

Monthly Newsletter December 2025

This Newsletter is routinely sent to all Members and other interested parties by e-mail. If, for any reason, you would prefer a printed paper copy, please let me know (editor@parkinsonsnewforest.org.uk) and I will be happy to add you to the postal mailing list

YOUR FILM THIS MONTH IS:

There will not be a film this month – see you again in January



LUNCH CLUB



On **Thursday 4th December**, you are invited to join current and future 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.



THE DONUT CAFÉ



Join with friends, old and new, for free doughnuts, cakes and endless tea.

Wednesday 17th December from 10.30-12 noon at the **Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG**

Contact **Henry** on **02380 282485** or **07867 505567** for further details of both these events, or just turn up.



COFFEE MORNING

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

BRANCH MEETING THURSDAY 11TH DECEMBER FROM 2.00 PM



All are welcome to our **CHRISTMAS PARTY** on Thursday 11th December, from 2.00 pm.

Please see poster on page 5



EXERCISE AND MOVEMENT SESSIONS



Our ever-popular Exercise and Movement sessions continue on **Tuesday mornings on the 2nd, 9th and 16th of December, from 10.30am** and on **Thursday 4th December, from 2.00pm** at the Boldre Memorial Hall

They re-start on **Tuesday 6th January** and **Thursday 8th January**

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

SINGING AND VOICE TRAINING

2nd Friday of every month at 2.30pm

Our increasingly-popular sessions continue every month

If you haven't tried it yet, please do come along this month (**9th December**) and see what it's all about. Only then can you possibly say "I don't think it's for me" but, I assure you, once tried, you will be happy to come back every month.



CHRISTMAS LUNCH AT THE SOUTH LAWN HOTEL

Please could you complete the form and return it, together with payment (£20 per person) to Gill Naish **by no later than Friday 5th December**.

We regret that any forms received after that date cannot be included in our celebration meal and that no refunds can be given for cancelled bookings after that date.

As usual, this event is being subsidised from Branch funds for members and their partners as a 'Thank you' for your continued support of our efforts on your behalf.



OPEN DAY AT NEW FOREST HOSPITAL RADIO AT LYMINGTON HOSPITAL

Thursday 18th December 9am-9pm

The studio will be broadcasting live for 12 hours. You can visit the studio, pick a song, even talk over the microphone.

The studio is on the first floor but there is a lift. It is wheelchair accessible (although not to the main broadcasting desk).

There will be elves giving out sweets throughout the day!! (Our Lucy is, of course, one of the elves and a regular broadcaster)

You can listen via smart speaker or the website www.nfhradio.org.uk and make a request at any time 01590 663366 or via email requests@nfhradio.org.uk

FAMILIES LIVING WITH A DEMENTIA DIAGNOSIS NEEDED!

Would you be willing to talk to first year medical students about dementia?

Southampton University Faculty of Medicine has joined a ground-breaking programme called "Time for Dementia". On this programme, pairs of students from the Medical Faculty visit families in the region who are living with a dementia diagnosis. These visits take place once a term, i.e. 3 times a year – once in Spring, once in Summer and once in Autumn.

Each visit lasts about an hour or an hour and a half (max). The students are there to learn from the families and gain the fullest possible picture of everyday life with the condition. The visits give the students an invaluable



understanding that they can't get from a book or a classroom. It's an experience the students will remember for many years.

Talking to students is one way families living with dementia can have a powerful impact on how dementia is understood by the consultants, doctors and researchers of the future.

Duncan Salkeld of Alzheimer's Society, said, 'This is about shaping attitudes before the students begin their career in

“
Being a retired nurse, Shirley wanted to give back to the profession and we wanted to break down the stigma about dementia in the black minority ethnic community.
Shirley and Bert ”



medicine. It's a great programme and we are looking for local families to participate. The feedback we've had so far has been amazing. Families feel they are giving back and students get a unique experience and gain confidence. Joining Time for Dementia means your voice will be heard, and you'll have a real impact.



“
It was great we followed the same family for 2 years, visiting them in their own home where they opened up to us and we saw how dementia affects them in the community rather than learning from a text book.
BSMS Medical students ”

It's also fun, and you'll develop a rapport.'

If you feel you'd like to join in with Time for Dementia, or just chat it over, please contact Duncan Salkeld, Time for Dementia Officer, on 07834 406272 or him at email duncan.salkeld@alzheimers.org.uk or timefordementia@alzheimers.org.uk

Alzheimer's Society
Time for Dementia
Improving future healthcare
Could you help healthcare professionals of tomorrow learn about dementia?
Join Time for Dementia – an innovative, award winning training programme, designed to educate undergraduate healthcare professionals to improve their knowledge, attitude and empathy towards people with dementia and their carers.

P11437

Atlas Advance Transfer Aid

⚠ General Safety Warning ⚠

Please make sure that you read and follow these instructions carefully. Keep these instructions in a safe place for future reference.

Maximum User Weight



1. INTENDED USE

The transfer aid is designed to provide assistance when rising from and lowering into a seated position. It can also be used indoors to complete short distance transfers and to ease manoeuvring of users in confined spaces.

The user must be able to support their own weight and maintain balance for prolonged periods of time. The user must also be able to grasp the handles and understand basic instructions.



- Only use on level surfaces and take care over door thresholds. Do not use on deep pile carpets.
- Always plan the route to avoid obstacles prior to use. The carer must have visibility around the user when transporting.
- The carer must act as a counterbalance when the user is rising and lowering. Ensure the carer's body weight is sufficient to counterbalance the user's body weight.
- The brakes must be on at all times unless it is being used to make a user transfer.
- Check the user's feet are centrally located on the platform.
- NRS recommend the user wears the optional safety belt or safety strap at all times during transfers.
- Do not leave the user unattended when using the product.
- Not to be left in an area with unsupervised children present.

3. UNPACKING

Remove the packaging and check all parts carefully! Contact your supplier immediately if parts are missing or damaged and do not try and assemble.

The product is packaged in three parts; the handle with knee pads attached, the standing platform and two hand-wheels.

Contents:

1. Handle Assembly (with knee-pads) x 1
2. Base Assembly x 1
3. Hand-wheel x 2

2. SAFETY

Warning: The maximum user weight must not be more than 155Kg (24st).

- Always perform a risk assessment prior to use, including safe moving distance.
- Do not use the product outdoors. Do not use in shower or bathing rooms unless transferring from the toilet.

100.00 Or Near Offer

If this item is of interest to you, please contact:

Terry Girling on 02380 847 285

You are invited to our
CHRISTMAS PARTY

on

THURSDAY 11TH DECEMBER

at

2.00pm at Boldre War Memorial Hall



there will be

***A free raffle!**

***A delicious festive buffet**

***Festive music and fun and games**

***and much more for you to enjoy!**

**Dress for Christmas—Santa Hats,
Christmas Jumpers & Socks or
something sparkly!**



WE HOPE TO SEE YOU THERE



**WE WISH YOU THE HAPPIEST POSSIBLE CHRISTMAS
AND NEW YEAR HOLIDAY SEASON AND WE VERY
MUCH LOOK FORWARD TO SEEING YOU AGAIN IN 2026**



DECEMBER		
Tues 2 nd Dec from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 4 th Dec from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 4 th Dec from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Mon 8 th Dec from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 9 th Dec from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 11 th Dec from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting,, CHRISTMAS PARTY Free event Everybody welcome, no booking required
Fri 12 th Dec from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 16 th Dec from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 17 th Dec 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 17 th Dec 1.30 – 3.30 pm	All Saint's Church Memorial Hall, Hordle Lane SO41 0FB	Hordle & Tiptoe carers' cafe
Fri 19 th Dec 12.00 for 12.30	South Lawn Hotel Milford-on-Sea	New Forest Branch Christmas Lunch Final date for booking or refunds 5th December.
JANUARY 2026		
Tues 6 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 8 th Jan from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Tues 8 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 9 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 12 th Jan from 10.30 am	Everton Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 13 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 15 th Jan from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting,, CHRISTMAS PARTY Free event Everybody welcome, no booking required
Tues 20 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 21 st Jan 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thurs 22 nd Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Tues 27 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 29 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)

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 Jennie Meadway & Carly Fricker And Lymington Hospital Parkinson's Clinic	01590 663446 hiowh.newforestparkinsonsservice@nhs.net
Parkinson's UK Local Adviser: Angella Duffy	aduffy@parkinsons.org.uk 0207 963 3837
BRANCH CONTACTS	
Branch phone No	07595 927 299
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Coffee Mornings & Afternoon Teas	Jackie Gill
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Branch e-mail	chairman@parkinsonsnewforest.org.uk OR info@parkinsonsnewforest.org.uk
Facebook Page	www.facebook.com/ParkinsonsNewForest/



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 at the Boldre War Memorial Hall, Pilley, SO41 5QG. The meetings are from 2.00pm to about 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, 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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