

## Monthly Branch Newsletter

April 2024

### YOUR FILM THIS MONTH IS: 'GHOSTBUSTERS FROZEN EMPIRE'

DATE - **FRIDAY 19<sup>TH</sup> April 2024** at 11.00am - followed by lunch!



Starring McKenna Grace, Carrie Coom & Annie Potts

When the discovery of an ancient artifact unleashes evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second Ice Age.



**Great bit of nostal ... all-star cast ... Ghostbusters ... what's not to like?**

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

Car Parks: - 1) Emsworth Road, 2) behind Tesco or 3) next to Tesco in Canon Street - blue badge parking available in all the car parks - free and with no time limit.

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

### LUNCH CLUB



On **Thursday 4<sup>th</sup> April**, you are invited to join like-minded 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.



### COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 8<sup>th</sup> April** and will be held **Everton Nursery**. It will start, as always, at 10.30 am. We look forward to seeing you there.

### AFTERNOON TEA

Our FIRST Afternoon Tea of 2024 will be on **Wednesday 17<sup>th</sup> APRIL** at **Redcliffe Nursery, Bashley**



*Coffee Morning*

*Everyone Welcome*





## BRANCH MEETING THURSDAY 18<sup>TH</sup> APRIL FROM 2.00 PM

Our Speaker this month will be: John Ellis; "The Making of a Museum"

Some of the background to the story of how the National Motor Museum came into being at Beaulieu and some of the characters and developments at the turn of the 20<sup>th</sup> century.

## EXERCISE AND MOVEMENT SESSIONS

On **Tuesday morning, starting at 10.30**, a number of Parkinson's People and their Partners turn up for an hour's mainly chair-based exercises; whilst a group of the Partners and Carers usually wander off to a local Tea Room for coffee and chatter (cake instead of exercise? Sounds good to me!).

On **most Thursday afternoons, starting at 2.00 pm**, there are usually six to eight participants for a mainly chair-based session; so there is plenty of room for more to come along and join us. We do not meet on the third Thursday of each month, as this clashes with our Branch Meeting

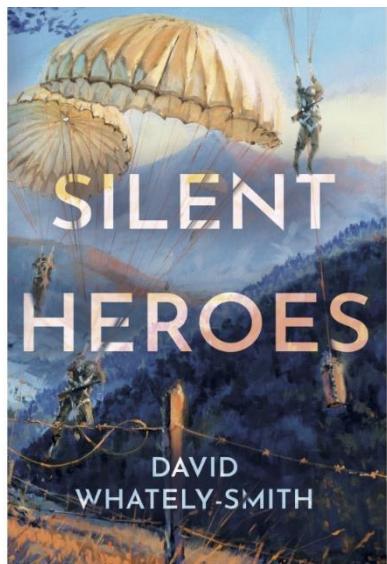
Both sessions are then followed by tea, coffee and biscuits and the opportunity to chat, catch up with friends and generally put the world to rights.

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

**We look forward to seeing lots of you there.**



## WE HAVE AN AUTHOR IN OUR MIDST!



The author of *Silent Heroes*, David Whatley-Smith, is one of our Branch Members and a regular attendee at our Exercise Sessions on Tuesday mornings.

He writes: "The book is set in the Vosges Mountains in Eastern France in September, October and November 1944.

Although it is a novel, it is based on fact.

My uncle was one of the paratroopers dropped into the forests who were tasked with causing chaos for the Germans.

However, they weren't to know that the area was swarming with the dreaded S.S. Gestapo and the terrifying Einsatzkommandos.

Two of the paras (my uncle and his senior officer) are befriended by two villagers who simultaneously are hosting two German officers. The heroism of the French villagers is extraordinary....."

The book can be ordered online, at: <https://yorkbookshop.com/home/338-silent-heroes.html>  
price £15.00 and **All proceeds from sales of Silent Heroes will go to Parkinson's UK**



## MONTHLY WELLNESS WALKS –

About 40 minutes level walk either in the Forest or along the coast. Led by Julie who also has Parkinsons experience. Not only will you be walking, but there will be breathing and listening activities along the walk. Usually ends with a cuppa so an opportunity for a chat as well. Mobility scooters are permitted. These walks are free but do need to be booked (usually Wednesday lunchtime). Location advised at time of booking.

Contact Forest Arts Centre [01425 619983](tel:01425619983)

## TOMBOLA LYNDHURST MARKET

Saturday 30<sup>th</sup> March

An enthusiastic team of Volunteers staffed our Tombola and Information stall on Easter weekend Saturday and we were blessed with beautiful sunshine (on the other side of the road!) and a steady stream of 'Punters' happy and willing to try their luck to win our prizes. Not knowing exactly what to expect for easter weekend, we elected to have fewer prizes on offer than we usually do and we ended up with just FIVE items unclaimed. The takings for the day amounted to just over £390 and we were all very pleased indeed with our day's efforts on behalf of the Branch funds.

**THANK YOU TO EVERYONE WHO HAS DONATED SUCH WONDERFUL PRIZES TO OUR TOMBOLAS.** We have two more events planned for this year, so any further donations will always be very welcome.



**A MESSAGE FROM THE MOVERS AND SHAKERS**

# MOVERS & SHAKERS

We know many of you listen to the Award-winning Movers & Shakers podcast featuring **Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Nick Mostyn and Jeremy Paxman**.

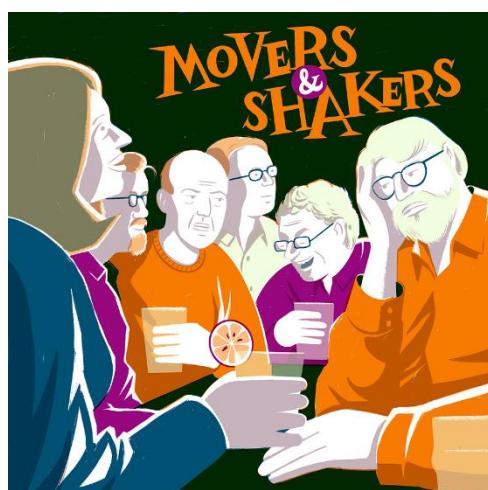
Although we manage to joke about the condition, Parkinson's is not an easy illness to tolerate and we, the Movers and Shakers, have been both moved and shaken by what our listeners have told us. As a result, we have come up with a Parky Charter - a list of things all Parkies should have a right to expect from a functioning health service and a caring care system. We now have the chance to take the Charter to 10 Downing Street on World Parkinson's Day (April 11th).

Parkinson's UK, Cure Parkinson's and Spotlight Young Onset PD, support the principles of the Charter and are promoting it wherever they can. We also know how effective and persuasive petitions can be so if you agree with the Charter's principles, please visit the web page below to sign the petition and please, please, please urge family and friends, healthcare professionals, everyone who cares about Parkinson's, to sign it as well. The more people who can sign it before World Parkinson's Day the more impact it will have.

<https://www.moversandshakerspodcast.com/post/sign-the-petition-here-to-support-our-parky-charter>

For more information about the Movers & Shakers you can go to our website [moversandshakerspodcast.com](http://moversandshakerspodcast.com)

**Thank you.  
Paul (Mayhew-Archer)**



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|--|---|---|
| Every Tuesday<br>10.30 am  | Boldre Memorial Hall, Pilley  | Lymington Area Parkinson's Support Exercise Group + coffee / tea (£3, Carers free)                                |
| Every Thursday<br>2.00 pm  | Boldre Memorial Hall, Pilley<br>(except 3 <sup>rd</sup> Thursday of each month) | Lymington Area Parkinson's Support Exercise Group + tea / coffee (£3, Carers free)                                |
| Thurs 4 <sup>th</sup> Apr<br>from 1.30 pm  | Lyndhurst Baptist Church Hall,  | Lunch Café Free event Everybody welcome, no booking required  |
| Mon 8 <sup>th</sup> Apr<br>from 10.30 am   | Everton Nursery   | Coffee Morning Free event Everybody welcome, no booking required  |
| Wed 17 <sup>th</sup> Apr<br>from 2.30 pm   | Redcliffe Nursery, Bashley  | Afternoon Tea Free event Everybody welcome, no booking required   |
| Fri 19 <sup>th</sup> April<br>11.00 am   | Lymington Community Centre  | Film "GHOSTBUSTERS" followed by lunch, if required. Film £7.00 or £15.50 with lunch.                              |
| Thurs 18 <sup>th</sup> Apr<br>start 2.00 pm  | Boldre Hall   | Branch meeting: Speaker John Ellis: "The Making of a Museum" Free event Everybody welcome, no booking required    |
| Thurs 2 <sup>nd</sup> May<br>from 1.30 pm  | Lyndhurst Baptist Church Hall,  | Lunch Café Free event Everybody welcome, no booking required  |
| Mon 13 <sup>th</sup> May<br>from 10.30 am  | Otters Nursery  | Coffee Morning Free event Everybody welcome, no booking required  |
| Thurs 16 <sup>th</sup> May<br>start 2.00 pm  | Boldre Hall   | Branch meeting: Speaker Gill Perkins: "Bumblebees" Free event Everybody welcome, no booking required              |
| Wed 22 <sup>nd</sup> May<br>from 2.30 pm   | Everton Nursery   | Afternoon Tea Free event Everybody welcome, no booking required   |
| Fri 24 <sup>th</sup> May<br>09.00 – 15.00  | Boldre Hall   | Seminar – Newly Diagnosed<br>Invitation only event  |
| Thurs 6 <sup>th</sup> June<br>from 1.30 pm   | Lyndhurst Baptist Church Hall,  | Lunch Café Free event Everybody welcome, no booking required  |
| Sat 8 <sup>th</sup> June   | Wellands Road Football Ground,<br>Lyndhurst                                     | Tombola and Information Stall   |
| Mon 10 <sup>th</sup> June<br>from 10.30 am   | Redcliffe Nursery, Bashley  | Coffee Morning Free event Everybody welcome, no booking required  |
| Sat 15 <sup>th</sup> June 2.00 pm  | Hythe Marina  | Sailing on the Alison McGregor. Free event<br>07595 927 299   |
| <b>THIS DATE IS NOW FULLY BOOKED, BUT YOU CAN JOIN A 'STANDBY' LIST IN CASE OF CANCELLATIONS</b> |   |   |
| Thurs 20th June<br>start 2.00 pm   | Boldre Hall   | Branch meeting: Quiz Time: Free event<br>Everybody welcome, no booking required                                   |
| Wed 26 <sup>th</sup> June<br>from 2.30 pm  | Otters Nursery  | Afternoon Tea Free event Everybody welcome, no booking required   |
| Thurs 4 <sup>th</sup> July<br>from 1.30 pm   | Lyndhurst Baptist Church Hall,  | Lunch Café Free event Everybody welcome, no booking required  |
| Mon 8 <sup>th</sup> July<br>from 10.30 am  | Everton Nursery   | Coffee Morning Free event Everybody welcome, no booking required  |
| Thurs 18 <sup>th</sup> July<br>start 2.00 pm   | Boldre Hall   | Branch meeting: Speaker Mark Luis Earp: "The Isle on Film & TV" Free event Everybody welcome, no booking required |
| Wed 24 <sup>th</sup> July<br>from 2.30 pm  | Redcliffe Nursery, Bashley  | Afternoon Tea Free event Everybody welcome, no booking required   |
| Wed 24 <sup>th</sup> July<br>2.00 pm   | Hythe Marina  | Sailing on the Alison McGregor. Free event<br>Please book in advance 07595 927 299                                |

| USEFUL CONTACTS  |                               | BRANCH CONTACTS                     |   |
|--|-------------------------------|-------------------------------------|---|
| Parkinson's UK Helpline<br>Mon-Fri 9 am to 6 pm Sat<br>10am to 2 pm  | 0808 800 0303<br>(Freephone)  | Branch phone No                     | 07595 927 299   |
| Parkinson's Nurse Practitioners<br>Jennie Meadway & Carly Fricker    | 01590 663446                  | Chairman &<br>Magazine Editor       | Martin Hall-Patch<br><a href="mailto:chairman@parkinsonsnewforest.org">chairman@parkinsonsnewforest.org</a><br><a href="mailto:editor@parkinsonsnewforest.org">editor@parkinsonsnewforest.org</a> |
|  |                               | Secretary                           | John Naish  |
| Parkinson's UK Local Adviser:<br>Rosemary Smith                      | Contact via Helpline<br>above | Membership Sec.                     | John Phipps   |
| Adult Services.<br>Mon – Thurs. 8:30 – 5:00 pm Fri<br>8:30 – 4:30 pm | 0300 555 1386                 | Treasurer                           | Gill Naish<br><a href="mailto:treasurer@parkinsonsnewforest.org">treasurer@parkinsonsnewforest.org</a>  |
| Adult Services: All other<br>times                                   | 0300 555 1373                 | Website Manager                     | Paul Smith<br><a href="mailto:admin@parkinsonsnewforest.org">admin@parkinsonsnewforest.org</a>  |
| Community Physiotherapy<br>Service                                   | 0300 121 0175                 | Events, Fundraising<br>and Speakers | Mary Tozer; Gill Naish; Jackie Gill;<br>Linda Handscombe; Angie Lilley  |
| Occupational Health direct   | 0300 555 1378                 | Committee<br>Members                | Alison Bolton; Derek White;   |
| Citizens Advice Bureau New<br>Forest                                 | 03444 111 306                 | Coffee Mornings &<br>Afternoon Teas | Jackie Gill & Brian Horne   |
| Age Concern New Forest   | 02380 841 199                 | Branch Website                      | <a href="http://www.parkinsonsnewforest.org">www.parkinsonsnewforest.org</a>  |
| Community First New Forest   | 01425 482 773                 | Branch e-mail                       | <a href="mailto:info@parkinsonsnewforest.org">info@parkinsonsnewforest.org</a>  |
| Disability Information Service<br>New Forest                         | 01425 628 750                 |                                     |   |
| Red Cross Lymington  | 01590 679 529                 |                                     |   |
| Red Cross Christchurch   | 01202 484 074                 |                                     |   |
| Blue Badge Hampshire   | 0300 555 1376                 |                                     |   |
| Princess Royal Trust for Carers                                      | 01264 835 246                 |                                     |   |
| Blue Lamp Trust  | 0300 777 0157                 |                                     |   |
| Carers Together / N F Carers'<br>Friends                             | 01794 519 495                 |                                     |   |
| My Dementia Support<br>Helpline                                      | 0344 324 6589                 |                                     |   |
|  |                               |                                     |   |



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 (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 newsletter articles are not necessarily the views of the Branch Committee Team or Parkinson's UK.**

**Groups, Organisations, Charities and 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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