

## Our regular monthly meeting

Whether you have had Parkinson's for some time, or you have recently been diagnosed you will find a warm welcome at the Parkinson's UK New Forest Branch.

Our regular meetings are held on the third Thursday of each month, except December, from 2.00pm at the Boldre War Memorial Hall in Pilley.

At our meetings we may have a speaker covering a wide variety of interesting topics, followed by question and answer sessions. We may have a quiz, some entertainment, or arts and crafts projects—we aim to provide a varied



programme of activities to give our members the opportunity to join in and socialise in a safe environment. Activities are always followed by the all important tea, biscuits and cakes!

Our local Parkinson's Nurses may attend some meetings as well as local therapy services and support organisations.

## Get in touch

There are many ways to get in touch, or just drop in to any of our activities

### Branch Contact :

07595 927 299

[chairman@parkinsonsnewforest.org.uk](mailto:chairman@parkinsonsnewforest.org.uk)

### Parkinson's UK Helpline :

0808 800 0303 (Freephone)

[www.Parkinsons.org.uk](http://www.Parkinsons.org.uk)

### Parkinson's Nurse Service :

01590 663 446

[parkinsonsdisease@southernhealth.nhs.uk](mailto:parkinsonsdisease@southernhealth.nhs.uk)

For more details about our activities, see our

**website:** [www.parkinsonsnewforest.org.uk](http://www.parkinsonsnewforest.org.uk)

**Facebook:** [www.facebook.com/ParkinsonsNewForest](http://www.facebook.com/ParkinsonsNewForest)

### Boldre War Memorial Hall

Pilley Street, Boldre, Lymington, SO41 5QG

Boldre is on the A337 between Brockenhurst and Lymington or between Beaulieu and Lymington on the B3054



## NEW FOREST

## BRANCH

## Affected by Parkinson's?

## Live in the New Forest?

## Come along and meet us

We are a relaxed, friendly group of people who either have, or are affected by, Parkinson's, who come together to support and care for each other.



## Everyone is welcome

However you, your carer, your family and your friends are affected by Parkinson's everyone is invited to come along to the Group. You do not need to be a member of Parkinson's UK—all are welcome.

We have all been faced with taking that first step and wondering what we will find, only subsequently to wish we had done it earlier.

You will be pleased to know that there are no membership fees, however voluntary donations are always welcome!

So why not dip a toe in the water and come along to one of our monthly meetings or to any of our other activities?



## Singing & Voice Sessions



Singing and voice Sessions are held on the second Friday afternoon of each month at 2.30pm at the Boldre War Memorial Hall. Refreshments are provided after each Session.

Members spend an hour exercising their voices with a mix of vocal exercises and singalong songs in a relaxed, no pressure environment.

## Other Events

Every year we have an Annual Garden Party and a Christmas Lunch. We also arrange other varied social and fundraising events for our members to join in with and enjoy



We can also book free boat rides on the Solent Dolphin's 'Alison McGregor'—a lovely trip out on the Southampton Water



## Exercise Classes



Everyone is welcome to join in our fun Parkinson's chair based exercise classes that are held every Tuesday morning at 10.30am or at 2.00pm most Thursday afternoons at Boldre War Memorial Hall: followed by coffee, biscuits and chat. £3 per session (Carers free)

Come along and join us or ring 07595 927 299 for more details.

## Coffee Morning/Afternoon Teas

We hold very popular monthly coffee mornings on the second Monday of each month from 10.30am onwards at various Garden Centres in the New Forest. From April to September we also hold monthly Afternoon Teas in the same venues. These offer another opportunity to meet up with other members to chat, swap ideas and pick up valuable tips, amongst other things!

## 'Parkinson's Friendly' Cinema

Every month, In conjunction with the Lymington Centre, we hold a 'Parkinson's Friendly' Cinema showing in their Malt Cinema.



Members who would not normally be able to go to a cinema complex have the chance to see a film in a venue that caters for their needs. The film is followed by a delicious buffet lunch!