

Monthly Newsletter June 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: THE SALT PATH

DATE – **Friday 13th June 2025 PLEASE NOTE the NEW STARTING TIME of 10.30 am.**



Starring: Gillian Anderson & Jason Isaacs.

A married couple receive a bad health diagnosis and become homeless due to insurmountable circumstances. They decide to walk the South West Coast Path – the longest footpath in England- from Minehead to Poole along the Devon, Cornwall and Dorset coast.

The Salt Path is a journey that is exhilarating, challenging and liberating in equal measure

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

WE HOPE TO SEE YOU ALL THERE!



LUNCH CLUB



On **Thursday 5th June**, 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. 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 DONUT CAFÉ



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

Wednesday 18th June 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. No need to book in advance, just turn up to a warm 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 9th June** 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

Afternoon Tea this month will be at the **Everton Nursery** on **Wednesday 18th June** from **2.30 pm**.



BRANCH MEETING THURSDAY 19TH JUNE FROM 2.00 PM



Our **Speaker** this month will be: **Kevin Patience**.

The title of his talk is: “**The Man Who Never Was**”; which is the story of “Operation Mincemeat”, a genuine if, perhaps, somewhat unconventional mission to mislead the enemy in the period leading up towards D Day.

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 (excluding the third Thursday of each month).



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

2nd Friday of every month at 2.30pm

Our increasingly-popular sessions continue every month and, if things carry on as they have been recently, we will soon have to think about moving into the larger hall to fit everyone in!

If you haven't tried it yet, please do come along this month (13th of June) 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.



TAP DANCING CLASSES



Here's a new idea for you to think about. Although it appears to be mainly ladies who have shown interest so far; there is every reason why you wonderful gentlemen should think about giving this a go! Simple, but effective exercise, rhythmic movements, a fun and, above all, safe, environment, where nobody will judge you; what more could you possibly want? Please note: this will be a **beginners class**, so having no previous experience does not count as an excuse not to have a go!

A few ladies have asked Lucy Keleher (our Thursday exercise class and Friday singer class leader) about a beginners tap dancing class. Lucy will begin a class if there is enough interest on **Mondays 1pm at Church Hall, Cowper Avenue (off Mount Avenue) New Milton BH25 6NT**. If you are interested, please call **Lucy 07931 517 162**.



TOMBOLA AT NEW MILTON RECREATION GROUND, SUNDAY 4TH MAY

After a slightly slow start, the majority of the day saw a steady stream of people willing to try their luck. Indeed, so successful were many of them that we had to scabble around and add a further 15 prizes to our tables by 2.00 pm!

At the end of the day, we were tired, but upbeat and, when Gill counted the takings, the news that we had taken **£358** towards Branch expenses lifted our spirits even further.

The only down-side to this amazing day's work is that, despite our best efforts, people kept on winning prizes! We have at least two more Tombolas to go this year so, if you still have any suitable gifts lurking in your cupboards, we would be very grateful to receive them, please. **THANK YOU TO EVERYONE WHO MADE THIS POSSIBLE**



THE MG OWNERS' CLUB, SOUTHAMPTON AND THE NEW FOREST.



On **Sunday 1st June, Exbury Club** (Note; Not Exbury Gardens) will be the venue for the start and finish of the **MG Owners' Club annual New Forest Rally** (officially known as the Run). All proceeds from this event and other Club events over the past year will be split between **The Minstead Trust and US**

We will be staffing an information table all day at Exbury Club and, your chairman, assisted by Andrew

Tozer (a proud ex-owner of, I believe, three MGs) will be judging the cars at the end of the event. (Any other volunteer 'judges' will be welcome to join us; nothing technical, I've been told to 'choose the ones you like the most')

I will be setting up our stall from about 7.30 in the morning and cars will start arriving between 8.30 and 10.00 am.

The Run officially starts at 10.00 am and it is expected that all cars will have left Exbury by 11.30 am; with the first ones to return expected around 1.30 pm.

There will be an opportunity to mingle and look at the cars, as well as (if you happen to be a 'petrol-head') purchase spare parts, auto-jumble and other merchandise, as well as take part in a raffle and partake of refreshments provided by Exbury Club members and staff.



If you fancy a trip out on what will, hopefully, be a beautiful, sunny day, why not come along and visit us at Exbury Club, Summer Lane, Exbury, SO45 1AH any time between 08.30 am and 4.30 pm.





**Western Road
GARDEN
GATE
SALE**

**Sun 8th June from
10am ~ 12pm**
(like a car boot sale over
your garden gate)

Western Road residents are having a
clear out so come and buy **bric-a-brac**
toys
clothes
plants
furniture
books
and much more

All Stall fees are being donated
by the residents to our Group!
Come and support our Tombola
Stall which is being held in Gill's
front garden at No 58!

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**



CAN YOU HELP US?

If you have any similar ideas for potential fund-raising opportunities; or if you know someone on the organising committee of your local Village Fete, or a friend, or relative, who is responsible for charitable donations from a business, or grant-giving organisation, please do let us know. We won't always be able to lay on a Tombola, or similar, but even just to have a table offering information and advice about living with Parkinson's is a great benefit to our Branch and the people we meet. If we can talk to just one person who is struggling with living with Parkinson's, or caring for someone who is, our presence at that event is fully worthwhile.

VOLUNTEERS WANTED

Do you have a bit of spare time on your hands? Do you have useful skills and abilities that might help us to run the Branch more smoothly? If we promise not to 'steal' all your free time, could you consider coming forward, please? (No need to join the 'official' committee, just do your own thing).

At the moment, we are looking for:

- Someone with the IT skills and knowledge to update and maintain our Facebook page and, maybe, investigate other forms of 'social media' that we could utilise.
- Someone with Copywriting skills to compose occasional press releases and other such items.

JUNE 2025		
Sun 1 st June	Exbury Club	MG Owners' Club annual New Forest Rally, raising funds for our Branch and the Minstead Trust.
Tues 3 rd June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 5 th June from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 5 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Mon 9 th June from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 10 th June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 12 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 13 th June from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Fri 13 th June from 10.30 am	Malt Cinema, Lymington Community Centre	Film: 'The Salt Path', followed by lunch, if required. Film £7; Film + Lunch £15.50 (payable to Lymington Community Centre)
Tues 17 th June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 18 th Jun 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 18 th Jun from 2.30	Camellias Tea Room, Everton Nursery	Afternoon Tea Free event Everybody welcome, no booking required
Thur 19 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Speaker: Kevin Patience Free event Everybody welcome, no booking required
Tues 24 th June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 26 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
JULY 2025		
Tues 1 st July from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 3 rd July from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 3 rd July from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Tues 8 th July from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 10 th July from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 11 th July from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Sat 12 th July at 2.00 pm	Hythe Marina Village	Sailing on the Alison Mc Gregor Please BOOK IN ADVANCE (07595 927 299) Free event, Everybody welcome (subject to booking)
Mon 14 th July from 10.30 am	Camellias Tea Room, Everton Nursery	Morning Coffee Free event Everybody welcome, no booking required

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
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	Position currently vacant
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; John Naish
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
Branch e-mail	chairman@parkinsonsnewforest.org.uk OR info@parkinsonsnewforest.org.uk



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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