

Monthly Branch Newsletter

February 2025

YOUR FILM THIS MONTH IS: A COMPLETE UNKNOWN

DATE – Friday 21st February 2025 from 11.00 am, with a light lunch after, if you would like to join us.



Starring: Timothee Chalamet as Bob Dylan

New York; 1961. An enigmatic 19-year-old from Minnesota arrives with his guitar and revolutionary talent, destined to change the course of American music. His meteoric rise to fame culminates in a groundbreaking and controversial performance that culturally reverberates worldwide.

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 6th February**, 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 event has now been running for 20 years and it would be really good if we could continue to support the organisers, Henry and Nuala in their tireless efforts.



THE RETURN OF THE DONUT CAFÉ



We are proud to announce the reopening of the Donut Café. There will be free refreshments, including donuts, biscuits and coffee or tea. All past and present carers and those they care for are welcome for a morning of chat and mutual support.

Wednesday 19th February from 10.30-12 noon & thereafter on the 3rd Wednesday of each month

At the Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG *There is some parking on site, but more on Chapel Lane.* Admission is free but donations welcome

Contact Henry on 02380 282485 or 07867 505567 for further details, or just turn up.





COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 10th January** and will be held at **Redcliffe Nursery, Bashley**. It will start, as always, at 10.30 am. We look forward to seeing you there.

Please note that, due to long-term roadworks, Redcliffe Nursery can only be approached from the New Milton direction at the moment.

AFTERNOON TEA

Our next Afternoon Tea will be in April 2025



BRANCH MEETING THURSDAY 20TH FEBRUARY FROM 2.00 PM



This month, our Speaker will be **Captain Robin Plumley, MBE** "A Time at Sea!" A talk about Robin's time at sea with the British Antarctic Survey together with pictures of the stunning scenery and animals plus plenty of stories.

Robin will be accompanied by some of his colleagues from the **Southampton and New Forest MG Owners Club**, who will briefly tell us about their annual New Forest Run in June and the fact that they have chosen to donate part of the proceeds from this event to our Branch funds.

We will also be joined by **Leigh-Beth Stroud, Parkinson's UK Area Development Manager**, who is currently helping to start a Parkinson's Support Group in Romsey and **Jack Grant, Parkinson's UK Local Campaign Officer**, who works on supporting local staff and groups in campaigning for changes to their local health service. He's come down to visit as the hospital trusts in the area haven't signed up to implement Parkinson's UK 10 recommendations on time-critical medication. He would be interested in speaking to members who want to challenge that or have experience of not getting their medication on time in hospitals.

EXERCISE AND MOVEMENT SESSIONS



Our ever-popular Exercise and Movement sessions continue every **Tuesday morning, from 10.30am** and most **Thursday afternoons, from 2.00pm** at the Boldre Memorial Hall.

Both sessions are followed by the obligatory (and far more important!) tea, coffee and biscuits and the opportunity to chat, catch up with friends and generally put the world to rights.

There is a token 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.

SINGING AND VOICE TRAINING

This year, we will continue with our ever-popular **Singing and Voice Training** sessions with **Lucy Kelleher**. Every month, on the **second Friday**, we will meet at **2.30 pm** in the smaller **Elizabeth Perkins Room** at **Boldre Memorial Hall** at **2.30 pm**, for an hour of entertainment, fond memories of times gone by and, incidentally, vital and valuable exercising of our breathing techniques and vocal chords. Please do not worry if, like me, you think you cannot sing and, Gentlemen, it is perfectly acceptable to loosen your inhibitions and make a complete fool of yourselves, now and then! If I can do it, so can you!

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.



BRANCH COMMITTEE FOR 2025 ADVANCE NOTICE

As things stand, this is the situation:

Chairman: **Martin Hall-Patch**.

Secretary:

Treasurer: **Gill Naish**.

Social and Fundraising Sub-Committee: **Gill Naish, Mary Tozer, Jackie Gill, Linda Handscombe, Angie Lilley**.

Other Committee Members: **Alison Bolton** (Minutes Secretary), **Derek White, John Naish**.

Standing down from the Committee this year are: **John Phipps and Brian Horne**

Joining the Committee and filling the role of Vice Treasurer: **Pam Hollingsbee**

We are particularly keen to 'recruit' someone who is proficient in Audio / Visual equipment (to assist with the technical side of running our Branch meetings). This post does not necessarily entail formerly joining the Management Committee, but would be of great benefit to our Branch. If you know of anyone with these skills, with some spare time on their hands and able to commit to one Thursday each month, please do let the Chairman, or any other Committee Member, know.

Also, we would like to find someone to take on the role of Secretary, to help keep the Chairman and Treasurer under control!

Likewise, if you think that you, or someone you know, might have a particular skill, or talent, which could be of benefit to the Branch in any way, but does not necessarily want to become embroiled in the 'politics' of joining the Management Committee (not that there are any politics; our Chairman doesn't believe in them!), please do come forward with your suggestions.

PARKINSON'S COFFEE MORNINGS AND AFTERNOON TEAS—2025

JANUARY

Coffee—10.30am—13th January—Everton Nurseries

FEBRUARY

Coffee—10.30am—10th February—Redcliffe Nurseries

MARCH

Coffee—10.30am—10th March—Otter Nurseries

APRIL

Coffee—10.30am—14th April—Everton Nurseries
Afternoon Tea—2.30pm—23rd April—Redcliffe Nurseries

MAY

Coffee—10.30am—12th May—Redcliffe Nurseries
Afternoon Tea—2.30pm—21st May—Otter Nurseries

JUNE

Coffee—10.30am—9th June—Otter Nurseries
Afternoon Tea—2.30pm—18th June—Everton Nurseries

JULY

Coffee—10.30am—14th July—Everton Nurseries
Afternoon Tea—2.30pm—23rd July—Redcliffe Nurseries

AUGUST

Coffee—10.30am—11th August—Redcliffe Nurseries
Afternoon Tea—2.30pm—27th August—Everton Nurseries

SEPTEMBER

Coffee—10.30am—8th September—Otter Nurseries
Afternoon Tea—2.30pm—17th September—Otter Nurseries

OCTOBER

Coffee—10.30am—13th October—Everton Nurseries

NOVEMBER

Coffee—10.30am—10th November—Redcliffe Nurseries

DECEMBER

Coffee—10.30am—8th December—Otter Nurseries

FOR MORE INFORMATION CONTACT—07595 927 299



TOMBOLA PRIZES NEEDED

FOR TOMBOLA STALLS IN 2025

These stalls are a very good way to raise funds and to increase awareness of the Group in the local community

New only please!

UNWANTED GIFTS

SMELLIES



CHINA

FOOD & CHOCOLATE

BOTTLES OF WINE

TOYS/CUDDLY TOYS

STATIONERY

**BRING YOUR ITEMS TO ANY OF
OUR MEETINGS OR GIVE TO A
COMMITTEE MEMBER!**



**THANK
YOU**



IIN MEMORIAM

It is with great sadness that I have to announce the recent passing of Rosemary Smith, who has served us for more years that I can remember as our Parkinson's UK Local Area Advisor.

Despite living on the Isle of Wight, rosemary served the whole of Hampshire and, of course, the New Forest and she was, for a long time, a regular visitor to our Monthly Branch meetings; bringing plenty of brochures and leaflets, as well as her own unique brand of friendliness, knowledge, empathy, understanding and simple, all-round niceness.

At one point, citing ill health and length of service, Rosemary actually managed to retire but, in typical fashion, when she saw that there was no-one willing to immediately step into her shoes, she came back and served several more years, albeit on a part-time basis.

Rosemary has been an important friend and advisor to many of us and she will be very sadly missed.

Her role as Local Area Advisor is now filled by Angela Duffy; who can be contacted on:
aduffy@parkinsons.org.uk 0207 963 3837

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	Ivy Room, Redcliffe Nursery, Bashley	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)
Thur 13 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 14 th Feb from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 18 th Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 19 th Feb 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thur 20 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Speaker: Captain Robin Plumley, MBE “A Time at Sea!” A talk about Robin’s time at sea with the British Antarctic Survey Free event Everybody welcome, no booking required
Fri 21 st Feb from 11.00 am	Malt Cinema, Lymington Community Centre	Film: ‘A Complete Unknown’, followed by lunch, if required. Film £7; Film + Lunch £15.50
Tues 25 th Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 27 th Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
MARCH 2025		
Tues 4 th Mar 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 Mar from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 6 th Mar 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 Mar from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 11 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 13 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 14 th Mar from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 18 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 19 th Mar 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thur 20 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Speaker Anthony Knox. “An Introduction to Bird Aware Solent Wintering Coastal Birds” After Tea Speaker: Paul Simpson, Charco Neurotech Ltd Free event Everybody welcome, no booking required

USEFUL CONTACTS

Parkinson's UK Helpline Fri 9 am to 6 pm Sat 10am to 2 pm	Mon-	0808 800 0303 (Freephone)
Parkinson's Nurse Practitioners Jennie Meadway & Carly Fricker And Lymington Hospital Parkinson's Clinic		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 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, 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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