

## Monthly Newsletter March 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](mailto:editor@parkinsonsnewforest.org.uk)) and I will be happy to add you to the postal mailing list

### YOUR FILM THIS MONTH IS: *MOTHER'S PRIDE*

#### FRIDAY 27TH MARCH 2026—10.30AM + 4TH BIRTHDAY LUNCH



Starring - **MARTIN CLUNES**, Jonno Davies, Mark Addy, Gabriella Wilde. A film from the team behind 'Fisherman's Friends'. **A BIG-HEARTED COMEDY DRAMA** about a failing pub, a divided community and a grieving family whose lives are changed by brewing real ale and entering the Great British Beer Awards. It is a warm, witty celebration of British pub culture and shows the **POWER OF THE LOCAL PUB!**

**The cast bring warmth, sharp comic timing—and Disco Morris dancers!**

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](http://lymingtoncommunity.com) Phone - 01590 672337

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

**WE HOPE TO SEE YOU ALL THERE!**



### INFORMATION AFTERNOON



**Wednesday 4<sup>th</sup> March; 2.00 – 5.00 pm at Boldre Memorial Hall**

An afternoon of informative and interesting Speakers and, of course, a break for tea and biscuits.

This is the first of four such afternoons planned for this year; bringing you information and knowledge on a variety of important topics... not to be missed

### LUNCH CLUB



On **Thursday 5<sup>th</sup> March**, 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 18<sup>th</sup> March 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 9<sup>th</sup> March** and will be held at **Otter Nursery**.. It will start, as always, at 10.30 am. We look forward to seeing you there.

## BRANCH MEETING THURSDAY 19<sup>TH</sup> MARCH FROM 2.00 PM



Speaker: **Jane Glennie** – “**Put Your Best Face Forward**” WW2 rationing tips with a recipe guessing game and beauty advice!

A return visit by Jane who has entertained our Parkinson’s group very well in the past. An afternoon not to be missed.

## 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 13<sup>th</sup> March**) 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.





Join us for

# Free Boxing for Parkinson's Taster Session

Friday 20 March at 2pm-3.30pm

Lawrence Boxing Club, Alan Farrar Gymnasium, 3 Marsh Ln,  
Lymington SO41 9EW



Please scan the QR code to register your place or contact Leigh Stroud 07955 267 385 / [lstroud@parkinsons.org.uk](mailto:lstroud@parkinsons.org.uk) for further information.



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (90037554).



## **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**



## DISNEY PHYSIOTHERAPY

I am a Neurological Physiotherapist working at Lymington Health & Leisure Centre (also provide home visits if needed within the local area) and will be starting up an exercise class suitable for those with a Neurological Condition, the class aims to provide a safe environment to support individuals rehabilitation / maintenance programmes. Please see the flyer attached for further details.

Kim Disney

# DISNEY PHYSIOTHERAPY

Introduces:

## NEURO MOVE

Specialist Exercise Class for individuals diagnosed with a Neurological Condition.



Move with confidence under the guidance of expert Neurological Physiotherapists in our evidence based exercise class, tailored to your needs.

Come and give our class a go to feel the transformative benefits helping you feel stronger, move better and live well.

- ✓ Suitable for those recovering from Stroke, Multiple Sclerosis (MS) relapse, Guillain-Barre syndrome, Brain injury and supportive for long term management of conditions such as Parkinsons Disease, progressive MS and more. Please contact us to discuss further,

**OUR CLASS:**  
TUESDAY  
1-2pm  
Lymington Health & Leisure Centre  
£15 or £12.50 block bookings



Disney  
Physiotherapy



 **CONTACT US**  
Jannine & Kim **07557472914**  
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www.disneyphysiotherapy.co.uk



[www.disneyphysiotherapy.co.uk](http://www.disneyphysiotherapy.co.uk)

(Please see disclaimer on back page)

March 2026		
Tues 3 <sup>rd</sup> Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 4 <sup>th</sup> Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>INFORMATION DAY.</b> Speakers TBA Free event Everybody welcome, no booking required
Thurs 5 <sup>th</sup> Mar from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thurs 5 <sup>th</sup> Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Mon 9 <sup>th</sup> Mar from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 10 <sup>th</sup> Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 12 <sup>th</sup> Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 13 <sup>th</sup> 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 <sup>th</sup> Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 18 <sup>th</sup> Mar 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thurs 19 <sup>th</sup> 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
Fri 20 <sup>th</sup> Mar 2.00 – 3.30pm	Lawrence Boxing Club, 3 Marsh Lane Lymington, SO41 9EW	FREE Boxing Taster Session Free event Everybody welcome
Tues 24 <sup>th</sup> Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 26 <sup>th</sup> Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
April 2026		
Thurs 2 <sup>nd</sup> Apr from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thurs 2 <sup>nd</sup> Apr from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Sat 4 <sup>th</sup> April All day	Lymington Market; outside Moore Barlow solicitors	TOMBOLA, fundraising & awareness stall.
Tues 7 <sup>th</sup> 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 <sup>th</sup> 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: <a href="mailto:laura.blake@careuk.com">laura.blake@careuk.com</a>
Thurs 9 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> Apr from 10.30 am	Camellias Tea Room, Everton Nursery	Morning Coffee Free event Everybody welcome, no booking required
Tues 14 <sup>th</sup> 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 <sup>th</sup> Apr 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut 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 <a href="mailto:hiowh.newforestparkinsonsservice@nhs.net">hiowh.newforestparkinsonsservice@nhs.net</a>
Parkinson's UK Local Adviser: Angella Duffy	<a href="mailto:aduffy@parkinsons.org.uk">aduffy@parkinsons.org.uk</a> 0207 963 3837

## BRANCH CONTACTS

<b>Branch phone No</b>	<b>07595 927 299</b>
Chairman & Magazine Editor	Martin Hall-Patch <a href="mailto:chairman@parkinsonsnewforest.org.uk">chairman@parkinsonsnewforest.org.uk</a> <a href="mailto:editor@parkinsonsnewforest.org.uk">editor@parkinsonsnewforest.org.uk</a>
Secretary	Position currently vacant
Treasurer	Gill Naish <a href="mailto:treasurer@parkinsonsnewforest.org.uk">treasurer@parkinsonsnewforest.org.uk</a>
Website Manager	Trevor Smith <a href="mailto:admin@parkinsonsnewforest.org.uk">admin@parkinsonsnewforest.org.uk</a>
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	<a href="http://www.parkinsonsnewforest.org.uk">www.parkinsonsnewforest.org.uk</a>
Branch e-mail	<a href="mailto:chairman@parkinsonsnewforest.org.uk">chairman@parkinsonsnewforest.org.uk</a> <b>OR</b> <a href="mailto:info@parkinsonsnewforest.org.uk">info@parkinsonsnewforest.org.uk</a>
Facebook Page	<a href="http://www.facebook.com/ParkinsonsNewForest/">www.facebook.com/ParkinsonsNewForest/</a>



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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