

This Newsletter is routinely sent to all Members and other interested parties by e-mail. If, for any reason, you would prefer a printed paper copy, please let me know (editor@parkinsonsnewforest.org.uk) and I will be happy to add you to the postal mailing list



'PARKINSON'S FRIENDLY'

**CINEMA & LUNCH SHOWING AT THE MALT
CINEMA—LYMINGTON COMMUNITY CENTRE**

What a joy to watch, absolutely amazing, those hips!

EPIC—ELVIS PRESLEY IN CONCERT

Starring - **Elvis Presley—The King of Rock n Roll**. Directed by Baz Luhrmann. Sixty-eight boxes of both 35mm and 8mm footage were found in the Warner Bros. archives within salt mines in Kansas, including the 'Gold Jacket' performance from Hawaii in 1957. A 45 minute audio recording was also uncovered of Presley talking about his life story. All this material forms the basis of **EPIC**—part documentary and part concert.

All your favourite songs and more—the title says it all—EPIC!

FRIDAY 17TH APRIL 2026—10.30AM + LUNCH

Film running time: 1h 36mins + interval



The film will be followed by lunch, as usual, if required

Tickets cost: £7 per person for the film, or £15.50 per person for the film + lunch

Book in advance or on the day - and do come for lunch!

Online: - lymingtoncommunity.com Phone - 01590 672337

Or In Reception: - Lymington Centre, New Street, Lymington, SO41 9BQ

WE HOPE TO SEE YOU ALL THERE!



BRANCH MEETING THURSDAY 16TH APRIL STARTING AT 2.00 PM



Speaker: **Richard Bromwell**

Please see flyer on page 4

LUNCH CLUB



On **Thursday 2nd April**, you are invited to join current and future friends at the **Lunch Club** being held at the **Lyndhurst Baptist Church Hall** in Chapel Lane, Lyndhurst. Starting at 1.30 pm. Everyone is welcome to enjoy a free light lunch and plenty of friendly chat.



THE DONUT CAFÉ



Join with friends, old and new, for free doughnuts, cakes and endless tea.

Wednesday 15th April from 10.30-12 noon at the **Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG**

Contact **Henry** on **02380 282485** or **07867 505567** for further details of both these events, or just turn up.



COFFEE MORNING



Our **Coffee Morning** this month is on **Monday 13th April** and will be held at **Everton Nursery**. It will start, as always, at 10.30 am. We look forward to seeing you there.

AFTERNOON TEA

Afternoon Tea this month will be at the **Otter Nursery** on **Wednesday 22nd April** from **2.30 pm**.



EXERCISE AND MOVEMENT SESSIONS



Our ever-popular Exercise and Movement sessions continue every **Tuesday morning, from 10.30am** and most **Thursday afternoons, from 2.00pm** at the Boldre Memorial Hall (excluding the third Thursday of each month).

If you would be interested in coming along and having a go, please feel free to do so.

SINGING AND VOICE TRAINING

2nd Friday of every month at 2.30pm

Our increasingly-popular sessions continue every month

If you haven't tried it yet, please do come along this month (**10th April**) and see what it's all about. Only then can you possibly say "I don't think it's for me" but, I assure you, once tried, you will be happy to come back every month.



BOXING FOR PARKINSON'S

As you know, we had our Taster Day for Boxing at the Lawrence Boxing club on the 20th March and I am delighted to tell you that it was a roaring success; with over 20 people there. Paul, the Instructor, led the group through a warm-up period and then progressed on to more specific Boxing routines and everyone joined in to the best of their individual abilities. No one was side-lined, or left out and everyone there really enjoyed their hour of intensive exercises.



The session ended with each person being given fifteen seconds on what Paul called 'The Angry Bag'; where they had the opportunity to 'let it all out' and beat the living daylights out of a hanging punch bag. The energy expended by our Boxers was amazing and I, for one, was very glad that I was not the one holding the bag steady!



Afterwards, over tea and biscuits, there was a powerful buzz of conversation and one wife was heard to say, "I haven't seen him move like that for years!"

The following Friday, 14 Boxers and several partners turned up for the first of our now regular sessions at 2.00 pm. All were visibly keen to get started and Paul, together with his wife, put them through another hour of varied, interesting and energetic routines; using punch bags, bouncy balls, kettle

bells and good, old-fashioned exercises.

Again, everyone enjoyed themselves and promised to come back on a regular basis.

The sessions will run at 2.00 pm every Friday (including Good Friday, 3rd April). The Branch is paying for the hire of the gym and there is a £5 (cash only, please) fee payable direct to Paul.



If you would like to join in with these highly energising and yet totally accessible sessions, please could you **REGISTER with ENGLAND BOXING**. This ensures that you are covered by their insurance and all the other tedious, but essential, legal stuff. To do this, please follow this link: [England Boxing | Login](#) and click 'Join Now'. Register as a Tier 1 Recreational Boxer and there will be no charge. If you have a problem in registering, have a word with Paul at the club and he, or one of his colleagues should be able to help you.

To all of you who didn't think that this was an opportunity for you, all I can say is that you were very wrong. This genuinely is accessible to everyone, standing or seated, fit or, like me, less than fit, shy or out-going; there really is no excuse you can dream up that would exclude you from being eligible to give this amazing form of exercise and training a go. As my dear old Mum taught me more years ago than I care to think; "You can't say it's not for you, or that you don't like it, until you have actually tried it".

THURSDAY 16TH APRIL—MONTHLY MEETING

Boldre War Memorial Hall at 2.00pm

Our Speaker will be



RICHARD BROMELL

**RICHARD WILL BE SPEAKING ABOUT
THE AUCTIONEER WORLD—TELLING
MANY TALES & EXPERIENCES**

**(From Classic cars to 16th Century
Italian pottery!)**

Richard Bromell lives in Sherborne, Dorset and is an Auctioneer & Valuer with over 30 years experience. Since the 1990's Richard has been involved in numerous antiques television programmes including Going for a Song (with both Michael Parkinson & Anne Robinson), Going, Going, Gone, Antiques Treasure Hunt, Antiques Road Trip and Flog It!

In 2003 and 2004 Richard was nominated as one of the top four auctioneers in the country at The British Antique & Collectors Awards. This was the first time an auctioneer had been nominated for two consecutive years.

When asked what he loved about running Charterhouse Auctioneers in Sherborne he replied—'Every day is like Christmas, you never know what you are going to see!'

ANOTHER OUTSTANDING SPEAKER FOR YOU TO ENJOY!

LESLEY & THE DORCHESTER SPRINT



SUNDAY 24TH MAY



None of you know me personally but I am Lesley Everitt, Chris & Barbie May's youngest daughter. Watching my Dad (and my Mum) cope with this condition has inspired me to do something useful to raise awareness of Parkinson's and to raise funds for the Branch. My Dad taught me to ride a bike and to swim so I decided it would be a good idea to enter my first triathlon at the age of 48!

THE RACE CONSISTS OF

SWIM—300m Pool Swim—12 lengths of the pool

BIKE—21km along rolling roads with panoramic views, including the climb to the historic Hardy's Monument

RUN—5km—two laps round the Great Field at Poundbury—flat, accessible, and very spectator-friendly

I am training very hard and I am determined I will finish the triathlon—however long it takes me!

I am hoping to reach my target of £300 to donate to the Group as I know first hand from my parents how much good work you all do for so many people.

So please sponsor me! You can do this by visiting my [GoFundMe page](#)—search for Sprint Triathlon supporting New Forest Parkinson's Branch and click on Donate Now or by giving a donation to the Treasurer.

If you would like to come along to support me on the day—the swim race starts at 7.00am and I aim to finish in 2-2.5 hours!

GOOD LUCK LESLEY—WE ARE WITH YOU ALL THE WAY!




IF YOU FANCY HAVING A GO YOURSELF, YOU COULD TRY: -




The Sport Parkinson's 'Try'-Athlon 2026 – Live well with Parkinson's

Exercise, movement and activity are clinically proven to help slow the progression of Parkinson's and ease symptoms. That's why Sport Parkinson's is delighted to bring back the 'Try'-Athlon 2026.

 Twickenham Stoop Stadium

 Sunday 10 May 2026

 10am – 4pm

Join us for a fun day out, in a safe, friendly & inclusive environment where you can 'find your way to play', whatever your age, exercise experience or movement ability.

At the 'Try'- Athlon you will be able to 'try' a wide range of walking sports like football, golf, cricket, tennis and netball, as well as boxing, rowing and judo (including learning how to fall safely). There will also be Nordic walking, fly fishing, singing, dancing and seated workouts. Meet our industry experts, including Parkinson's nurses, dieticians, physio's and leading tech companies.

Tickets are available, with financial support for group & individual transport to & from the venue. To find out more, email: sportparkinsons@sportparkinsons.org

Or visit: www.sportparkinsons.com/upcomingevents/try-athlon2026

£10 per adult

PARKINSONS COMPANION APP

Dear New Forest Branch

We are writing to tell you about a new app – **The Parkinson's Companion (TPC)**.

The app, which is completely free of charge, and available to download in both the Apple and Google app stores, is designed to support both patients and clinicians, helping to simplify consultations, improve communication and to ensure more consistent, personalised care.

The app is the brainchild of the leading Parkinson's specialist Professor K Ray Chaudhuri. It has also been shaped by the experiences of people with the condition including Sir Nicholas Mostyn, a retired High Court judge and a host of the podcast Movers and Shakers. Nicholas, who was diagnosed with Parkinson's in 2020, has been closely involved in the app's development.

Here is a link to Nicholas talking about TPC on BBC Radio Bristol: [BBC Bristol.mp3](#)

The app consists of two key elements. The first is a diagnostic list, designed for use by both clinicians and patients, which focuses on five core Parkinson's "vitals" that should be covered at every consultation. This helps clinicians ensure nothing is missed, while empowering patients to raise concerns or symptoms that may otherwise go unaddressed.


By standardising what should be discussed during appointments, the app is designed to improve the likelihood of faster, more accurate diagnosis and more effective treatment. The concept has been tested extensively on paper in the UK and internationally before being developed into the app.

The second part of the app focuses on wellbeing and day-to-day management, offering short, accessible exercise videos designed by a sports scientist and fitness consultant. The exercises are designed to support mobility, mask symptoms and potentially help slow progression of the condition. There are six levels of exercises, with five exercises in each, offering three different intensity levels to meet the needs of all types of Parkies.

We hope that all members of the Parkinson's community in New Forest, find this a useful tool and wish you all the very best for the future living with, and managing Parkinson's.

With best wishes from
The TPC Team


tpcmyfeedback@gmail.com




Join us for

Boxing for Parkinson's


Every Friday 2pm-3.30pm
Lawrence Boxing Club, Alan Farrar Gymnasium,
3 Marsh Ln, Lymington SO41 9EW




£5 cash pay as you go – carers go free
Parking available.
Please contact:
chairman@parkinsonsewforest.org.uk / 07595 927 299



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (129197) and in Scotland (SC037054).



Are you aged 55+ and have experienced a major health event in the last 5 years?




The study involves filling in a set of questionnaires, is completely anonymous, takes around 30 minutes, and is conducted entirely online

Take part in a University of Southampton research study exploring how older adults adjust emotionally and psychologically after life-changing health events. These may include (but are not limited to):


- Stroke
- Cancer diagnosis or treatment
- Heart attack or major surgery
- Serious accident (e.g., fall, car crash)
- Chronic illness (e.g., Parkinson's, COPD, long COVID)
- Loss of mobility, or changes in senses like vision, hearing, or touch

Thank you for helping us improve support for older adults around the world



Participants can enter a prize draw to win one of twenty £20 Amazon vouchers

If you require further details, please email:
bodymind@soton.ac.uk



April 2026		
Thurs 2 nd Apr from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thurs 2 nd Apr from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 3 rd Apr From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Sat 4 th April All day	Lymington Market; outside Moore Barlow solicitors	TOMBOLA, fundraising & awareness stall.
Tues 7 th Apr from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 8 th Apr 1.30 – 3PM	Sway Place Care Home, Church Lane, Sway, SO41 6AD	Parkinson's Awareness week, TALK by Martin Hall-Patch. To book phone: 01590 608 138 or email: laura.blake@careuk.com
Thurs 9 th Apr from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 10 th Apr From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Fri 10 th Apr from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Mon 13 th Apr from 10.30 am	Camellias Tea Room, Everton Nursery	Morning Coffee Free event Everybody welcome, no booking required
Tues 14 th Apr from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 15 th Apr 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thurs 16 th Apr from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting: Speaker TBA Free event Everybody welcome, no booking required
Fri 17 th Apr From 10.30 am	Malt Cinema, Lymington Community Centre	Film: 'Epic – Elvis Presley in Concert' , followed by lunch, if required. Film £7; Film + Lunch £15.50
Fri 17 th Apr From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Tues 21 st Apr from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 22 nd Apr from 2.30 pm	Otter Nursery, between Lymington & Everton	Afternoon Tea Free event Everybody welcome, no booking required
Thurs 23 rd Apr from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 24 th Apr From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Tues 28 th Apr from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 30 th Apr from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
May 2026		
Fri 1 st May From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Tues 5 th May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 6 th May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	INFORMATION DAY. Speakers TBA Free event Everybody welcome, no booking required
Thurs 7 th May from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required

USEFUL CONTACTS

Parkinson's UK Helpline Mon-Fri 9 am to 6 pm Sat 10am to 2 pm	0808 800 0303 (Freephone)
Parkinson's Nurse Practitioners Jennie Meadway & Carly Fricker And Lymington Hospital Parkinson's Clinic	01590 663446 hiowh.newforestparkinsonsservice@nhs.net
Parkinson's UK Local Adviser: Angella Duffy	aduffy@parkinsons.org.uk 0207 963 3837

BRANCH CONTACTS

Branch phone No	07595 927 299
Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org.uk editor@parkinsonsnewforest.org.uk
Secretary	Position currently vacant
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org.uk
Website Manager	Trevor Smith admin@parkinsonsnewforest.org.uk
Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley, Pam Hollingsbee
Committee Members	Alison Bolton; John Naish
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
Branch e-mail	chairman@parkinsonsnewforest.org.uk OR info@parkinsonsnewforest.org.uk
Facebook Page	www.facebook.com/ParkinsonsNewForest/



If in doubt, or if you don't know who to ask, please feel free to contact any member of the committee, or phone 07595 927 299 and we will do our best to point you in the right direction

The New Forest Branch of Parkinson's UK meets every third Thursday of the month at the Boldre War Memorial Hall, Pilley, SO41 5QG. The meetings are from 2.00pm to about 4.15pm and there is tea and usually a Speaker. Anyone with an interest in

Parkinson's Disease is welcome. There are no Membership fees; but voluntary donations are always welcome.

The opinions expressed in newsletter articles are not necessarily the views of the Branch Committee Team or Parkinson's UK.

Groups, Organisations, Charities, Companies and individual traders mentioned in this publication do not carry any endorsement from Parkinson's UK or Parkinson's New Forest. They appear here merely on an informational basis.

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