

Monthly Branch Newsletter

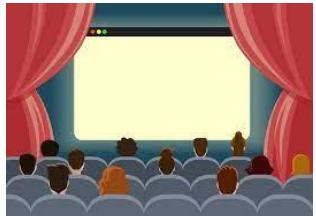
February 2024

YOUR FILM THIS MONTH IS: 'ONE LIFE'

DATE - **FRIDAY 9th FEBRUARY 2024** at 11.00am - followed by lunch!



Starring - **Sir Anthony Hopkins, Helena Bonham Carter**. This is the true story of Sir Nicholas 'Nicky' Winton who, along with others, rescued 669 children from the Nazis in the months leading up to WW11. Nicky was haunted by the children he wasn't able to bring to safety. The live BBC show 'That's Life' re-introduced him to some of the surviving children and he was finally able to come to terms with the guilt & grief he had carried for five decades.



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 1st February**, 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 12th February** and will be held **Redcliffe Nursery, Bashley**. It will start, as always, at 10.30 am. We look forward to seeing you there.

AFTERNOON TEA

Our FIRST Afternoon Tea of 2024 will be on **Wednesday 17th APRIL** at **Redcliffe Nursery, Bashley**



Coffee Morning

Everyone Welcome





BRANCH MEETING THURSDAY 15TH FEBRUARY FROM 2.00 PM

Our Speaker this month will be: **Valarie Young**, on the subject of: **“The Uncrowned King of Arabia”**, T.E. Lawrence, his adventures, personality and legacy

Before this, however, we will be holding our **AGM**. Conducted by **Josie Taylor, Network Support Officer from Parkinson's UK**. This will take about 10 or 15 minutes. (Please see Agenda, attached). Please do not let this put you off attending. Please note that everyone is welcome, but only those who are members of Parkinson's UK are eligible to vote. **Please see attached Agenda for further details.**

EXERCISE AND MOVEMENT SESSIONS

On **Tuesday morning, starting at 10.30**, a number of 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.



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 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.



PARKINSON & DEMENTIA FRIENDLY SOCIAL LUNCH AND PERFORMANCE



SAT 24TH FEB AT 12:30PM

Join us for a social lunch and gathering for people with Parkinson's and Dementia, friends, family and carers.

A one off performance from the Lymington Players after lunch.

Arrival - 12:30 with lunch, Seats for production at 1.45pm

Curtain up at 2pm. Limited wheelchair spaces, pre booking advised via Reception. Disabled facilities throughout the Centre available.

Join us for lunch including a selection of Sandwiches, Cake, Unlimited Tea/Coffee and Orange Juice.

Lunch + Film £13.50 per person Performance only £5 per person

01590 672337 <https://lymingtoncommunity.com/>
The Lymington Centre, New Street, Lymington, SO41 9BQ



How NOT to babysit your Grand Child!



We have been invited to a special performance (dress rehearsal) by the **Lymington Players** of Agatha Christie's "And Then There Were None"; preceded, if required, by a light lunch.

Please see the flyer for full details.

It is advised to book by telephone, online or at Reception, in advance, if you can.

When was the last time you were able to attend a live performance of a play of this nature?



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 rd Thur of month)	Boldre Memorial Hall, Pilley	Lymington Area Parkinson's Support Exercise Group + tea / coffee (£3, Carers free)
Thurs 1st Feb from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Fri 9 th Feb 11.00 am	Lymington Community Centre	Film "ONE LIFE" followed by lunch, if required. Film £7.00 or £15.50 with lunch.
Mon 12 th Feb from 10.30 am	Redcliffe Nursery, Bashley	Coffee Morning Free event Everybody welcome, no booking required
Thurs 15 th Feb start 2.00 pm	Boldre Hall	AGM & Branch meeting: Speaker Valarie Young: "The Uncrowned King of Arabia" (T.E. Lawrence). After tea: Jackie Lucas "LPA Made Simple" Free event Everybody welcome, no booking required
Sat 24 th Feb 12.30 Lunch Play start 2.00 pm	Lymington Community Centre	Lymington Players Dress Rehearsal: Agatha Christie: 'Then There Were None' £5.00 per person or £13.50 with lunch.
Thurs 7 th Mar from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Mon 11 th Mar from 10.30 am	Otter Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thurs 21 st Mar start 2.00 pm	Boldre Hall	Branch meeting: Speaker Dr. Charles Rees: "Richard III and his mother" Free event Everybody welcome, no booking required
Thurs 4 th Apr from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Mon 8 th Apr from 10.30 am	Everton Nursery	Coffee Morning Free event Everybody welcome, no booking required
Wed 17 th Apr from 2.30 pm	Redcliffe Nursery, Bashley	Afternoon Tea Free event Everybody welcome, no booking required



Your Social and Fundraising Committee aim to make 2024 as interesting, varied and productive as possible and we are always looking for new and different activities to explore on your behalf. If you have any ideas, or suggestions, of events we could put on, or ways of raising funds for the Branch, please don't hesitate to come forward and tell us.



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 chairman@parkinsonsnewforest.org editor@parkinsonsnewforest.org
		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 treasurer@parkinsonsnewforest.org
Adult Services: All other times	0300 555 1373	Website Manager	Paul Smith admin@parkinsonsnewforest.org
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	www.parkinsonsnewforest.org
Community First New Forest	01425 482 773	Branch e-mail	info@parkinsonsnewforest.org
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.

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