetcouncil.gov.uk or for more information see: <https://www.dorsetcouncil.gov.uk/w/nordic-walking>

This course is aimed at People affected by Parkinson's and their supporters, and aims to build your confidence in using the poles and developing the Nordic Walking Technique. This is a great activity for people with Parkinson's as it can help improve posture, stride and confidence. It will be a friendly and relaxed group where you build on the skills weekly. The group meet weekly, and is fully instructor led by an experienced Nordic Walking instructor. All sessions are low level and take place on the field adjacent to the centre so that everyone can walk at their own pace. All instruction and equipment is provided. Please come dressed in relaxed clothes, flat sturdy footwear and bring a water bottle and hat/ sun cream if its sunny. The weekly hour long sessions start at 11.15 on Wednesday, why not stay on afterwards for a chat and cuppa in the onsite Cafe. Cost £4.75

London — Royal Parks Half Marathon, on 12th October.

Unfortunately, Karen's daughter Rachel sustained an injury during training two weeks before the event so had to pull out. She was very disappointed but now recovering well and has a place in The London Marathon next year. She has so far raised £300 and will carry this over to her next race.



Weymouth & Dorchester Branch Newsletter November/December 2025

DATES FOR YOUR DIARY

Monday - 17th November. Bob Rea - Tai Che Demonstration. Please note that participants should wear comfortable loose clothing and soft footwear.

Thursday - 20th November. Coach trip to Ottery St Mary Nursery. Contact Mike for further details.

Tuesday - 2nd December. Christmas lunch at The Rembrandt, 12.30 for 1pm. Cost, free to PWP, all others £15.00. Contact Jo Galley for further details.

2026.

Friday 2nd January. Trip to Pantomime (2pm matinee) to see Jack and The Beanstalk, at Weymouth Pavilion. Contact Mike for further details.

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.

Fundraising dates.

Wednesday 3rd December. 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,

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 and **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:
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Carer's Contact: Jan Davis Tel: 01305814965

Events & Outings: Jo Galley Tel: 07831184320 and Mandy Parker 07979275575.

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Branch Website:
See the latest club news on the branch website.

From Chairman Mike

Sad news.

It is with great sadness that I report the loss of Michael Hoadley. Ruth has very kindly donated £772.50 to group funds, in memory of Michael.

Movers and Shakers.

Following the success of the Movers and Shakers petition, which gained over 130,000 signatures, there will be a debate in Parliament on Monday 17th November. On average only 5% of MP's attend these debates, and as such Parkinson's UK has devised a 'tool kit' to get members of Parkinson's groups to send messages to their MP's, to make them aware of the debate. To contact your MP use the link <https://campaign.parkinsons.org.uk/page/180582/action/1> To watch the live debate see the UK Parliament channel at the [UK Parliament YouTube channel](https://www.youtube.com/c/UKParliament).

Slimmed down donation.

Huge thanks to Upwey and Broadway Slimming World Group who have kindly donated £49.14, collected at their group meeting. **Hot-off-the-press.**
A further collection has been received, which is yet to be counted.

Carers Support Dorset

A new Carers Card giving access to discounts/benefits has been issued. See www.carerssupportdorset.co.uk/informationhub/carerscard

Jokers corner



A priest, a pastor and a rabbit entered a clinic to donate blood. The nurse asked the rabbit: "what's your blood type?" "I'm probably a type O, said the rabbit!"

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.

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 commun-