

Monthly Branch Newsletter

December 2024

YOUR FILM THIS MONTH IS: THE APPRENTICE

DATE – **Friday 13th December 2024** from 11.00 am, as usual



Starring: Sebastian Stan; Jeremy Strong and Maria Bakalova

A young Donald Trump, eager to make his name as a hungry second son of a wealthy family in 1970s New York, comes under the spell of Roy Cohn, the cutthroat attorney who would help create the Donald Trump we know today. Cohn sees in Trump the perfect protégé...someone with raw ambition, a hunger for success and a willingness to do whatever it takes.

Like him, or not, Donald Trump is a force to be reckoned with. Oscar-winning performances from Sebastian Stan and Jeremy Strong.

This film will be followed by our usual CHRISTMAS PARTY LUNCH; thanks to Mahala and her Team at Lymington Community Centre

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 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 5th December**, 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.



This month marks the 20th anniversary of these excellent FREE lunches and everyone is especially welcome (Please see the article below)

To assist with numbers for catering, please could you ring Henry and Nuala on **02380 282485 or 07789 432787** if you would like to attend.



COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 9th 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

Our next Afternoon Tea will be in March, or April 2025



THERE IS NO BRANCH MEETING THIS MONTH,

EXERCISE AND MOVEMENT SESSIONS

Our Tuesday morning sessions will be held on the 3rd; 10th and 17th of December and will then re-start on the 7th January.

Our Thursday afternoon session will be held on the 5th December and will then re-start on the 9th January

There is plenty of room for expansion; especially in our Thursday sessions so, if you have not tried these excellent and important sessions before, why not make it your **new year's resolution** to give them a go? Regular exercise has been scientifically proven to help slow down the progression of Parkinson's and some experts even say that it is more effective than any medication (not that you can stop taking the meds, of course).

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

There is a small fee of £3.00 per person per session (Carers and Partners free) to help cover the costs of hiring the hall and paying the instructor; usually payable bi-monthly in January, March, May, July, September and October.

If you would be interested in coming along and having a go, please feel free to do so; there is no need to book in advance.

We look forward to seeing lots of you there.



SINGING AND VOICE TRAINING

Our final Singing and Voice Training session for this year will be on **Friday 6th December** at **2.30pm**.

Starting in **January**, all sessions will be held on **the second Friday of each month at 2.30pm** in the smaller room at **Boldre memorial Hall**.

There is a small fee of £4.00 per person per session (Carers and Partners free) to help cover the costs of hiring the hall and paying Lucy.

Lucy and I very much look forward to seeing you there.



HAVE YOU SEEN OUR BRAND-NEW WEBSITE?



After many months of dedicated 'behind the scenes' work, our new IT Manager, Trevor Smith, has now opened our new website, which can be found at:

www.parkinsonsnewforest.org.uk

I think that you will agree with me that this presents us in a completely new and more modern light and I hope that you will enjoy using the new site; where you will be

able to check up on all the latest news, up-coming events and reports.

It is, of course, possible that there may be one, or two, minor typos, or other glitches, as we work to polish and perfect our new 'baby' so, if you happen to spot something, please do not hesitate to contact Gill Naish or me to let us know.

In due course, we will be looking for someone willing to take on the task of data inputting; keeping the site up to date and so on. If you have secretarial and / or computer skills and think that you might be able to fulfil this role, please contact Gill or me for more information.



THANK YOU VERY MUCH; THANK YOU VERY, VERY, VERY MUCH

(With apologies to Scrooge – The Musical)



We would like to say a big **THANK YOU** to Sharon May, the daughter of Members Chris & Barbie May, who has so kindly made lots of zip pulls and keyrings for us to sell with all proceeds being donated to the Group. Thanks to her hard work and generosity we have so far raised the fantastic total of **£100.50**. We still have some more to sell so look out for these at our meetings – they would make great novelty gifts for Christmas!

Further heartfelt thanks also go to Sharon's sister, **Lesley**, who raised just over £33.00 by linking an exhibition of her art at **Lyndhurst Heritage Centre** to our Branch.

20TH ANNIVERSARY OF THE LYNDHURST CARERS' CAFÉ

On Thursday 5th December we will be celebrating 20 years of the Carers' Café held each month at the Baptist Church Hall in Chapel Lane.

20 years ago, Linda Nicol from the Alzheimer's Society and Vicky Vey from the New Forest Carers Forum approached the Lyndhurst Churches Together Committee about starting a Carers Café at the Baptist Church in Chapel Lane. The 5 churches in the area: St Michaels and All Angels, Lyndhurst Baptist church, Christ Church, Emery Down and All Saints, Minstead, all joined in sharing the welcome and hospitality.

The Café was ably coordinated by Peter & Peggy Nicholls who ensured that members of each church took their turn to do the catering and create a wonderful feast each month. It has run continuously for the 20 years except for a break during the lockdown caused by the Covid epidemic.



There are many in our community who are caring for people with serious health challenges of all kinds. We all know that there are not enough resources to help them support the people they care for. We want people in our area to know the café is a fun way to meet others in a similar position. We still meet at the Baptist Church Hall in Chapel Lane which has a lovely light airy room and kitchen. There is no charge for this, but if attendees are able to make a donation, that would be welcome. There is a small parking area onsite & also parking on Chapel Lane

What the Lyndhurst Carers' Café offers is an afternoon with others who are also caring for their loved ones plus delicious home prepared food to enjoy. It includes sandwiches, savoury items, cakes & biscuits. **Building on the success of the afternoon café, we will be re-opening the Donut Café on the 3rd Wednesday of each month. It will also be at the Baptist Church Hall. The first Donut Café will be on 15th January from 10.30am and will be open to all carers, ex carers and the ones they look after.**

The group has always been very welcoming, friendly & supportive and for our 20th anniversary we would like as many people as possible to come & meet us and celebrate with us and see what is provided. We hope many professionals and other involved people will join us on 5th December from 1.30pm



We meet on the **first Thursday of each month from 1.30 – 3.30pm**. If you would like to know more, please do contact **Henry or Nuala on 02380 282485 or 07789 432787**.

We promise you that everyone will be made welcome whenever you choose to visit us.

Friends of St Thomas Christmas Tree Festival 2024

Create a Winter Wonderland

We are sponsoring a Tree!



The Friends of St Thomas are holding their spectacular Annual Christmas Tree Festival in the church from

Friday 29th November to Tuesday 3rd December.

This year there will be a new look to the event with more space, more food, more sales tables and more trees!

Christmas trees are provided by the Friends of St Thomas and local charities and businesses are invited to sponsor one so that they are able to promote their interests.

The church is filled with trees, like a forest, all lit up and decorated in various imaginative themes to represent whoever is sponsoring it. Last year there were trees covered in gingerbread men, Brussel sprouts with Christmas hats on and bright red remembrance poppies

Refreshments will be available and there will be plenty of pre-loved Christmas decorations to purchase. Music will be played throughout the event with live groups playing a wide variety of seasonal tunes.

This year **WE** have decided to sponsor a tree and decorate it with a 'Parkinson's Theme' as it is such a golden opportunity for us to raise awareness of Parkinson's and provide information about our wonderful Group.

The Social Committee are busy thinking about how we can decorate it and we do hope you will come along to the festival, enjoy the wonderful atmosphere - and

FIND OUR TREE!



YOUR OPINION MATTERS:

Throughout this year, I have been presenting the regular list of up-coming events in a colourful fashion; the idea being that this makes it easier to skim through and pick out individual events, such as Coffee Mornings, at a glance. This has applied to both the colour of the text and to that of occasional background highlighting. A third alternative would be to use only black text, but to highlight different events in different colours

However, I have heard vague murmurings (not, I must add, from any of you) that, for some people with fading eyesight, the use of coloured text in this way can be a bit confusing; rather than adding clarity.

If you have any opinions on this matter, preferring **coloured text**, **highlighted text**, or **simple continuous black text**, please could you let me know (preferably with your thoughts and reasons), so that I can present next year's events list in the style that suits the majority.

Please note that, so far, no one has come back to me with their opinion so, unless I hear from you before the end of December, I will continue to design the Events List in future as I see fit.



CHRISTMAS LUNCH REMINDER

SOUTH LAWN HOTEL

THURSDAY 12TH DECEMBER

12.00pm for 12.30pm

£20.00 PER PERSON

Menu choices and payment

MUST

be returned by

THURSDAY 28TH NOVEMBER

to

Gill Naish (Treasurer)
58 Western Road
Lymington, Hants, SO41 0HL

You can pay by cash, cheque or card
at any Branch Meeting



YOU'VE TESTED POSITIVE FOR COVID-19. I
NEED A LIST OF EVERYPLACE YOU'VE BEEN.

Fri 29 th Nov to Tues 3 rd Dec	St Thomas' Church (top of High Street) Lymington	CHRISTMAS TREE FESTIVAL Free event Everybody welcome, no booking required
Thurs 5 th Dec from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café 20 th Anniversary celebration! Free event Everybody welcome,
Thurs 5 th Dec start 2.00 pm	Last Thursday Exercise Session until 9 th January 2025	
Fri 6 th Dec from 2.30pm	Boldre Hall (Small hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Please note: NEW TIME OF 2.30 PM, not 3.30 PM		
Mon 9 th Dec from 10.30 am	Otter Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thur 12 th Dec 12.00 for 12.30	South Lawn Hotel Milford-on-Sea	New Forest Branch Christmas Lunch Menus & Booking Details to be issued closer to the date.
Fri 13 th Dec Start at 11.00 am	Malt Cinema, Lymington Community Centre	Film: "The Apprentice" followed by Christmas Lunch Party, if required. Film £7.00 or £15.50 with lunch.
Tues 17 th Dec start 10.30 am	Last Tuesday Exercise Session until 7 th January 2025	
JANUARY 2025		
Thurs 2 nd Jan from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Tues 7 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 9 th Jan from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 10 th Jan 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 th Jan from 10.30 am	TBA	Morning Coffee Free event Everybody welcome, no booking required
Tues 14 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 16 th Jan from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Speaker: Paul Stickler "Body Overboard? The murder of an English actress" Free event Everybody welcome, no booking required
Tues 21st Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 23 rd Jan from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Tues 28 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 30 th Jan from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
FEBRUARY 2025		
Tues 4 th Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 6 th Feb from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 6 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Mon 10 th Feb from 10.30 am	TBA	Morning Coffee Free event Everybody welcome, no booking required
Tues 11 th Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)

Own Emergency Numbers

GP:
Dentist:
School:
Day Care:
Respite:
In Case of Emergencies contact:

Other useful numbers:

Emergency Numbers

Police, Fire, Ambulance and Coastguard	999 or 112
Police (non-emergencies)	101
NHS (non-emergencies)	111
Electricity	105
Gas Emergency Service	0800 111 999
Bournemouth Water	01202 590059
Southern Water	03303 030368
Environment Agency - Floodline	03459 881188

Hospitals and Hospices

Becton Centre	01425 623802
HIOW Healthcare NHS Foundation Trust	02382 310000
Hythe Hospital	02382 318400
Lymington Hospital	01590 663000
Melbury Lodge	01962 897700
Milford-on-Sea War Memorial Hospital	01590 648100
Moorgreen Hospital	02380 475200
Mountbatten Hospice	02380 477414
Oakhaven Hospice	01590 670346
Princess Anne Hospital	02380 777222
Romsey Hospital	02382 310350
Royal Bournemouth	01202 303626
Royal South Hants	02380 540087
Southampton General	02380 777222
The Priory, Marchwood	02380 985615
Western Hospital	02380 540666

This leaflet was produced by: New Forest Carers Friends, in partnership with Carers Together and other New Forest Groups
Telephone: 01794 519495 / 07920 506343
Email: admin@carerstogogether.org.uk
Website: www.carerstogogether.org.uk

Are you looking after or giving support to someone who lives in the New Forest?



This signposting leaflet provides a guide to useful information, advice and services for the carers of New Forest residents

November 2024



**Carers
Together**

Charity Number
1197548

Carers Support Workers

Alzheimer's Society	02380 610159
Carers Together	01794 519495
Mental Health Team - New Forest East	02380 868886
Mental Health Team - New Forest West	01425 622922
Princess Royal Trust for Carers	01264 835246

Useful Information

Andover Mind	01264 332299
Benefits	www.gov.uk/browse/benefits
Blue Badge	03005 551376
Citizen Advice New Forest	03003 309009
Connect to Support Hants	
	www.connecttosupporthampshire.org.uk
Hampshire County Council	03005 551375
HCC Registrar	03005 551392
HCC Trading Standards	03454 040506
HCC Transport & Roads	03005 551388
HOPE	07842 204829
New Forest Council	02380 285000
New Forest East MP - Julian Lewis	02380 814817
New Forest West MP - Desmond Swayne	02072 194886
Royal Mail Services	03457 740740
Royal Mail Preference Service	03452 660858
Solicitors for the Elderly	www.sfe.legal
New Forest Tourist Information Centre	www.newforest.co.uk
Talking Newspaper - Southampton	02380 333343
Talking Newspaper - National - RNIB	03031 239999

Practical help and advice

Age Concern New Forest	02380 841199
Citizens Advice Line	03444 111444
Community 1st	03005 008085
Contact A Family	08088 083555
Dementia Friendly	
Ringwood & Bransgore	07775 908330
Hampshire Equip. Service	03005 551386
Hampshire Parent Carer Network	participation@hpcn.org.uk
Hampshire SENDIASS	08081 645504
HCC Adult Services	03005 551386
• Mon-Thurs 8.30am-5pm	
• Friday 8.30am-4.30pm	
• Out of Hours	03005 551373
• Textphone	03005 551390
HCC Adult Services - Sensory Team	03005 551386
Text	03005 551390
HCC Adult Services - Occupational Therapy	03005 551386
HCC Children's Services	03005 551384
• Mon-Thurs 8.30am-5pm	
• Fri 8.30am-4.30pm	
• Out of Hours	03005 551373
Inclusion New Forest (Drug & Alcohol)	03001 240103 Option 6
New Forest Mencap	01425 621893
New Forest Disability Information Service	01425 628750
Parkinson's New Forest	07595 927299
Relate	03000 030396
Silverlinks	07825 168364
Social Care in Action	02380 366663
HIOW Healthcare NHS Foundation Trust - Carer & Patient Hub	02382 311206
Wessex Cancer Support	02380 672200

Voluntary Transport

Transport for medical appointments	
Bransgore	01425 673057
Brockenhurst	08456 435808
Burley	07922 569965
Fawley	02380 898756
Fordingbridge	08458 385902
Hordle	08453 889063
Hythe & District	02380 842809
Lymington	01590 679187
Lyndhurst	08453 889063
Milford on Sea	01590 641700
New Milton	01425 611662
Ringwood	07933 202112
Sway	01590 681500
Totton	03005 008085
Waterside	02380 843676

Helplines

Age Concern	08000 856625
Al-Anon for relatives	08000 086811
Alcoholics Anonymous	08009 177650
BEAT (Eating Disorders)	08088 010677
Childline	0800 1111
CRUSE Bereavement	08088 081677
Elder Abuse	08088 088141
Hampshire Fire & Rescue	02380 626751
Hampshire & IOW Police	0800 555 111
Huntingdon Disease Assn.	01513 315444
MND Connect	08008 026262
Multiple Sclerosis	08088 080800
Parkinson's UK	08088 000303
RNIB	03031 239999
Samaritans	116 123
Scope Response Line	08088 003333

Carers Active Listening Line
08000 323456 (365 days a year)

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 Meadway & Carly Fricker	Jennie 01590 663446
Parkinson's UK Local Adviser: Angella Duffy	aduffy@parkinsons.org.uk 0207 963 3837
BRANCH CONTACTS	
Branch phone No	07595 927 299
Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org.uk editor@parkinsonsnewforest.org.uk
Secretary	John Naish
Membership Sec.	John Phipps
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org.uk
Website Manager	Trevor Smith admin@parkinsonsnewforest.org.uk
Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley, Pam Hollingsbee
Committee Members	Alison Bolton; Derek White;
Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne
Branch Website	www.parkinsonsnewforest.org
Branch e-mail	info@parkinsonsnewforest.org



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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