

## Monthly Newsletter January 2026

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](mailto:editor@parkinsonsnewforest.org.uk)) and I will be happy to add you to the postal mailing list

### **YOUR FILM THIS MONTH IS: SONG SUNG BLUE**

**DATE – Friday 23<sup>rd</sup> January 2026 starting at 10.30 am.**



The real-life story of Mike and Claire Sardina, a couple from Wisconsin who formed a popular Neil Diamond tribute band called "Lightning & Thunder" in the 1990s, facing challenges like tragedy, addiction, and financial hardship, but ultimately finding love and second chances through their shared passion for music and Neil Diamond's iconic songs, embodying themes of perseverance, joy, and following your dreams

The film will be followed by lunch, as usual, if required

**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](http://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 8<sup>th</sup> January**, 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.



### **THE DONUT CAFÉ**



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

**Wednesday 21<sup>st</sup> January from 10.30-12 noon** at the **Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG**

These two events are organised on behalf of **all Carers and**

**their Loved Ones** by **Henry and Nuala Rosenvigne**, who are not directly associated with Parkinson's, but welcome with open arms anyone who would like to come along and make new friends in a safe environment.



Contact **Henry** on **02380 282485** or **07867 505567** for further details of both these events, or just turn up.



## COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 12<sup>th</sup> 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 TEAS WILL RESUME ON WEDNESDAY 22<sup>ND</sup> APRIL AT OTTER NURSERIES.**

## BRANCH MEETING THURSDAY 15<sup>TH</sup> JANUARY FROM 2.00 PM



Our Speaker this month will be: **Mike Read. “Wildlife of a Working Forest”** The talk will be a light, illustrated but informative presentation illustrated by the speaker’s own wonderful photographs of the beautiful New Forest.

## EXERCISE AND MOVEMENT SESSIONS



Our ever-popular Exercise and Movement sessions continue on **Tuesday mornings, starting on the 6<sup>th</sup> January** and on **Thursday afternoons, starting on the 8<sup>th</sup> January.**

**Please note. Thur 8<sup>th</sup> Jan session will be in the YOUTH HALL across the road, not the main building.**



We look forward to seeing everyone there; especially if you have not come along previously.

An indication, perhaps, of just how seriously we take life is shown by the image of our indomitable Instructor, Penny and the winner of our Best Seasonally Dressed participant, Jan

## SINGING AND VOICE TRAINING

**2nd Friday of every month at 2.30pm**

Our increasingly-popular sessions continue every month.

If you haven’t tried it yet, please do come along this month (**9<sup>th</sup> January at 2.30 pm**) 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.



## CHRISTMAS LUNCH AT THE SOUTH LAWN HOTEL

Our Christmas Dinner on the 19<sup>th</sup> of December was, as always, a resounding success. With approximately 115 people attending, the buzz and atmosphere in the room was amazing and, as we have come to expect, both the food and the service were first class.

It is always a great pleasure to see so many of our wonderful people turning out and I look forward to seeing all of you again throughout the coming year.

For those of you who are super-efficient and have already acquired your **2026** diaries and calendars, may I suggest that you mark **FRIDAY 18<sup>TH</sup> DECEMBER** right away, so that you do not miss joining us for this year's Christmas Dinner at the South Lawn Hotel, Milford.



**WATEVER THIS YEAR BRINGS, LET'S MAKE THE MOST OF IT**

A suggested New Year's resolution: get out of the house more often, meet up with friends and family more and enjoy life to the best of our ability.

**PARKINSON'S COFFEE MORNINGS AND AFTERNOON TEAS—2026**

**JANUARY**

**Coffee—10.30am—12th January—Everton Nurseries**

**FEBRUARY**

**Coffee—10.30am—9th February—Redcliffe Nurseries**

**MARCH**

**Coffee—10.30am—9th March—Otter Nurseries**

**APRIL**

**Coffee—10.30am—13th April—Everton Nurseries**

**Afternoon Tea—2.30pm—22nd April—Otter Nurseries**

**MAY**

**Coffee—10.30am—11th May—Redcliffe Nurseries**

**Afternoon Tea—2.30pm—27th May—Everton Nurseries**

**JUNE**

**Coffee—10.30am—8th June—Otter Nurseries**

**Afternoon Tea—2.30pm—24th June—Redcliffe Nurseries**

**JULY**

**Coffee—10.30am—13th July—Everton Nurseries**

**Afternoon Tea—2.30pm—29th July—Otter Nurseries**

**AUGUST**

**Coffee—10.30am—10th August—Redcliffe Nurseries**

**Afternoon Tea—2.30pm—26th August—Everton Nurseries**

**SEPTEMBER**

**Coffee—10.30am—14th September—Otter Nurseries**

**Afternoon Tea—2.30pm—30th September—Redcliffe Nurseries**

**OCTOBER**

**Coffee—10.30am—12th October—Everton Nurseries**

**NOVEMBER**

**Coffee—10.30am—9th November—Redcliffe Nurseries**

**DECEMBER**

**Coffee—10.30am—14th December—Otter Nurseries**

**FOR MORE INFORMATION CONTACT—07595 927 299**



<b>JANUARY 2026</b>		
Tues 6 <sup>th</sup> Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 8 <sup>th</sup> Jan from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	<b>Lunch Café</b> Free event Everybody welcome, no booking required
Tues 8 <sup>th</sup> Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Fri 9 <sup>th</sup> Jan from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	<b>Singing &amp; Voice Training Session with Lucy Kelleher</b> (£4, Carers & Partners free)
Mon 12 <sup>th</sup> Jan from 10.30 am	Camellias Tea Room, Everton Nursery	<b>Morning Coffee</b> Free event Everybody welcome, no booking required
Tues 13 <sup>th</sup> Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 15 <sup>th</sup> Jan from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Branch Meeting</b> , , Mike Read. "Wildlife of a Working Forest" Free event Everybody welcome, no booking required
Tues 20 <sup>th</sup> Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Wed 21 <sup>st</sup> Jan 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	<b>Donut Café</b> Free event Everybody welcome, no booking required
Thurs 22 <sup>nd</sup> Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Fri 23 <sup>rd</sup> Jan from 10.30	Malt Cinema, Lymington Community Centre	<b>Film:</b> 'Song Sung Blue', followed by lunch, if required. Film £7; Film + Lunch £15.50
Tues 27 <sup>th</sup> Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 29 <sup>th</sup> Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
<b>February 2026</b>		
Tues 3 <sup>rd</sup> Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 5 <sup>th</sup> Feb from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	<b>Lunch Café</b> Free event Everybody welcome, no booking required
Thurs 5 <sup>th</sup> Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Mon 9 <sup>th</sup> Feb from 10.30 am	Ivy Room, Redcliffe Nursery, Bashley	<b>Morning Coffee</b> Free event Everybody welcome, no booking required
Tues 10 <sup>th</sup> Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 12 <sup>th</sup> Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Fri 13 <sup>th</sup> Feb from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	<b>Singing &amp; Voice Training Session with Lucy Kelleher</b> (£4, Carers & Partners free)
Tues 17 <sup>th</sup> Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Wed 18 <sup>th</sup> Feb 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	<b>Donut Café</b> Free event Everybody welcome, no booking required
Thurs 19 <sup>th</sup> Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Branch Meeting:</b> Speaker David Bickerton "The Pursuit and Sinking of Bismark" Free event Everybody welcome, no booking required
Tues 24 <sup>th</sup> Feb from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 26 <sup>th</sup> Feb from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)

## 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 <a href="mailto:hiowh.newforestparkinsonsservice@nhs.net">hiowh.newforestparkinsonsservice@nhs.net</a>
Parkinson's UK Local Adviser: Angella Duffy	<a href="mailto:aduffy@parkinsons.org.uk">aduffy@parkinsons.org.uk</a> 0207 963 3837

## BRANCH CONTACTS

<b>Branch phone No</b>	<b>07595 927 299</b>
Chairman & Magazine Editor	Martin Hall-Patch <a href="mailto:chairman@parkinsonsnewforest.org.uk">chairman@parkinsonsnewforest.org.uk</a> <a href="mailto:editor@parkinsonsnewforest.org.uk">editor@parkinsonsnewforest.org.uk</a>
Secretary	Position currently vacant
Treasurer	Gill Naish <a href="mailto:treasurer@parkinsonsnewforest.org.uk">treasurer@parkinsonsnewforest.org.uk</a>
Website Manager	Trevor Smith <a href="mailto:admin@parkinsonsnewforest.org.uk">admin@parkinsonsnewforest.org.uk</a>
Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley, Pam Hollingsbee
Committee Members	Alison Bolton; John Naish
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	<a href="http://www.parkinsonsnewforest.org.uk">www.parkinsonsnewforest.org.uk</a>
Branch e-mail	<a href="mailto:chairman@parkinsonsnewforest.org.uk">chairman@parkinsonsnewforest.org.uk</a> <b>OR</b> <a href="mailto:info@parkinsonsnewforest.org.uk">info@parkinsonsnewforest.org.uk</a>
Facebook Page	<a href="http://www.facebook.com/ParkinsonsNewForest/">www.facebook.com/ParkinsonsNewForest/</a>



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 about 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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