

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

PARKY NEWS!

The Magazine of the New Forest Branch of Parkinson's UK
AUTUMN 2024



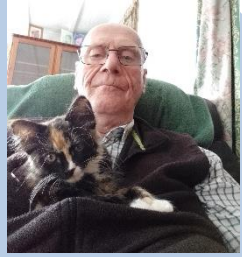
Cover photograph by David Forder

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CHAIRMAN'S PIECE –

Martin Hall-Patch (chairman@parkinsonsnewforest.org)



Good Heavens! Another quarter has somehow slipped by.

Our Summer of 2024 has been filled with plenty of events to keep you all on your toes. Apart from the usual offerings of Lunch Cafes, Coffee Mornings, Afternoon Teas, Films, Branch Meetings and Exercise Sessions, we have, thanks to the amazing and tireless efforts of our fantastic Social Committee, laid on fundraising Tombolas at Fritham, Wellands Road, Lyndhurst, Woodside Park, Pennington and Lymington Market. These events not only raise much-needed funds to help us keep everything running smoothly, they also help to raise our awareness in the local areas and attract new people to our ever-expanding group.

A total of 35 intrepid adventurers have enjoyed trips on the water, aboard the Alison McGregor, sailing from Hythe Marina, courtesy of our friends at Solent Dolphin; everyone reporting that they had a great time and much appreciated the opportunity to 'get away from it all' for a couple of hours. Our new Singing and Voice Training sessions with Lucy have proved to be a great success, with a good turn-out on both occasions. We really do recommend these fun, yet important, opportunities for you to exercise your vocal cords in a safe environment, helping to fight off the dreaded 'Parkinson's Voice' issues.

Our Garden Party, on 15th August was, I think, one of the best for many years; with over 50 people being unexpectedly entertained by a local troupe of amateur lady dancers and, of course, a magnificent spread of food, prepared by our lovely volunteers (note to Terry, more sausage rolls, next time, please!)



Things may be a bit quieter for the next few months, but we promise to continue to do our best to keep you interested and active.

Friendship and support through the toughest of times

RESEARCH NEWS

Blood test shows promise for identifying Parkinson's before movement symptoms

18 June 2024

Research co-funded by Parkinson's UK finds a new way to potentially improve diagnosis and monitoring of Parkinson's.

Researchers at University College London have developed a test that was 100% accurate in identifying Parkinson's when comparing blood samples from 99 people with Parkinson's and 36 people without the condition. The study used artificial intelligence alongside the



analysis of blood samples to develop and fine tune a test based on the levels of 8 circulating proteins that they found to be early markers of Parkinson's.

Predicting Parkinson's 7 years before diagnosis



The study also looked at blood samples from people with idiopathic REM sleep behaviour disorder (iRBD), who are known to be at a higher risk of going on to develop Parkinson's. The test identified that 79% of the 54 iRBD samples had a similar read out to

the samples from people already diagnosed with Parkinson's, offering a prediction to who might go on to develop the condition. The researchers have followed the iRBD patients over 7 years and the predictions so far match those that have now formerly received a diagnosis of Parkinson's. This evidence suggests that the test could be used to identify Parkinson's 7 years before movement symptoms appear and someone receives a diagnosis. Work is now ongoing to verify the test to see how it could be used as a tool in research and the clinic.

Overcoming challenges with diagnosing Parkinson's

One of the lead researchers, whose mother had iRBD and went on to develop Parkinson's, Professor Kevin Mills (UCL Great Ormond Street Institute of Child Health), said: "As new therapies become available to treat Parkinson's, we need to diagnose patients before they have developed the symptoms. We cannot regrow our brain cells and therefore we need to protect those that we have. "At present we are shutting the stable door after the horse has bolted and we need to start experimental treatments before patients develop symptoms. Therefore, we set out to use state-of-the-art technology to find new and better biomarkers for Parkinson's and develop them into a test. Parkinson's UK funding was integral to the development of this test."

What does this mean for people with Parkinson's?

Professor David Dexter, Director of Research at Parkinson's UK, said: "This research represents a major step forward in the search for a definitive and patient friendly diagnostic test for Parkinson's. Finding biological markers that can be identified and measured in the blood is less invasive than a lumbar puncture which is being used more and more in clinical research to trial new treatments in people with Parkinson's. "With more work, it may be possible that this blood-based test could distinguish between Parkinson's and other conditions that have some early similarities, such as Multiple Systems Atrophy or Dementia with Lewy Bodies. This is an important next step. "The findings add to an exciting flurry of recent activity towards finding a simple way to test for and measure Parkinson's."

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RESEARCH RESULTS: THANKS TO YOU

Nordic walking and Parkinson's



In April 2022, we shared an opportunity to take part in a study exploring the impact of Nordic Walking on symptoms of Parkinson's. Researchers based at the University of Nottingham, aimed to understand whether the enhanced walking technique, which involves using poles, could

improve walking ability, posture, and the mental wellbeing of people with Parkinson's. They also wanted to understand how accessible Nordic Walking is for the Parkinson's community by holding focus groups to gather attendee feedback.

Thanks to the Parkinson's community getting involved, 40 people completed the study. The results of the trial suggest that an 8-week programme of Nordic Walking improves posture and walking, with significant improvements after both 8 weeks and 6 months. There were also some benefits to non-movement symptoms like thinking, mood and sleep. In the focus groups, people with Parkinson's reported the benefits of Nordic Walking, including the social aspect of the walking group, and benefits to their physical health.

This adds to growing evidence that Nordic Walking is beneficial for Parkinson's, supporting the creation and use of Nordic Walking programmes for people with Parkinson's.

Rebound exercise in people with neurological disorders

In February 2022, we shared an opportunity to take part in a study investigating the benefits of mini trampoline exercises for people with neurological conditions. Called 'rebounding', these exercises have a low

impact on the body and have been shown to improve movement in people with neurological conditions in hospital settings. To understand the impact of rebounding on people with Parkinson's, researchers at Buckinghamshire New University recruited



52 people with the condition. Participants then attended either 12 or 24 rebounding sessions lasting around 30 minutes, over a period of 12 weeks.

Thanks to people with Parkinson's taking part, the study reached its target number of participants. The results of this small-scale study suggest that rebounding may have great potential for people with neurological conditions, including Parkinson's. Participants reported improvements in confidence, muscle strength, balance and coordination, and expressed a desire to continue with rebounding after the study.

The team now hope to see further research, including a controlled study, to better understand the benefits of rebounding exercise for Parkinson's.

JOIN OUR ENGAGEMENT NETWORK



Our Engagement Network unites people from all over Europe so they can shape the future of how Parkinson's is managed, treated and help towards finding a cure.

All you have to do is sign up, and we send you the latest tailor-made opportunities direct to your inbox.

Who is the Engagement Network for?

It's for anyone who wants to be actively engaged in helping themselves or others to improve life with Parkinson's.

You may be a person with Parkinson's interested to hear about physical activities or new cutting-edge research in which to take part, or perhaps you are a healthcare professional who needs to know of new learning opportunities so you can better help Parkinson's patients.



Either way, you all have one thing in common: helping people with

Parkinson's live their best life.

Parkinson's Europe wants to join the dots by introducing you to information and opportunities that will help you achieve this.

How does it work?

You sign up to become a network member and tell us what kinds of opportunities you are interested in hearing about.

As soon as one of those opportunities becomes available we will email you. You take the next step if you want to take part.

It's as simple as that. The more you get involved with, the more impact you will have on the world of Parkinson's.



What kind of opportunities are available?

If you are a person with Parkinson's, a partner, care provider or relative, you will:

be the first to be offered the opportunity to be part of workshops or webinars to increase and share your knowledge about Parkinson's;

take part in and shape new research trials, putting you in touch with experts in the field of Parkinson's;

bring your voice forward as part of lobbying governments and decision makers so they can hear how you want change;



Share your opinions and experiences to help professionals in the world of medicine, care and research to understand more about the effects of Parkinson's, enabling them to improve products, treatment and services;

learn about sports, leisure, creativity and other activities you can be part of across Europe, in your country or linked to your local Parkinson's organisation.

Yes please – sign me up

<https://parkinsonseurope.org/connect-with-us/join-our-engagement-network/join-the-parkinsons-engagement-network/>

If you are a medical or healthcare professional, you will be able to:



keep abreast of the latest Europe-wide research activities so you can signpost you patients to them;
offer your own expertise and insight to enrich research and development into Parkinsons;
take advantage of opportunities to enhance your professional development in the field of

Parkinson's;

be part of workshops that need your voice to make sure that changes being made in the Parkinson's clinical world represent you;
get involved with advocacy initiatives to improve the Parkinson's picture in Europe.

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A graphic artist living in Germany works from home. His wife leaves their baby girl with him each day as she goes off to work. A few months ago, he got tired of her texting to check on

how he was

doing with the baby. So, he started photoshopping responses to text back to her. His responses have become something of a sensation on

Instagram Here is one of them.



CARERS' CORNER

QUIS CUSTODIET IPSOS CUSTODES?

Who will Care for the Carers?



NEW FOREST CARERS' FRIENDS

C/o Carers Together, 9 Love Lane, ROMSEY,
Hampshire, SO51 8DE

Carers Listening Line: 08000 323 456

Information & Advice: 01794 519 495 (365 days a year)

Email: admin@Carerstogether.org.uk

Activities Organiser: 07920 506343

THE PRINCESS ROYAL TRUST FOR CARERS

All of our services are completely confidential and free of charge.

The work we do is varied and is tailored to the needs of each individual Carer.

Our service includes:

Information, advice and guidance; Advocacy and representation; Liaison with statutory bodies; Access to training and education; Support groups; Carers clinics and hubs; Opportunities for respite; Regular support groups; Free counselling by way of voluntary qualified counsellors; Regular newsletters; A listening ear; Emergency Planning for Carers

Telephone: 0800 169 1577 or e-mail: info@Carercentre.com



PARKINSON'S ADVISERS

Parkinson's UK has a specialist adviser team who can provide information about any aspect of living with Parkinson's, managing symptoms, medication, social care, employment rights, benefits and much more. They

can offer emotional support and liaise with health, social care and other local professionals to get you the support you need.

Call the Helpline on 0808 800 0303 or email hello@parkinsons.org.uk.

The Helpline Advisers will deal with any general enquiries and you will be put in touch with someone in your area if more local knowledge or in-depth support is needed.



Carers Together

We're here to support unpaid carers...

Carers are people who give their time, unpaid, to support relatives, friends or neighbours. This may be because they are old and frail, have a disability or a long or short term health condition.

Carers Together is a carer-led charity that offers support for unpaid carers living anywhere in Hampshire including Southampton and Portsmouth.

If we can't help you, we will find the information or contact for somebody who can help you.

Contact us today and see how we can support you...

Main Office:

Open Tuesday - Friday, 10.00am - 2.00pm

Hampshire Carers Centre, 9 Love Lane, Romsey, Hampshire SO51 8DE

Tel: 01794 519495; Email: admin@carerstogether.org.uk

Carers' Active Listening Line

Tel: 08000 323456

This is a helpline for carers who can phone and speak to someone in confidence about any caring issues they may have.

CALL is: - Free – Independent – Confidential – Impartial – Supportive – Non-judgemental

Available 365 days a year. Monday–Friday: 10.00am–8.00pm Bank Holidays & Weekends: 10.00am–4.00pm

Household Support Fund 2024-25

Supermarket vouchers or a grant for household items needed are available for carers living in Hampshire or caring for someone living in Hampshire (not available in Southampton or Portsmouth).

Funding is available until 31st March 2025 unless it is spent before then.

You need to choose the supermarket where you wish to use the voucher (ASDA, Aldi, B&M, Farmfoods, M&S, Morrisons, Sainsbury's, Tesco or Waitrose). Alternatively request the household item you would like to purchase.

For more information, contact Carers Together on 01794 519495

Alternatively you can fill in the form ONLINE at:

<https://www.carerstogether.org.uk> (or ask our Chairman for a printed copy)

Funding is also available from Andover MIND and Princess Royal Trust for Carers in Hampshire.

Please note you can only apply to one of the three organisations for funding.

LOCAL CALL COMPANIONS

a telephone befriending service

What is Call Companions?

Call Companions is a telephone befriending service available to individuals living with Parkinson's, and their carers. The service is run through a partnership with Re-engage, who have been running a similar service for many years.

Who is eligible for Call Companions?

The service is available across the UK and NI. It is open to anyone who is over 60 with Parkinson's, and their carers.

How do I access the service?

There are 4 methods of referral into the service:

1. Individuals are referred through the Parkinson's Local Advisors
2. Referrals are made through other health professionals
3. Individuals are referred through family and friends, through the [Parkinson's UK Call Companions web page](https://www.parkinsons.org.uk/information-and-support/call-companions) (<https://www.parkinsons.org.uk/information-and-support/call-companions>)
4. People self-refer by filling out a form online through the Parkinsons UK Call Companions web page (see above)

What happens once the referral is made?

Once the referral is made, the client will have a phone call from Re-engage to see if they are interested. They are also asked how often they would like to be contacted.

The client can have up to weekly calls, and the service is ongoing until the client decides they no longer require it.

Re-engage will ask the client about their hobbies and interests so they are able to match them up with a suitable volunteer, with similar interest, making the service much more tailored and enjoyable.

PARKINSON'S™
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

**A REGULAR CHAT WITH
SOMEONE WHO REALLY
LISTENS...**

If you are over 60, have or care for someone with Parkinson's, you can use our call companions service to be matched with a trained volunteer with similar interests. You can have weekly chats with your call companion

Self refer to our telephone befriending service by calling Reengage on 0800 716 543 or visit [parkinsons.org.uk/information-and-support/call-companions](https://www.parkinsons.org.uk/information-and-support/call-companions), to sign up online

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (250497) and in Scotland (SC037654). © Parkinson's UK

The volunteers are also trained in the same way that Parkinson's UK volunteers are trained, and have knowledge of the condition.

How service users feel about Call Companions

This service has made a huge difference to the people accessing it, and has acted as a real life line for many people - here are some examples:

“Talking to [my Call Companion] really helps me. There are things I can talk about that I can't mention to my family. I don't think my family want to accept that my condition is as bad as it is. They are used to me being strong, and I just don't feel that way at the moment.”

“Sometimes [my Call Companion] and I miss each other, but she understands. If [my husband] is feeling like he would like to go out, we just do it - if that means missing a call with [my Call Companion], I know she'll be fine with that. She's lovely, she really is. She talks to [my husband] as well, on some calls. It's really important to talk.”

QUIS CUSTODIET IPSOS CUSTODES?

Who will Care for the Carers?

Answer? Primarily... the Carers themselves must take responsibility for their own health and wellbeing; and this comes from one who has been a Carer since 1980! If you feel low, or drained, don't be shy, **ASK FOR HELP.**



Friendship and support through the toughest of times

CHURCH LADIES WITH TYPEWRITERS . . .



These sentences actually appeared in church bulletins or were announced at church services. A light-hearted muse

- The Fasting & Prayer Conference includes meals.
- Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- The sermon this morning: 'Jesus Walks on the Water'
The sermon tonight: 'Searching for Jesus'
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house - Bring your husbands.
- Don't let worry kill you off - let the Church help.
- Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Next Thursday there will be try-outs for the choir. They need all the help they can get.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- At the evening service tonight the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

NATIONAL COASTWATCH.

A new member to our group is Paul Marshall, who has recently been diagnosed with Parkinsons. Paul keeps himself active by going to the Gym, dog walking, Lawn Bowls and volunteering as a Watchkeeper for Coastwatch.

What is Coastwatch you may ask?

This article is to explain what Coastwatch is, and how Paul's PD Symptoms might affect doing this work. The National Coastwatch Institution's (NCI) main purpose is in the headlines '**Eyes Along the coast, a voluntary organisation keeping a visual watch along UK shores**'. Its objective is to protect and preserve life at sea and along the UK coastline. Strictly operating under the HM Coastguard. (Ref; [The National Coastwatch Institution - nci.org.uk](http://nci.org.uk)).



Where are the local NCI stations?

Paul operates in a group which covers NCI Calshot Tower and NCI Stone Point (at Lepe Country Park). These NCI stations are open during daylight hours 354 days of the year and are serviced by employing

2 Watchkeepers on 3 shifts per day, this takes over 100 volunteers to work effectively.

What is the role of the Watchkeeper?

Paul only volunteers for Stone Point, and the core of the duties are to keep a visual lookout along the local coast, carry out Beach Patrol's and listen to marine VHF Channels. All relevant observations are reported to HM Coastguard.

A typical shift would include: -

- Open the station; open shutters, switch radios and Electronic Charts and Radar on.
- Commence Logbook; an official Log of all actions and observations is kept.



NCI Stone Point

- Lookout; Importantly, a visual scan of the area has to be constantly maintained throughout the shift.

The shift is spent mostly observing the local coastline and listening to the marine VHF radios.

It may be that NCI have to report an Incident to the HM Coastguard, in which case HMCG will assess what assistance is required (RNLI or Helicopter etc.). It may be that an Incident has already been called (such as a Mayday), in which case NCI can report what is happening visually, if in the local vicinity.

Additionally, Beach walks are carried out, where a Watchkeeper will patrol along the Coast to widen the operational area. This can be a walk to 3 to 4km heading east or west from the station.



How does Parkinson's affect Paul's Watchkeeping duties?

Paul's symptoms are mainly around stiffness of movement, which makes his walking slow and he has lack of confident balance. There are two main impacts; -

- Paul is unable to carry out duties at Calshot Tower, due to the risk of climbing internally up the tower, which involves climbing about 8 near-vertical ladders (imagine engine room ladders).
- Beach Patrols are a bit awkward for Paul and take longer due to slowness of walking.



Ultimately Paul is still able to effectively perform his duties at Stone Point NCI. This keeps him mentally & physically active.

The help from NCI is very supportive. It is also relevant that most Watchkeepers are retired, therefore health issues are dealt with every year, Paul is nothing new.

It is also reassuring for Paul that The New Forest Parkinsons Group have shown an interest in his duties, which are hopefully of interest to many others..

PARKINSON'S FRIENDLY FILM SHOWS

Every month, there is a private film showing specifically for YOU. The event is held at the MALT CINEMA at Lymington Community Centre and we aim to have one of the latest films to be released available for your entertainment. Afterwards, if you want, there is a light lunch laid on. The cost is £7 per person for the film, or £15.50 for the film and lunch.

SINGING AND VOICE TRAINING

Our first session with Lucy Kelleher on 19th July was a great success. There were 22 brave people who turned up; not knowing exactly what they were letting themselves in for, but Lucy quickly put us all at our ease. Using her trusty 'boom box' for the music and projecting the words up onto the screen, she led us through a selection of well-known, popular songs from the 50s, 60s, 70s and 80s and, in between the songs, she guided us in a series of vocal exercises, designed to help with enunciation, breath control and projection. The whole was a thoroughly enjoyable hour of complete relaxation and the utter abandonment of all our long-held prejudices and assumptions that we could not sing, or we sounded like strangled frogs. At the end of it, I did not see a single person looking either embarrassed, or unwilling to come back next month for another go. Needless to say, we finished the event with the compulsory tea, biscuits and 'putting the world to rights' time of relaxation.



On the 16th of August, we had our second session; and 19 of our wonderful people turned up and were royally entertained, as always, by Lucy's unique blend of 'Voice Training' and fun.

Our next venture will be on **Friday 20th September**; at Boldre Hall. We look forward to seeing (and hearing!) you there.

Alison McGregor boat trips

What a year we've had on the Ali McG!

Our first outing, booked for 15th June, had to be cancelled at virtually the last minute, due to gale-force winds and the threat of heavy rain. Fortunately, our sailing on 24th July was blessed with the opposite weather conditions and our intrepid voyagers were treated to a wonderful couple of hours exploring the Hamble River in glorious sunshine.



On the 11th of August, another band of eager seafarers set sail on a bright, warm, but slightly breezy day. We were treated to a very enjoyable couple of hours, visiting the Queen Anne and Anthem of the Seas cruise liners, before exploring the mouth of the Itchen and Ocean Village marina



Yet another troupe of expectant adventurers sailed forth on the 25th August, but their report did not reach me in time to be included in this issue of Parky News

There is no charge for these trips, though voluntary donations will always be gratefully accepted on board.

FIRST STEPS PROGRAMME



The next set of online First Steps courses, which start in September, are now open for bookings. People who have been newly diagnosed with Parkinson's, and their family members, friends and carers can find out more about the programme and book a place on an online course via the First Steps

website www.parkinsons.org.uk/information-and-support/first-steps-programme).

A reminder about our newly diagnosed Welcome Sessions

Our recently developed online Welcome Sessions, for those who are newly diagnosed with Parkinson's, are continuing to grow.

Our Welcome Sessions are a one-off Zoom meeting lasting around an hour and a half. They are a chance to meet others in a small group, share diagnosis experiences, and get a light touch introduction to Parkinson's UK information and support. They run monthly with some daytime and some evening sessions.

Spaces are now available on Welcome Sessions from September through to November. To find out more and book your place, please visit the First Steps website (www.parkinsons.org.uk/information-and-support/first-steps-programme)

If you have any questions or issues booking, please email newlydiagnosed@parkinsons.org.uk.

"The journey of a thousand miles begins with one step"

This is a common saying that originated from a Chinese proverb in Chapter 64 of the Dao De Jing and is attributed to the Chinese philosopher Lao Tzu. However, it is also sometimes incorrectly attributed to his contemporary Confucius.



You mean a woman can open it!

It seems incredible but, not so very long ago, adverts such as this were commonplace and, presumably, deemed acceptable!



Parisian Afternoon Tea

**THURSDAY
12TH SEPTEMBER
2pm - 4pm**

Join Colten Care and Parkinson's UK for a delightful French-themed afternoon tea alongside the sounds of the amazing Café Mondial.

Boldre War Memorial Hall, Pilley Street,
Pilley, Lymington SO41 5QG

DELICIOUS FOOD—RAFFLE—MUSIC

TICKETS £5.00 EACH

Book your place now!

This event is being put on by Colten Care and all proceeds will kindly be donated to our Group

Tickets are available from GILL NAISH

PHONES ARE GOING DIGITAL!

You may remember back in around 2010 our TV signals turned from analogue to a digital signal and we all had to retune our TVs. Well, the same thing is happening now to our landline phone network. Some of you may have already swapped, if you haven't swapped then at some point before December 2025, changes will be made to your phone line set up.



Up until now our landline phones have been connected via a network of copper wires, this is sometimes called the Public Switched Telephone Network (PSTN). The equipment used in this network was developed and installed in the UK in the 1980s. It is becoming harder and more expensive to maintain. Technology has also advanced and new systems have been developed. Broadband and phone providers have therefore decided to switch off the old network and deliver landline calls using new digital technology. This is a new network

sometimes referred to as VOIP, or Voice over Internet Protocol.



You do not need to do anything until your provider tells you or you decide to change your phone provider.

Once a home phone service is moved to the new digital network, the phone will generally work in the same way. However, the phone will no longer be plugged in to the phone socket on the wall. Instead, it will be plugged in to your internet router. This means that everyone will require an internet connection if they wish to have a landline type phone.

For anyone who claims Universal Credit or one of several other means tested benefits, it is worth asking your broadband provider if you qualify for a social tariff. These are broadband and phone packages for people on a lower income and these are cheaper.

If you have a community alarm system, pendant alarm, tunstall unit or another similar alarm system to summon help in an emergency, then this MAY also be affected as it works using the landline network.

Unlike traditional landline phones, a phone connected to an internet router will not work in a power cut, as the internet router requires mains power. If you rely upon your landline, for example live in an area of poor mobile signal, unable to use a mobile phone, your phone provider **must** make sure you are able to contact the emergency services during a power cut.



When you are contacted by your phone provider and told you are due to swap to the digital network, it is suggested that you inform them of any vulnerable people in your home, if you have a community alarm and further details about your needs. They can then ensure appropriate measures are taken and the correct equipment is supplied.



Some people with a community alarm system, have had their alarm system box changed so that it works independently of the phone and broadband system.

Some of the broadband providers have decided to cease offering a phone service via the digital network. Therefore, to keep a phone you may be told you need to move to another provider.

And just to make things a little more complicated... BT and EE are joining together to become one company!!

Sharon May.

CREATIVE WRITING CHALLENGE

I wrote 'At Butlocks Heath in England' 40 years ago, along with a few other equally weird and creative pieces. Can you do any better? Maybe you are a secret poet, or a song writer? Whatever you write, I would be delighted to read and, if possible, publish it. Send me your work and I'll see if I can include it in Parky News for you.

At Butlocks Heath in England
A Labour voter lay
When a paper, like a soggy rag,
Came flying from far away
"Tories come to power," it said,
"Labour routed outright."

Then swore our Labour voter,
"Egad, what can I say?
The Tories are in power,
Now less tax I'll pay!
I think I'll go and shoot myself.
The shock's too much to bear.
A better England to live in,
My kids can breathe clean air.
My rates are spent more wisely,
The housing's better, too.
How can the Tories do it,
When Labour never do?"

A year went by and life weren't bad,
Despite what Labour said.
Then, Len Murray came along,
Said he wanted Tories dead.
"Rise up," said he, "Waste a day;
Let's make a great big stink!"
By then our Labour voter
Had had some time to think.
"Push off," he said, "Go away,
I'm happy with my lot.

Go and tell your masters
Not to talk a load of rot.”

© M Hall-Patch, following General Election 9th June 1983 and subsequent events.

(with apologies to “The Revenge” by Alfred Lord Tennyson)

Please note, if your political views, or memories, differ from mine, I claim ‘Poetic Licence’ and clearly state that there is no intent to cause offence to anyone in my writing.

Parky News copy is always welcome from our readers; please give to any member of the committee or send to editor@parkinsonsnewforest.org. We are always looking for interesting or inspiring stories, amusing anecdotes, helpful tips and hints, poems, recipes or anything else you would like to share with the rest of our readers.

Copy deadlines are the 15th day of February, May, August and November.

WHAT'S ON

Please see your **MONTHLY NEWSLETTER** For the most up-to-date listing of our many events, sent out (mainly by e-mail) at the start of each month

Editor's comment

In my opinion, at least 90% of a successful life with Parkinson's is a positive frame of mind. If you can keep smiling and know that you can do most things; if only you put your mind to it and 'think outside of the box' Parkinson's will never defeat you.



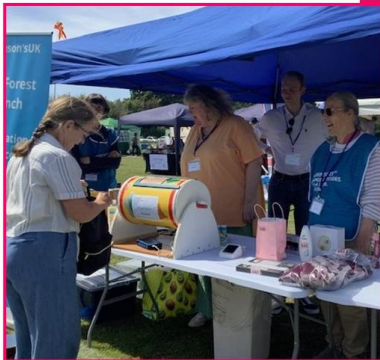


OUR TOMBOLA STALL
4TH AUGUST 2024
PICNIC IN THE PARK



Another very nice day for a Tombola!
Members and helpers were out in force to lend a hand on the day and we thoroughly enjoyed meeting and chatting to all the punters!

**WE RAISED A
BRILLIANT
£386.00**



The Social Committee would like to thank everyone for their wonderful donations. Without you we wouldn't be able to have our stalls and raise funds for the Group and at the same time raise awareness of our Parkinson's Group in the local community



OUR TOMBOLA STALL
4TH AUGUST 2024
PICNIC IN THE PARK

**Everyone loves a Tombola!
There is something about a Tombola that makes people come back to keep trying to win—especially if they see a prize they would really like to have! Some people came back multiple times during the day!**



A Tombola appeals to the very young and the 'not so very young!'

This lady on the right in the wheelchair came back twice just to try to win a nail varnish set she had set her heart on. She won it and the BBQ set—she was one very happy customer!

We will be having more Tombola stalls next year so please feel free to keep on bringing your donations to any of our meetings—we can store them until needed!

RECYCLE FOR CHARITY

RECYCLE FOR PARKINSON'S UK



STAMPS— Parkinson's UK accept first, second class, foreign, first day covers, presentation packs and albums

MOBILE PHONES, CAMERAS & GADGETS

Mobile phones, video cameras, cameras, Satnavs, Game consoles, games & accessories, iPods & MP3 players, iPads & tablets



BOOKS, CDs, DVDs & GAMES—Recycle books, CDs, DVDs and games with WeBuyBooks

CLOTHES—Clothes that you no longer wear but are too good for the bin—recycle them with Thrift+



JEWELLERY—Recycling for Good Causes accept gold & silver jewellery, costume jewellery & watches.

INK CARTRIDGES—Recycle them in our Recycle4Charity box at our monthly meetings



COINS & BANKNOTES—Recycling for Good Causes will accept old and new coins and banknotes, including out of circulation and pre-Euro currency

CARS—Recycle unwanted good as new cars or scrapheap cars with CharityCar



FIND OUT HOW TO RECYCLE YOUR ITEMS

VISIT: www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk.

E-MAIL: fundraising@parkinsons.org.uk or

PHONE: 0800 138 6593

A MESSAGE FROM NIKKI'S SUPPORT SERVICES

I have nearly 30 years of working in the care industry, mental health, Adults with disability, OTA, Children and Elderly care and then finally working as a manager in a Retirement home for two years within the East region including East Bourne, New Forest to North London, a large area and lots of travelling every day. But sadly, my family and work life balance was not working out. During this time, my Dad became unwell and sadly passed away. This is when I realised that this area was very much in need of someone to get people out and provide transport. The New Forest public transport is very limited and a lot of people I was speaking to, struggled to get to their appointments and spent a lot of time travelling whilst they felt very unwell, causing them to try to avoid going out and staying home and even missing out on appointments as it was just too stressful. Once they got to some of the appointments they then struggled to take in and hold the information given to them. Therefore, I can stay during the appointments, if requested, take notes and hand over information to the families as required, taking away some of the stress and offering support.



I have a disability-accessible vehicle with a motorised ramp, which can seat 4 passengers and a wheel chair user in the rear section. I have managed to build up a steady clientele who regularly book my services. This includes not only on outings but also support within the home if required.

I regularly provide outings in the local community, including Furzey Gardens, Exbury, Lepe, Shopping trips etc. A few weeks ago I Purchased an electric mobility scooter and a wheel chair which my clients are now able to use during trips out.

All trips are supported/fully escorted and tailored to the individual or group's needs.

My available days and times do change from time to time, so it is always worth enquiring. I can accommodate 4 people during outings. Discounts are available for group bookings.

Prices are given upon enquiry, depending on mileage travelled and how many people are requiring support.

I have now been running for a year, as of the first of September, and business has really picked up. I love my job and been very privileged to have worked with some amazing people in the community. I am looking forward to seeing how I can help you.

Nikki Baron-Hadaway nikkiytene@googlemail.com 07921 154 223

BRANCH ZOOM MEETINGS



During the lockdowns of Covid in 2020, we set up a series of ZOOM meetings, three times every week, to enable people to stay in touch and fight off loneliness. Gradually, since lockdowns ceased, the attendance at these meetings has dwindled and there is now just one regular attendee (apart from myself); who still finds it helpful to have someone to talk to whenever she needs it.

The meetings take place on Monday, at 11.00 am; Wednesday, at 5.30 pm and Friday, at 3.00 pm and, whenever I am free from other duties, I always log on to see if there is anyone there.

It would be good to welcome a few 'new faces' so, if you are feeling bored, or otherwise stuck at home and would like a half hour of chat; or if you have questions to ask or are seeking advice; why not log on and say "Hello"?

Logging on is very simple. Go to our website:

www.parkinsonsnewforest.org and, on the right-hand side of the HOME page, you will see 'ZOOM drop in for a chat'. Click on any of the three blue titles (Morning Coffee; Sundowner; Afternoon Tea) and you will be taken to the appropriate ZOOM page. If this is your first time using ZOOM, you might have to go through a simple process of Downloading ZOOM onto your device, or you may not.

Then click on 'Launch ZOOM' or, if available, 'Open ZOOM meetings' and, all things being equal, you should be in.

As I said earlier, there are occasional days when I am otherwise engaged (at a Coffee Morning, for instance), but I do try to be online as often as possible. If, when you log in, there is no-one there, my apologies, but wait a few minutes and I might come in a bit late. If I don't, please do try again; I really would enjoy seeing your smiling face grinning at me from my screen.

Martin Hall-Patch

USEFUL CONTACTS

Parkinson's UK Helpline	0808 800 0303 (Freephone)
Branch Committee general No.	07595 927 299
Lymington Hospital Parkinson's Clinic and Parkinson's Nurse Practitioners Jennie Meadway and Carly Fricker	01590 663446
Parkinson's UK Local Adviser: Angela Duffy	aduffy@parkinsons.org.uk 0207 963 3837
Adult Services. Mon – Thurs. 8:30 – 5:00 pm Fri 8:30 – 4:30 pm	0300 555 1386
Adult Services: All other times	0300 555 1373
Community Physiotherapy Service	0300 121 0175
Occupational Health direct	0300 555 1378
Citizens Advice Bureau New Forest	03444 111 306
Age Concern New Forest	02380 841 199
Community First New Forest	01425 482 773
Disability Info Service New Forest	01425 628 750
Red Cross Lymington	01590 679 529
Red Cross Christchurch	01202 484 074
Blue Badge Hampshire	0300 555 1376
Voluntary Car Group Hythe & District	02380 845 788
Lymington Voluntary Care Group	01590 679 187
Princess Royal Trust for Carers	01264 835 246
Blue Lamp Trust	0300 777 0157
Carers Together / N F Carers' Friends	01794 519 495



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

Branch CONTACTS

Branch phone No	07595 927 299
Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org editor@parkinsonsnewforest.org
Secretary	John Naish
Membership Sec.	John Phipps
Treasurers	Gill Naish treasurer@parkinsonsnewforest.org
Website Manager	Paul Smith admin@parkinsonsnewforest.org
Social, Events & Fundraising	Gill Naish, Mary Tozer; Linda Handscombe; Angie Lilley, Jackie Gill
Committee Members	Alison Bolton (Minutes Secretary); Derek White (Research Interest Rep.)
Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne
Branch Website	www.parkinsonsnewforest.org
Branch e-mail	info@parkinsonsnewforest.org

The New Forest Branch of Parkinson's UK meets every third Thursday of the month (except December) at the Boldre War Memorial Hall, Pilley, SO41 5QG. The meetings are from 2.00pm to 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 magazine articles are not necessarily the views of the Branch Committee Team or Parkinson's UK.

Groups, Organisations, Charities, Companies and individuals 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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