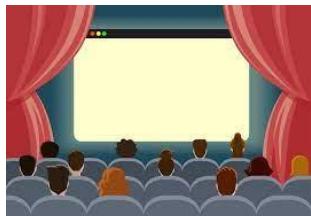


Monthly Branch Newsletter

August 2024



YOUR FILM THIS MONTH

In view of school holidays and other outside influences, it has been decided not to show a film this month, but we shall be resuming our normal pattern next month.

LUNCH CLUB



On **Thursday 1st August**, you are invited to join other 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 *Everyone Welcome*



COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 12th July** and will be held at **Otter Nursery**. It will start, as always, at 10.30 am. We look forward to seeing you there.

AFTERNOON TEA

Our Afternoon Tea for may will be on **Wednesday 28th July** at **Everton Nursery**.



BRANCH MEETING THURSDAY 15TH AUGUST FROM 2.00 PM

This will take the form of our annual **Garden Party**; with games in the garden (British Summer weather permitting, of course), other entertainment, a raffle and, of course, delicious catering.



EXERCISE AND MOVEMENT SESSIONS

Every **Tuesday morning**, from **10.30** and most **Thursday afternoons**, from **2.00pm** a number of Parkinson's People and their Partners turn up for an hour's mainly chair-based exercises; whilst (on Tuesdays) 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!).

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.



ALISON MCGREGOR.



The trip planned for **Sunday 11th August** is currently fully booked so I made an extra booking for **Sunday August 25th** at 2.00 pm but, almost before I was even able to announce this, it also became almost fully booked! (just TWO spaces remaining)



Consequently, I have managed to secure ANOTHER booking for **Monday 2nd September at 2.00pm**.

The trend is for these sailings to be booked up quickly so, please, if you are interested

and you would like to book seats on the **Alison McGregor** this year, let me have your name as

soon as possible.



This **FREE SERVICE** by Solent Dolphin Charity is becoming very popular indeed and it is increasingly difficult to block book the whole vessel (12 seats). I will NOT be able to organise another sailing this year.



WALK FOR PARKINSONS

Maria Wood Writes:

Walk for Parkinsons – Reading 2024

I DID IT, I DID IT!

We awoke that morning to pouring rain. Not good. up to Dinton Pastures in Reading, still pouring with Undeterred (well, willing at least!) we lined up



It was lovely to see so many people did turn up. Then we were off. Me and my family were near

the front, but gradually one by one we were overtaken until we were the last few. We met the anchor man whose job it was to make sure no one got lost. Had a lovely chat with him and he very graciously shared his big golfing umbrella with me for the rest of the course.



1My granddaughter Sophia, daughter Emma and me in the purple.

However, we all made it, even little Sophia (3 years old) who probably walked twice as far, back and forth, look at this Nanny... 2 miles may not seem very much, but it's a big milestone (sorry for the pun) for me. It just goes to show that we Parkys can do anything if we set our minds to do so.

We also raised £200 for Parkinsons research.

<https://events.parkinsons.org.uk/fundraisers/MariaWood>

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.



Our session in August will be on Friday 16th at 3.30 pm and will be held in the PERKINS YOUTH HALL, Church Lane, Boldre. This is directly opposite the main War Memorial Hall. There is parking for about 6 cars (for those with limited mobility) and the rest of us can park, as usual, in the Main Hall carpark and walk the 100 yards, or so to the Youth Hall.

Lucy and I very much look forward to see you there

ANNUAL
GARDEN
PARTY

THURSDAY 15TH AUGUST
AT 2.00PM

THERE WILL BE TABLES &
CHAIRS IN THE GARDEN
(weather permitting)

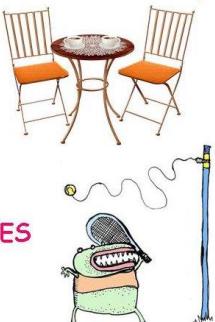
ENTERTAINMENT



RAFFLE



GAMES



FUN & LAUGHTER



DO COME ALONG AND JOIN IN



A DATE FOR YOUR DIARY!



Come along to an afternoon of hot
jazz, blues and ragtime music from
the very talented

FB POCKET ORCHESTRA

ON SUNDAY
6TH OCTOBER 2024



AT 2.00PM AT

THE BOLDRE WAR
MEMORIAL HALL

Refreshments will be served during
the interval

No charge—
just the usual
donations if you
wish!



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, Lympstone 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

2024 TOMBOLA DATES
FOR YOUR DIARY



6TH JULY

NEW FOREST NURSING HOME SUMMER FETE
FOREST ROAD, FRITHAM, SO43 7HH
FROM 11.00AM

(All proceeds from this Fete will be donated to our Group)

4TH AUGUST

PICNIC IN THE PARK
WOODSIDE PARK, LYMPNIGHTON, SO41 8AA
11.00AM—4.00PM

24TH AUGUST

LYMPNIGHTON MARKET
HIGH STREET—OUTSIDE MILLETS
ALL DAY

If you can help on any of these dates please
let anyone on the Committee know—or just
come along on the day and support us!

Tickets available from Gill Naish

Every Tuesday 10.30 am	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Every Thursday 2.00 pm (except 3 rd Thur of month)	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Thurs 1 st Aug from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Thurs 1 st Aug 10.00 – 2.00	Lyndhurst Community centre	Branch Information Stall
Sun Aug 4 th 11.00am to 4.00pm	Woodside Park, Lymington 'Picnic in the Park'	Tombola and information Stall
Sun 11 th Aug 2.00 pm	Hythe Marina	Sailing on the Alison McGregor. NOW FULLY BOOKED
Mon 12 th Aug from 10.30 am	Otter Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thurs 15th Aug start 2.00 pm	Boldre Hall	Branch meeting: SUMMER GARDEN PARTY Free event Everybody welcome, no booking required
Fri 16 th Aug from 3.30pm	Boldre Hall (Perkins Youth hall Church Road)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Sat 24 th Aug All day	Lymington High Street Market (under cover outside Millets)	Tombola and Information Stall
Sun 25th Aug 2.00 pm	Hythe Marina	Sailing on the Alison McGregor. Free event 2 SEATS ONLY STILL AVAILABLE
Wed 28 th Aug from 2.30 pm	Everton Nursery	Afternoon Tea Free event Everybody welcome, no booking required
Wed 4 th Sept 11.00 – 4.00	Lyndhurst Community centre	Branch Information Stall
Thurs 5 th Sept from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Mon 9 th Sept from 10.30 am	Redcliffe Nursery, Bashley	Coffee Morning Free event Everybody welcome, no booking required
Thur 12 th Sept 2.00pm	Boldre Hall	Tea Dance; courtesy of Colton Care Tickets £5.00 per head; all proceeds to Branch funds. See Gill Naish for tickets
Thurs 19th Sept start 2.00 pm	Boldre Hall	Branch meeting: Speaker Annie Cooper "Being a Commoner. in the New Forest" : Free event Everybody welcome, no booking required
Fri 20 th Sept from 3.30pm	Boldre Hall (Small hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Wed 25 th Sept from 2.30 pm	Otter Nursery	Afternoon Tea Free event Everybody welcome, no booking required
Thurs 3rd Oct from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Sun 6 th Oct 2.00pm	Boldre Hall	Concert by FB Pocket Orchestra Free event Everybody welcome, no booking required
Mon 14 th Oct from 10.30 am	Everton Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thurs 17th Oct start 2.00 pm	Boldre Hall	Branch meeting: Speaker Jane Glennie: "Violet's Titanic Escape" Free event Everybody welcome, no booking required
Fri 18 th Oct from 3.30pm	Boldre Hall (MAIN hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)

USEFUL CONTACTS		BRANCH CONTACTS	
Parkinson's UK Helpline Mon-Fri 9 am to 6 pm Sat 10am to 2 pm	0808 800 0303 (Freephone)	Branch phone No	07595 927 299
Parkinson's Nurse Practitioners Jennie Meadway & Carly Fricker	01590 663446	Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org editor@parkinsonsnewforest.org
		Secretary	John Naish
Parkinson's UK Local Adviser: Rosemary Smith	Contact via Helpline above	Membership Sec.	John Phipps
Adult Services. Mon – Thurs. 8:30 – 5:00 pm Fri 8:30 – 4:30 pm	0300 555 1386	Treasurer	Gill Naish treasurer@parkinsonsnewforest.org
Adult Services: All other times	0300 555 1373	Website Manager	Paul Smith admin@parkinsonsnewforest.org
Community Physiotherapy Service	0300 121 0175	Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley
Occupational Health direct	0300 555 1378	Committee Members	Alison Bolton; Derek White;
Citizens Advice Bureau New Forest	03444 111 306	Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne
Age Concern New Forest	02380 841 199	Branch Website	www.parkinsonsnewforest.org
Community First New Forest	01425 482 773	Branch e-mail	info@parkinsonsnewforest.org
Disability Information Service 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' Friends	01794 519 495		
My Dementia Support 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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