

## Monthly Branch Newsletter

### December 2024

#### YOUR FILM THIS MONTH IS: *THE APPRENTICE*

DATE – Friday 13<sup>th</sup> 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](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 5<sup>th</sup> 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 20<sup>th</sup> 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 9<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

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 3<sup>rd</sup>; 10<sup>th</sup> and 17<sup>th</sup> of December and will then re-start on the 7<sup>th</sup> January.**

**Our Thursday afternoon session will be held on the 5<sup>th</sup> December and will then re-start on the 9<sup>th</sup> 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 6<sup>th</sup> 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](http://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.

## 20<sup>TH</sup> ANNIVERSARY OF THE LYNDHURST CARERS' CAFÉ

On Thursday 5<sup>th</sup> 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 3<sup>rd</sup> Wednesday of each month. It will also be at the Baptist Church Hall. The first Donut Café will be on 15<sup>th</sup> 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 20<sup>th</sup> 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 5<sup>th</sup> 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 3<sup>rd</sup> 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.**

|   |   |  |
|---|---|--|
| <b>Fri 29<sup>th</sup> Nov to<br/>Tues 3<sup>rd</sup> Dec</b> | <b>St Thomas' Church (top of High Street) Lymington</b>                 | <b>CHRISTMAS TREE FESTIVAL</b> Free event Everybody welcome, no booking required                               |
| <b>Thurs 5<sup>th</sup> Dec<br/>from 1.30 pm</b>              | <b>Lyndhurst Baptist Church Hall,</b>                                   | <b>Lunch Café 20<sup>th</sup> Anniversary celebration! Free event Everybody welcome,</b>                       |
| <b>Thurs 5<sup>th</sup> Dec<br/>start 2.00 pm</b>             | <b>Last Thursday Exercise Session until 9<sup>th</sup> January 2025</b> |  |
| <b>Fri 6<sup>th</sup> Dec<br/>from 2.30pm</b>                 | <b>Boldre Hall (Small hall)</b>   | <b>SINGING AND VOICE TRAINING with Lucy Kelleher</b><br><b>£4 per person (Carers / Partners free)</b>          |
| <b>Please note: NEW TIME OF 2.30 PM, not 3.30 PM</b>          |   |  |
| <b>Mon 9<sup>th</sup> Dec<br/>from 10.30 am</b>               | <b>Otter Nursery</b>  | <b>Coffee Morning</b> Free event Everybody welcome, no booking required  |
| <b>Thur 12<sup>th</sup> Dec<br/>12.00 for 12.30</b>           | <b>South Lawn Hotel<br/>Milford-on-Sea</b>                              | <b>New Forest Branch Christmas Lunch</b> Menus & Booking Details to be issued closer to the date.              |
| <b>Fri 13<sup>th</sup> Dec<br/>Start at 11.00 am</b>          | <b>Malt Cinema, Lymington<br/>Community Centre</b>                      | <b>Film: "The Apprentice" followed by Christmas Lunch Party, if required. Film £7.00 or £15.50 with lunch.</b> |
| <b>Tues 17<sup>th</sup> Dec<br/>start 10.30 am</b>            | <b>Last Tuesday Exercise Session until 7<sup>th</sup> January 2025</b>  |  |

#### **JANUARY 2025**

|   |   |  |
|---|---|--|
| <b>Thurs 2<sup>nd</sup> Jan<br/>from 1.30 pm</b>  | <b>Lyndhurst Baptist Church Hall,<br/>SO43 7FG</b>            | <b>Lunch Café</b> Free event Everybody welcome, no booking required  |
| <b>Tues 7<sup>th</sup> Jan<br/>from 10.30 am</b>  | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Main Hall)</b>  | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)  |
| <b>Thur 9<sup>th</sup> Jan<br/>from 2.00 pm</b>   | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Small Hall)</b> | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)  |
| <b>Fri 10<sup>th</sup> Jan<br/>from 2.30 pm</b>   | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Small Hall)</b> | <b>Singing &amp; Voice Training Session with Lucy Kelleher</b> (£4, Carers & Partners free)  |
| <b>Mon 13<sup>th</sup> Jan<br/>from 10.30 am</b>  | <b>TBA</b>  | <b>Morning Coffee</b> Free event Everybody welcome, no booking required  |
| <b>Tues 14<sup>th</sup> Jan<br/>from 10.30 am</b> | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Main Hall)</b>  | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)  |
| <b>Thur 16<sup>th</sup> Jan<br/>from 2.00 pm</b>  | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Main Hall)</b>  | <b>Branch Meeting, Speaker: Paul Stickler "Body Overboard? The murder of an English actress"</b><br><b>Free event Everybody welcome, no booking required</b> |
| <b>Tues 21st Jan<br/>from 10.30 am</b>            | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Main Hall)</b>  | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)  |
| <b>Thur 23<sup>rd</sup> Jan<br/>from 2.00 pm</b>  | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Small Hall)</b> | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)  |
| <b>Tues 28<sup>th</sup> Jan<br/>from 10.30 am</b> | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Main Hall)</b>  | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)  |
| <b>Thur 30<sup>th</sup> Jan<br/>from 2.00 pm</b>  | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Small Hall)</b> | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)  |

#### **FEBRUARY 2025**

|   |   |   |
|---|---|---|
| <b>Tues 4<sup>th</sup> Feb<br/>from 10.30 am</b>  | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Main Hall)</b>  | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free) |
| <b>Thurs 6<sup>th</sup> Feb<br/>from 1.30 pm</b>  | <b>Lyndhurst Baptist Church Hall,<br/>SO43 7FG</b>            | <b>Lunch Café</b> Free event Everybody welcome, no booking required           |
| <b>Thur 6<sup>th</sup> Feb from<br/>2.00 pm</b>   | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Small Hall)</b> | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free) |
| <b>Mon 10<sup>th</sup> Feb<br/>from 10.30 am</b>  | <b>TBA</b>  | <b>Morning Coffee</b> Free event Everybody welcome, no booking required       |
| <b>Tues 11<sup>th</sup> Feb<br/>from 10.30 am</b> | <b>Boldre Memorial Hall, Pilley<br/>SO41 5QG (Main Hall)</b>  | <b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free) |

| Own Emergency Numbers           |  |
|---------------------------------|--|
| GP:                             |  |
| Dentist:                        |  |
| School:                         |  |
| Day Care:                       |  |
| Respite:                        |  |
| In Case of Emergencies contact: |  |
| Other useful numbers:           |  |
|                                 |  |
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|                                 |  |
|                                 |  |

| 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<br>Telephone: 01794 519495 / 07920 506343<br>Email: admin@carerstogether.org.uk<br>Website: www.carerstogether.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



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 -                                       | 03005 551386              |
| Sensory Team   | 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              |
| 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 008000                   |
| 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<br>Fri 9 am to 6 pm Sat 10am to 2 pm | Mon-   | 0808 800 0303 (Freephone)  |
| Parkinson's Nurse Practitioners<br>Meadway & Carly Fricker   | Jennie | 01590 663446   |
| Parkinson's UK Local Adviser: Angella Duffy                  |        | <a href="mailto:aduffy@parkinsons.org.uk">aduffy@parkinsons.org.uk</a> 0207 963 3837 |

## BRANCH CONTACTS

|                                  |   |
|----------------------------------|---|
| Branch phone No                  | 07595 927 299   |
| Chairman &<br>Magazine Editor    | Martin Hall-Patch<br><a href="mailto:chairman@parkinsonsnewforest.org.uk">chairman@parkinsonsnewforest.org.uk</a><br><a href="mailto:editor@parkinsonsnewforest.org.uk">editor@parkinsonsnewforest.org.uk</a> |
| Secretary                        | John Naish  |
| Membership Sec.                  | John Phipps   |
| Treasurer                        | Gill Naish<br><a href="mailto:treasurer@parkinsonsnewforest.org.uk">treasurer@parkinsonsnewforest.org.uk</a>  |
| Website Manager                  | Trevor Smith<br><a href="mailto:admin@parkinsonsnewforest.org.uk">admin@parkinsonsnewforest.org.uk</a>  |
| 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                   | <a href="http://www.parkinsonsnewforest.org">www.parkinsonsnewforest.org</a>  |
| Branch e-mail                    | <a href="mailto:info@parkinsonsnewforest.org">info@parkinsonsnewforest.org</a>  |
|                                  |   |
|                                  |   |
|                                  |   |
|                                  |   |
|                                  |   |



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)