

## Monthly Branch Newsletter

December 2023

**YOUR FILM FOR DECEMBER IS:** *cancelled, because there is no suitable film available this month.. Instead we are being invited to a Christmas party at the Lymington Community Centre... please see notice on Page 5.*

This is, of course, open to everyone, not just those of us who regularly attend the monthly films so, if you can, put Friday 15<sup>th</sup> December into your diary and come along to join us for some fun and festivities (Christmas jumpers, hats and Elves' ears if you dare!)

### LUNCH CLUB

On **Thursday 7<sup>th</sup> December**, 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 11<sup>th</sup> December** 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

Afternoon Teas will be suspended until about March, or April of next year, when the weather and light conditions will, hopefully, be more friendly in the afternoons and evenings



### SPONSORSHIP / FUNDRAISING

As a Branch, we work hard to offer the widest range of events and activities we can, but this does all cost money (unfortunately). We routinely (and, quite often, successfully) apply for Grants from Local and District Councils, as well as other charitable organisations, such as Freemasons, Round Tables, Lions Clubs and so on. We are aware that some companies like to 'sponsor' groups such as ours, offsetting the cost as charitable donations against their tax bills. If you know of any such company or, even better, know someone who works for one; or if you know of any other grant issuing body, please could you let anyone on the Committee know? Likewise, any and all ideas for fundraising by our own efforts are always well received.

A lot of work goes on 'behind the scenes' to keep our Group running and financially viable and anything you can do to help with this will always be very welcome indeed.

## BRANCH MEETING THURSDAY 14TH DECEMBER FROM 2.00 PM

Our Speaker this month will be **Mandy Haynes** from **New Forest for Ukraine**. She will tell us about the amazing work that they do, collecting, sorting, packing and transporting desperately needed items to the war-torn regions of Ukraine. They have recently teamed up with an Orphanage, so toys (in working order) are also needed. For further ideas of what you could donate to this very worthy venture, please see the **poster on Page 3**.



There will also be a CHRISTMAS PARTY theme to the event, so, if you can, wear your best festive jumper, or something bright and sparkly.

Conscious of the darker evenings of winter, our meeting this month will probably draw to a close a bit earlier than usual, to make driving home more comfortable.

### OUR TWO EXERCISE CLASSES CONTINUE EVERY WEEK.

On **Tuesday morning, starting at 10.30**, twenty, or more, 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.



### BRANCH CHRISTMAS LUNCH

Looking forward to the final main event of the year, our Christmas Lunch will be held on **FRIDAY 8th December** at the **South Lawn Hotel, Milford-on-Sea**.

The staff at South Lawn have entertained us very well indeed over the past few years and we anticipate this year's meal will be just as enjoyable as always.

Booking for this event is now closed and we have a record number of guests this year (in excess of 100!), so I am confidently looking forward to a superb afternoon of excellent food and buzzing, convivial company





**Mandy Haynes from NFFU is coming to talk to our Parkinson's group on Thursday 14<sup>th</sup> December**

**Read how you can support by donating items at this meeting or any other meeting, exercise class or coffee morning if you wish!**

#### **Knitting Campaign:-**

We currently need items for our newborn/premature baby shoeboxes which are filled and wrapped in pretty paper. These boxes are distributed to new mums along with incubators, if required by Wendy Warrington, our contact in Ukraine

**The following items for shoeboxes are in short supply!**

#### **BOOTEES & MITTENS**

Baby cardigans/jackets and hats  
Small baby blankets (without holes so fingers and toes can't get caught)  
Small knitted toys to fit into shoeboxes



#### **Soup and Soap**



**We are accepting tins of soup and bars of soap along with other non perishable food items including pet food.**

**Please see separate leaflet for drop points around the New Forest.**



#### **The following items are also required for Winter:-**

**Warm winter clothes for adults and children including knitted items, hats, scarves, gloves etc.**

**Unwanted medical aids – wheelchairs, walking sticks/frames**

**Unused Medicines**

**Anything that the NHS will not accept back!!**

**Household items - Cooking utensils, pots and pans etc.**

**Crockery, cutlery – any essential items required for day to day life!**

**TOGETHER WE ARE DELIVERING A FUTURE OF HOPE**

## PUB LUNCHES

In previous years, before Covid, we used to organise lunches at various pubs around the New Forest area and it has been suggested that we try to re-start this tradition for 2024.

In order for this to happen, we need to find a brave Volunteer; someone who is willing to go round the Forest, exploring the many wonderful pubs to be found all around and sampling their wares. Things such as general accessibility, toilet provisions, parking and suitability for groups of up to 20 people need to be checked and, of course, the quality and value-for-money of their food.



One of our previous Volunteers (who also happens to be a previous Branch Chairman) even managed to negotiate a special menu choice and price for our group and, maybe, he would be willing to pass on any tips or hints that he found useful in this venture.

If you think you might be willing and able to have a go at planning Pub Lunches for our Members in 2024, please get in touch with Martin, Gill, or any other Committee Member to offer your services.

## SEWING FOR THE BRANCH

Hello everyone. My name is Wendy Proctor and I live in Marchwood with my husband Mike and two crazy rabbits called Foggy and Misty. I was born in Southampton in 1945 and it was obvious from a very early age that I had somehow arrived with the "Knitting and Sewing Gene" firmly in place! As a teenager I enjoyed making my own clothes and later in married life children's clothes and curtains etc. kept me busy.

In 2020 when "Covid" struck I started sewing in earnest production line mode. Myself and a loosely tied group of ladies in our village got together to help the NHS who were urgently seeking scrub bags. I made over 200 which were delivered in double quick time. We also made drip bags and heart shaped mastectomy pillows for the Princess Anne Hospital in Southampton. As a team we made thousands of face masks which were distributed across the New Forest. Many were given away to good causes and those sold raised much needed cash for local food banks. Thanks also are due to the generous gifts from villagers who searched their houses for spare material. Currently I am knitting purple hearts for Southampton General Hospital. These are given to the families of those who have lost loved ones.

When Covid ended I needed something else to keep me going! I started to make bags and cushions as well as gift items such as phone cases and other novelty items. Friends also started asking me to make things for them which is great and keeps me going. I find that sewing early in the morning before breakfast is that little bit of "Me time" which is very therapeutic.

Since I retired from Lloyds Bank over 20 years ago I have been volunteering as a classroom assistant for two mornings each week at Marchwood Junior School. Seven years ago I started a weekly lunchtime "knitting Club" for 7 to 10 year olds. This I love, it is so rewarding to see the faces of the boys and girls when they finish their projects, it's amazing. Let's hope that some will go on and discover that they also have the "Knitting and Sewing Gene".

[wendy.proctor10@gmail.com](mailto:wendy.proctor10@gmail.com)

Those of you who were at our November meeting will have seen the impressive display of needlework items produced by our very own **Wendy Proctor**. Wendy kindly made a donation to branch funds for everything that she sold at the Meeting and she has promised to continue to do so for all sales to Branch Members. So, here's a chance to fulfil some of your Christmas presents and help the Branch at the same time!

**'PARKINSON'S FRIENDLY'**

**CINEMA CLUB**

**EAT & DRINK & BE MERRY AT OUR**

**CHRISTMAS BUFFET**

**LUNCH**

**AT THE**

**LYMINGTON CENTRE**



New Street, Lymington, SO41 9BQ

**FRIDAY 15TH DECEMBER**

**AT 12.00PM FOR 12.30PM**

**£8.50 PER PERSON**

To book your lunch either call in at the Lymington Centre Reception or phone them on 01590 672337

**Everybody welcome—even if you haven't been to the cinema showings yet!**

**Dress for Christmas! Christmas Jumpers Socks, Santa Hats or just something Sparkly**

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 Practitioner Jennie Meadoway	01590 663446	Chairman & Magazine Editor	Martin Hall-Patch <a href="mailto:chairman@parkinsonsnewforest.org">chairman@parkinsonsnewforest.org</a> <a href="mailto:editor@parkinsonsnewforest.org">editor@parkinsonsnewforest.org</a>
		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 <a href="mailto:treasurer@parkinsonsnewforest.org">treasurer@parkinsonsnewforest.org</a>
Adult Services: All other times	0300 555 1373	Website Manager	Paul Smith <a href="mailto:admin@parkinsonsnewforest.org">admin@parkinsonsnewforest.org</a>
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	<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 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.**

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC0.7554)

Every Tuesday 10.30 am	Boldre Memorial Hall, Pilley	Lymington Area Parkinson's Support Exercise Group + coffee / tea (£3, Carers free)							
Every Thursday 2.00 pm (except 3 <sup>rd</sup> Thur of month)	Boldre Memorial Hall, Pilley	Lymington Area Parkinson's Support Exercise Group + tea / coffee (£3, Carers free)							
Thur 2 <sup>nd</sup> Nov from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café							
Mon 13 <sup>th</sup> Nov from 10.30 am	Redcliffe Nursery, Bashley	Coffee morning							
Thur 16 <sup>th</sup> Nov from 2.00 pm	Boldre Hall	Branch meeting Speaker: Sara Shawkat Silvertime Legal. After Tea Speaker: Jude Warren Coates Centre							
Fri 17 <sup>th</sup> Nov Start 11.00 am	Malt Cinema Lymington Community Centre	'The Miracle Club, with Maggie Smith; followed by lunch							
Thurs 2nd Dec from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café							
Thur 7 <sup>th</sup> Dec start 2.00 pm	Boldre Hall (Small Room)	LAST THURSDAY Exercise class of the year							
Fri 8 <sup>th</sup> Dec from 12.30	South Lawn Hotel, Milford-on-Sea	Christmas Meal, Booking in advance is essential							
Mon 11th Dec from 10.30 am	Otter Nursery	Coffee morning							
Tues 12 <sup>th</sup> Dec start 10.30 am	Boldre Hall (Small Room)	LAST TUESDAY Exercise class of the year							
Thurs 14 <sup>th</sup> Dec start 2.00 pm	Boldre Hall	Branch meeting: Speaker Mandy Haynes New Forest for Ukraine							
2024	2024	2024	2024	2024	2024	2024	2024	2024	2024
Thurs 4 <sup>th</sup> Jan from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café							
Tues 9 <sup>th</sup> Jan start 10.30 am	Boldre Hall (Main Room)	FIRST TUESDAY Exercise Class of the year							
Thurs 11 <sup>th</sup> Jan start 2.00 pm	Boldre Hall (Small Room)	FIRST THURSDAY Exercise Class of the year							
Thurs 18 <sup>th</sup> Jan start 2.00 pm	Boldre Hall	Branch meeting: Speaker Roy Norton. "50 Years in Television"							
Thurs 1 <sup>st</sup> Feb from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café							
Thurs 15 <sup>th</sup> Feb start 2.00 pm	Boldre Hall	Branch meeting: Speaker Valarie Young: "The Uncrowned King of Arabia" (T.E. Lawrence)							
Thurs 7 <sup>th</sup> Mar from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café							
Thurs 21 <sup>st</sup> Mar start 2.00 pm	Boldre Hall	Branch meeting: Speaker Dr. Charles Rees: "Richard III and his mother"							
Coffee morning dates and venues to be announced as soon as possible									