

Monthly Newsletter February 2026



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

YOUR FILM THIS MONTH IS: *HAMNET*

DATE – Friday 13th February 2026 starting at 10.30 am.



Starring - Jessie Buckley, Paul Mescal, Emily Watson, Joe Alwyn. 'Hamnet tells a story of love and loss. In 1580 England, impoverished Latin tutor William Shakespeare meets free-spirited Agnes, and the pair strike up a torrid affair that leads to marriage and three children. When tragedy strikes the couple's once unshakeable bond is tested and the experience sets the stage for the creation of Shakespeare's timeless masterpiece, Hamlet

Winner of two Golden Globe Awards & bound to be Oscar nominated!

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!



LUNCH CLUB



On **Thursday 5th February**, 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 18th February 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 9th February** and will be held at **Redcliffe Nursery, Bashley**. It will start, as always, at 10.30 am. We look forward to seeing you there.

BRANCH MEETING THURSDAY 19TH FEBRUARY FROM 2.00 PM



Speaker: **David Bickerton** “**The Pursuit and Sinking of Bismark**” The pursuit and sinking of Bismark is one of the enduring stories of WW2 which continues to fascinate. More than a hundred British warships were involved in the 5 day, 1,750 mile hunt. The British battlecruiser, HMS Hood was sunk within 10 minutes of engaging the mighty Bismark which disappeared for more than 24 hours and she was almost within reach of safety before the British won the day.

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 (**Friday 13th February**) 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

This involves non-contact workouts that significantly improve balance, coordination, agility, and quality of life by focusing on PD symptoms like stiffness, tremors, and balance, through punches, footwork, and drills in a social, adaptable environment.



Studies show it boosts strength, speed, and posture, with coaches tailoring moves to individual needs, helping people stay active and manage symptoms effectively.

How it helps with Parkinson's

- **Improves physical symptoms:** Enhances balance, gait, strength, speed, agility, and postural stability, while reducing stiffness and tremors.
- **Boosts cognitive function:** Drills work on brain-body coordination, hand-eye coordination, and reaction time.
- **Enhances mental well-being:** Provides a social environment, reduces isolation, and offers a sense of accomplishment, improving mood and quality of life.
- **Adaptable & Non-Contact:** Workouts use boxing mechanics (jabs, hooks, footwork) but are non-combat, with coaches adjusting exercises for all fitness levels and needs.



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What to expect in a class

- **Warm-ups & Stretching:** To improve flexibility and loosen stiff muscles.
- **Punching Drills:** Using bags (heavy bags, speed bags) to build power, coordination, and speed.
- **Footwork & Balance Drills:** To challenge posture and stability.
- **Resistance & Aerobic Training:** Incorporating other exercises for overall fitness.
- **Social Interaction:** Working out in groups with partners and carers welcome.

You may be interested to know that your Chairman is in discussions with the **Lawrence Boxing Club (Lymington)**, with a view to setting up regular **Boxing for Parkinson's** sessions in the near future.



It is intended that these will be open to everyone, male or female, with, or without, Parkinson's (i.e. Partners and Carers).

Discussions are in the early stages, so I cannot say anything about day, time or frequency yet. However, it would be helpful to have some idea of potential take-up so, if you think you might be interested in this new initiative, please could you either drop me an email (editor@parkinsonsnewforest.org.uk) or have a word when you see me. Thank you.

PARKINSON'S COFFEE MORNINGS AND AFTERNOON TEAS—2026

JANUARY

Coffee—10.30am—12th January—Everton Nurseries

FEBRUARY

Coffee—10.30am—9th February—Redcliffe Nurseries

MARCH

Coffee—10.30am—9th March—Otter Nurseries

APRIL

Coffee—10.30am—13th April—Everton Nurseries

Afternoon Tea—2.30pm—22nd April—Otter Nurseries

MAY

Coffee—10.30am—11th May—Redcliffe Nurseries

Afternoon Tea—2.30pm—27th May—Everton Nurseries

JUNE

Coffee—10.30am—8th June—Otter Nurseries

Afternoon Tea—2.30pm—24th June—Redcliffe Nurseries

JULY

Coffee—10.30am—13th July—Everton Nurseries

Afternoon Tea—2.30pm—29th July—Otter Nurseries

AUGUST

Coffee—10.30am—10th August—Redcliffe Nurseries

Afternoon Tea—2.30pm—26th August—Everton Nurseries

SEPTEMBER

Coffee—10.30am—14th September—Otter Nurseries

Afternoon Tea—2.30pm—30th September—Redcliffe Nurseries

OCTOBER

Coffee—10.30am—12th October—Everton Nurseries

NOVEMBER

Coffee—10.30am—9th November—Redcliffe Nurseries

DECEMBER

Coffee—10.30am—14th December—Otter Nurseries

FOR MORE INFORMATION CONTACT—07595 927 299



MOBILITY AIDS TO ACCESS NATURE IN HAMPSHIRE RESOURCE



The Hampshire Nature and Wellbeing multiagency group are pleased to launch a handy **list of local nature spaces where people can hire (low/no cost) off road mobility scooters**, making it easier for everyone to get out and enjoy nature's benefits.

You'll find the list here:

<https://documents.hants.gov.uk/public-health/nature-spaces-in-hampshire-mobility-aids-for-hire.pdf>

or by going to the Mental Wellbeing Hampshire Nature page

<https://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire/natureandmentalwellbeing/feelsereneinthegreen> under the 'Be Active and Explore Somewhere New' tab.

Nature is for everyone, and we want to make sure people are aware of this equipment for hire that can help them – or their loved ones - experience the wellbeing benefits of spending time in green spaces.

THURSDAY 19TH FEBRUARY—MONTHLY MEETING

Boldre War Memorial Hall at 2.00pm

Our Speaker will be

DAVID BICKERTON



David Bickerton is a retired civil engineer living in Waterlooville who was drawn on a journey of discovery after finding nearly 150 letters that his parents had exchanged between 1942 and 1945 before they were married.

His presentation is called

THE PURSUIT & SINKING OF BISMARCK



David Bickerton was inspired to delve into this historical event as his father was a crewman aboard HMS Dorsetshire which was involved in the final showdown.

The pursuit and sinking of Bismark is one of the enduring stories of WW2 which continues to fascinate. More than a hundred British warships were involved in the 5 day, 1,750 mile hunt. The British battlecruiser, HMS Hood was sunk within 10 minutes of engaging the mighty Bismark which disappeared for more than 24 hours and she was almost within reach of safety before the British won the day!

COME ALONG—THIS WILL BE A VERY INTERESTING TALK

TOMBOLA PRIZES NEEDED

FOR TOMBOLA STALLS IN 2026

These stalls are a very good way to raise funds and to increase awareness of the Group in the local community

New only please!

UNWANTED GIFTS

SMELLIES

CHINA

FOOD & CHOCOLATE

BOTTLES OF WINE

TOYS/CUDDLY TOYS

STATIONERY

BRING YOUR ITEMS TO ANY OF OUR MEETINGS OR GIVE TO A COMMITTEE MEMBER!

THANK
YOU



February 2026		
Tues 3 rd Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Thurs 5 th Feb from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thurs 5 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Mon 9 th Feb from 10.30 am	Ivy Room, Redcliffe Nursery, Bashley	Morning Coffee Free event Everybody welcome, no booking required
Tues 10 th Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Thurs 12 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Fri 13 th Feb from 10.30	Malt Cinema, Lymington Community Centre	Film: 'Hamnet', followed by lunch, if required. Film £7; Film + Lunch £15.50
Fri 13 th Feb from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 17 th Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Wed 18 th Feb 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thurs 19 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting: Speaker David Bickerton "The Pursuit and Sinking of Bismark" Free event Everybody welcome, no booking required
Tues 24 th Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Thurs 26 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
March 2026		
Tues 3 rd Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Wed 4 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	INFORMATION DAY. Speakers TBA Free event Everybody welcome, no booking required
Thurs 5 th Mar from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thurs 5 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Mon 9 th Mar from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 10 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Thurs 12 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Fri 13 th Mar from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 17 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free) no booking required
Wed 18 th Mar 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thurs 19 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting: Speaker Jane Glennie – "Put Your Best Face Forward" 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
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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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