

General news.

Absolutely fantastic news!

The Movers and Shakers petition has reached its target of 100,000 signatures, and is waiting for the UK Government to set a date to debate The Parky Charter.

This is a one-off opportunity to bring about real change, and hope, for the Parkinson's community.

A huge vote of thanks to Andrew Bone.

Andrew, an ex-treasurer of the club, had his 70th Birthday party at the Rembrandt hotel on the 30th of

August and instead of presents asked his family and friends to donate to Parkinson's. It

was a fantastic evening and the total raised was £2,180, of which he has donated £705 to the Weymouth and Dorchester branch.

Thank you very much, Andrew.

And also.....

See the latest update from 'The Move It Or Lose It' website at <https://www.moveitorloseitclub.co.uk/>

The YouTube video, 'Senior Exercises at Home with Music', for a safe and enjoyable way to stay active is a gentle exercise routine designed especially for older adults.

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.

Nordic Walking, Hopefully, coming soon. Expected to be a free 4-week course for those affected by Parkinson's. To be held at Redlands Leisure and Community Park.

Watch this space for further details.



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.

Do you require occasional transport for medical appointments or to visit someone or a place. These organisations provide a range of transport services.

Community Angels

Offer individual transport to medical appointments to residents of Preston, Osmington, parts of Weymouth and surrounding area. Volunteers use their own cars and users must be able to get in-and-out of an ordinary car, albeit with 'a hand'. A 'donation' of 50p/mile is suggested. Contact Brian Sadler email: standrewsangels@hotmail.co.uk Tel: 01305 834866

Weymouth and Portland Dial-a-bus

Dorset Council operates a wheelchair accessible bus (£1.10 single, £3.20 return). Tuesday and Thursday into Weymouth, from Weymouth, Portland and outlying areas. Contact 01305 228965 for details.

Dorchester Neighbour Car

Similar to Community Angels. Transport to attend medical appointments. Operating within a 5-mile radius of Dorchester and Crossways. Jo Lilley on 01305 251535.

Weymouth & Dorchester Branch Newsletter September/October 2025

DATES FOR YOUR DIARY

Monday - 15th September. David Baird - Neuroplasticity exercises.

Monday - 20th October. Steve Oxford - Artisan baker from Oxford bakery.

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

Christmas lunch. Date and venue to be decided.

Monday - 19th January, 2026. Ali Joliffe - Team Leader from Monkey World - Ape Rescue Talk.

Fundraising dates.

Wednesday 8th October – Table top sale at Dorchester United Reform Church 10 to 12.

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, 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 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:

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

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Carer's Contact: Lynda Clegg

Tel: 07773243786

Events & Outings: Jo Galley Tel:

07831184320 and Mandy Parker
07979275575.

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07481854809 Email

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Branch Website:

Fantastic news — the branch website has been updated. See. <https://weymouth.parkinsonsuk.group/>

From Chairman Mike,.....

"I hope you enjoyed the summer break and this year's exceptional sunny weather. Fundraising events have continued, including a 'Tin Rattling' collection at Asda in Weymouth, which raised £210. Keep an eye on our website for additional information. See <https://weymouth.parkinsonsuk.group/>. There is lots to look forward to for the rest of the year, from Nordic Walking, Christmas Lunch, a coach trip for later in the year, and lots in-between.

A fantastic result by Karen and her family, and the fundraising team, who raised £461.00 on the Weymouth Seafront stall. Well done team.



St Mary's church hosted the Casterbridge Male Voice Choir concert on Wednesday 23rd July. The Mayor and his wife were in attendance, and the raffle raised £300 for club funds. Thanks to the Mayor and choir for their support.



I look forward to seeing you at the hall.
Kind regards Mike.

Carers Support Dorset

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

Jokers corner



My wife and I decided we didn't want children.
We were happy with the decision, but it was an awkward chat with the kids!

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! Contact Lynda on 07773243786.

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 communications of this nature please let Mike know.