

Monthly Branch Newsletter

January 2023

Welcome to 2023! After a sometimes difficult and anxious 2022. We are looking forward to better and brighter things to come.

This Newsletter is something of an experiment and comes about because; with **Parky News** being issued just 4 times a year, there are often times when there are interesting things to tell you about that just can't wait for up to three months. The aim is to send this Newsletter out by e-mail each month and also to have a few printed copies available for collection at Branch Meetings, Exercise Classes and Coffee Mornings for those who are not able to print off their own copies. It is not intended that this will be sent out by post, to avoid unnecessary costs and also to avoid 'swamping' you with unwanted missives.

BRANCH COMMITTEE FOR 2023 ADVANCE NOTICE

Our Branch meeting on 16th February will also serve as our AGM; at which the existing Management Committee is required to stand down and a new Committee must be elected. This process will only take a few minutes and is no reason to avoid attending the meeting in February; which will, otherwise, be as normal. **Only Members of Parkinson's UK are eligible to vote at our AGM.**

If anyone is interested in putting themselves forward to serve on the Committee, please could you contact the current Chairman (Martin Hall-Patch), either in person, by e-mail at chairman@parkinsonsnewforest.org or on 07595 927 299. We are particularly keen to 'recruit' someone who is proficient in either IT work (to assist with maintaining our website and data base), or Audio / Visual equipment (to assist with the technical side of running our Branch meetings). Neither of these posts 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.

As things stand, this is the situation:

Chairman: Martin Hall-Patch. In the absence of any other Volunteer, Martin will stand for re-election for one more year; but is willing to stand aside if a 'Challenger' wishes to come forward.

Secretary: John Naish. In the absence of any other Volunteer, John will stand for re-election for one more year, but is willing to stand aside if a 'Challenger' wishes to come forward.

Treasurer: Paul Smith. After several years of excellent service, Paul has decided to stand down this year, to leave him more time and energy to continue to care for his wife, Karen. In the absence of any other Volunteer, **Gill Naish** has agreed to stand for election, but is happy to stand aside if a 'Challenger' wishes to come forward.

Social and Fundraising Sub-Committee: Gill Naish, Mary Tozer, Jackie Gill, Linda Handscombe. All are willing to stand for re-election for one more year.

Other Committee Members: Alison Bolton (Minutes Secretary), **John Phipps** (Membership Secretary), **Brian Horne** and **Derek White.** All are willing to stand for re-election for one more year.

New Committee Member: **Angie Lilley** has agreed to stand as a Committee Member for 2023 to join the Social and Fundraising Sub-Committee.

PLEASE JOIN PARKINSON'S UK

The New Forest Branch is a part of Parkinson's UK, the UK's leading Parkinson's charity. While all of our activities are open to anyone, whether they are a member of Parkinson's UK or not, we would encourage you to become a member of the national charity as well as attending the branch activities. **Only Members of Parkinson's UK are eligible to vote at our AGM.**

As a member you will receive The Parkinson magazine quarterly, and if you choose to, you'll also receive a copy of Progress, the research magazine. You will also be entitled to help shape the future of the branch and national charity by voting at the local and national AGMs and electing local officers and national trustees.

Membership no longer carries a fixed Membership Fee, but you will be invited to make an annual donation of whatever amount you choose, or nothing. **Please also specify New Forest Branch** when signing up.

Parkinson's UK will only tell us about members who specify the branch on joining. If you don't, Parkinson's UK will not tell the branch that you're a member (GDPR strikes again!). It will also mean that any donation you choose to make can come back to fund branch activities. You can join online at

<https://www.parkinsons.org.uk/about-us/team-parkinsons> by phoning the Supporter Care team on 08001 386 593, email team@parkinsons.org.uk, or download the paper form and return it by post.

REGULAR ZOOM CALLS

During the Covid lockdown, we set up a Zoom call every Monday (11.00 am), Wednesday (5.30 pm) and Friday (3.00 pm) to help people stay in touch and provide a listening ear for those who needed one. These calls have continued every week ever since; and will remain in place for the foreseeable future. They offer an opportunity to 'meet' with other Branch Members and (nearly always) your Chairman, put the world to rights, chat about what's bothering you or have a jolly good moan; as the mood takes you. They are very informal and last for about half an hour and everyone is very welcome to join in.

To join one of our Zooms, all you have to do is log on to the Branch Website

(<https://www.parkinsonsnewforest.org>) and click on the link you will find in the centre of the Home page as shown here:

Zoom drop in for a chat

Our regular zoom meetings continue :

Monday : [Morning Coffee](#) 11:00 to 11:30

Wednesday : [Sundowner](#) 17:30 to 18:00

Friday : [Afternoon Tea](#) : 15:00 to 15:30

The link remains the same and is embedded above.

A simple trick I discovered is, once you have successfully joined your first call, bookmark the page on your Bookmarks Bar and then all you have to do each time is click on your bookmark. (I am not at all clever, or IT literate, but I managed it and it works very well for me... Editor)

It would be really good to see a few more faces on our calls, so I look forward to welcoming you soon.

If you have any difficulty joining our calls, please contact our IT Manager, Paul Smith, on admin@parkinsonsnewforest.org and he will advise you accordingly.

DID YOU KNOW THAT EVERY DAY IS A NATIONAL DAY OF SOMETHING OR OTHER?

Well, they are - and some days have more than one National Day title - as you will find out as you go through the year!!

One of the titles for January 19th is **National Tin Can Day!**

The Social Committee thought it would be rather nice to celebrate this day by asking everyone who comes to the monthly meeting on January 19th to bring some tins of food with them and then we will donate the cans to the New Forest Basics Bank to help those in need in our area!

Our Group exists to help and support people from the local community and it would be nice to think that we could help and support another local Group who are doing the same, especially in this time of economic hardship when food banks are becoming ever more essential.

So, search your cupboards or put some tins in your shopping basket and bring them along - there will be a table for you to put your tins on in the hall.

If you are unable to come to the meeting but would still like to participate then please bring your tins to the coffee morning on the 9th, an exercise class on the 10th or 17th or the cinema showing on the 20th and give them to any committee member!

Thank you in advance for joining in National Tin Can Day!

TOMBOLA PRIZES

This is just to remind you that there will be a table at each monthly meeting for you to put any **TOMBOLA PRIZES** on that you may have!

Have you any unwanted Christmas presents - if so, you now have a home for them!

Maybe even pop a little something into your shopping basket when you are shopping sometime - but if it is food please watch the best before dates!

We aim to have two Tombola Stalls in the Summer so we do need your help!

Thank you!

[Here is a list of our up-coming events, for your diary:](#)

Every Tuesday 10.30 am	Boldre Memorial Hall, Pilley	Lymington Area Parkinson's Support Exercise Group + coffee (£3, Carers free)
Thur 5 th Jan from 1.30 pm	Lyndhurst Baptist Church Hall,	Luncheon Café
Mon 9 th Jan from 10.30 am	Everton Nursery	Coffee Morning
Thur 19 th Jan from 2.00 pm	Boldre Hall	Branch meeting Speaker: Thomas Clark; Head Gardener of Exbury Gardens
Fri 20 th Jan start 11.00 am	Malt Cinema Lymington Community Centre	Parkinson's-Friendly Film 'A Man Called Otto' with Tom Hanks
Thur 2 nd Feb from 1.30 pm	Lyndhurst Baptist Church Hall,	Luncheon Café
Mon 13 th Feb from 10.30 am	Redcliffe Nursery, Bashley	Coffee morning
Thur 16 th Feb from 2.00 pm	Boldre Hall	Branch meeting (including AGM) Speaker: Amanda Bishop; Princess Royal Trust for Carers
Thur 2 nd Mar from 1.30 pm	Lyndhurst Baptist Church Hall,	Luncheon Café

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
Branch Committee general No.	07595 927 299	Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org editor@parkinsonsnewforest.org
Jennie Meadway Parkinson's Nurse for New Forest	01590 663446	Secretary	John Naish
Sharon Atkins Parkinson's Nurse for New Milton/ Avon Valley	01590 663446	Membership Sec.	John Phipps
Parkinson's UK Local Adviser: Rosemary Smith	Contact via Helpline above	Treasurer	Gill Naish treasurer@parkinsonsnewforest.org
Adult Services. Mon – Thurs. 8:30 – 5:00 pm Fri 8:30 – 4:30 pm	0300 555 1386	Website Manager	Paul Smith admin@parkinsonsnewforest.org
Adult Services: All other times	0300 555 1373	Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe
Community Physiotherapy Service	0300 121 0175	Committee Members	Alison Bolton; Derek White;
Occupational Health direct	0300 555 1378	Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne
Citizens Advice Bureau New Forest	03444 111 306	Branch Website	www.parkinsonsnewforest.org
Age Concern New Forest	02380 841 199	Branch e-mail	info@parkinsonsnewforest.org
Community First New Forest	01425 482 773		
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 magazine articles are not necessarily the views of the Committee Team or Parkinson's UK. Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC0.7554)