

Monthly Branch Newsletter

January 2025

YOUR FILM THIS MONTH IS: WE LIVE IN TIME

DATE – **Friday 24th January 2025** from 11.00 am, with a light lunch after, if you would like to join us.



Starring: Andrew Garfield, Florence Pugh, Grace Delaney
Almut and Tobias are brought together in a surprise encounter that changes their lives. As they embark on a path challenged by the limits of time, they learn to cherish each moment of the unconventional route their love story has taken, in filmmaker John Crowley's decade-spanning, deeply moving romance.

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 2nd January**, 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 15th January 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





COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 13th January** and will be held at **Everton 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 April 2025



BRANCH MEETING THURSDAY 16TH JANUARY FROM 2.00 PM



This month, our Speaker will be **Paul Stickler**.

A retired detective, Paul Stickler has turned criminologist and historian and explored the detail behind some of the most fascinating cases in criminal history. He is a member of the Crime Writers Association. His topic today will be: "Body Overboard? The murder of an English actress" In 1947, the actress Gay Gibson disappeared on a ship bound for Southampton from Cape Town. This presentation follows the life and last known movements of the victim and explored the account provided by the man tried for her murder and his extraordinary behaviour in throwing her body through a cabin porthole.

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.

We look forward to seeing lots of you there.



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.



Medical Detection Dogs

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If you or anyone you know has [#parkinsonsdisease](#) and would feel able to provide us with a sweat sample to train our dogs to detect the odour of the disease, we would be very grateful.

As we kick off the next stage of our Parkinson's dogs project we need participants who are newly diagnosed and have not yet started medication. The process is very simple; we'll send you a pack with some material to wipe cross your neck and forehead in the morning and you can send it back to us in a pre-paid envelope.

<https://www.medicaldetectiondogs.org.uk/parkinsons-disease/>



about your current health.

We'll provide you with everything you need – to find out more and have a pack sent to you to take part, please [Request for a Parkinson's training sample pack](#)

... **HOW CAN YOU HELP?**

The next phase of our research into Parkinson's disease is now underway and will focus on early detection of the disease from sweat samples collected from early stage and pre-diagnosis participants.

This study, in collaboration with the Oxford Parkinson's Disease Centre and Manchester University, will seek to determine if dogs can detect Parkinson's before the onset of or progression of early Parkinson's symptoms.

The results of the dog decisions will then be compared to chemical analysis of the same samples. From this, we hope to see how early dogs can detect Parkinson's, allowing for earlier diagnosis and earlier intervention.

You can help us start the dogs' training in preparation for the trial as we're looking for participants who are newly diagnosed and have not yet started medication to supply a skin swab sample.

You simply need to wipe a small piece of material across your face before you shower in the morning and answer some basic questions

CHRISTMAS TREE FESTIVAL

Our contribution to the Christmas tree festival at St Thomas', Church, Lymington was a resounding success. Because it was decorated entirely in the Parkinson's UK signature blue colour, it not only stood out from all the rest but, in my humble (and, of course, entirely unbiased) opinion, it was the best and prettiest tree there. Don't take my word for it; see for yourself!

The tree was decorated by our wonderful ladies from the Social and Fundraising Committee and, far more impressive, most of the decorations were lovingly hand-made by them, too. Next year, we are thinking of entering trees not only at St Thomas' but, possibly, at the festivals held by other churches around the New Forest area (any volunteers to help with this mammoth task?)

We do not raise any funds for the Branch by these efforts, but we do something even more important; we raise awareness of the prevalence of Parkinson's in our area and, of course, the fact that we are here to offer support, guidance and friendship to everyone affected by Parkinson's in this beautiful part of the country.



BRANCH COMMITTEE FOR 2025 ADVANCE NOTICE

As things stand, this is the situation:

Chairman: **Martin Hall-Patch.**

Secretary: **John Naish..**

Treasurer: **Gill Naish.**

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

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

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, please do let the Chairman, or any other Committee Member, know.

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.



Shame we are living through Global Warming and haven't seen a White Christmas for ages, but I still thought this was amusing.

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	Camellias Tea Room, Everton Nursery	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)
Wed 15 th Jan 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
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 21 st 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)
Fri 24 th Jan from 11.00 am	Malt Cinema, Lymington Community Centre	Film: We live in Time, followed by lunch, if required. Film £7; Film + Lunch £15.50
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	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

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
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Membership Sec.	John Phipps
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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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