

Monthly Branch Newsletter

July 2024

YOUR FILM THIS MONTH IS: *THELMA*

DATE – **Friday 26th July 2024** from 11.00am



Starring June Squibb, Fred Hechinger & Parker Posey. This story is about a feisty 93-year-old grandmother who gets conned by a phone scammer pretending to be her grandson. She sets out on a treacherous quest across Los Angeles, accompanied by an aging friend and his motorised scooter, to reclaim what was taken from her.



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 4th July**, you are invited to join me and 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.



COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 8th July** 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

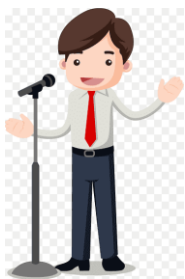
Our Afternoon Tea for may will be on **Wednesday 24th July** at **Redcliffe Nursery, Bashley**.



Coffee Morning

Everyone Welcome





BRANCH MEETING THURSDAY 18TH JULY FROM 2.00 PM

This month's Speaker will be: **Mark Luis Earp**: "The Isle on Film and TV"

A talk about the many celebrities who lived on the Island, and the many films and TV programmes produced there over the years.

After tea, **Carol Marley and Louise Jessney** from **Age Concern**, will be telling us about the services this worthy charity provides and how you can benefit.

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.

HOWEVER; PLEASE NOTE: owing to other commitments (including the General Election), this month there will only be ONE THURSDAY SESSION; which will be on 11th JULY

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.



A GENEROUS GOOD DEED



This month marked the 60th anniversary for **OTTERS NURSERY** and they decided that, to celebrate this event, they would do **60 GOOD DEEDS**; which is, in my opinion, a wonderfully altruistic action.

As one of their Good Deeds, they very kindly supplied all drinks, cakes and other goodies ordered by those of us who attended the Afternoon Tea on 26th June **COMPLETELY FREE OF CHARGE.**



We thank them very much for this generosity and also for the excellent, friendly service they always provide for us when we visit for Tea or Coffee.

ALISON MCGREGOR.



Unfortunately, due to inclement weather conditions and high winds, the trip planned for Saturday 15th June had to be cancelled; leaving 12 people very disappointed.

The trip planned for **Wednesday 24th July at 10.30am** currently has just **two spaces** available, so I made a confirmed booking for **Sunday August 11th** but, almost before I was even able to announce this, it also became fully booked!

Consequently, I have managed to secure ANOTHER confirmed booking for **Sunday 25th August at 2.00pm**. If the current trend continues and this second August trip is quickly fully booked (there are, currently, just **four spaces** still available), I will try to secure a further booking for September, but this cannot be done until the start of July.



So, please, if you are interested and you would like to book seats on the **ALISON McGREGOR** this year, let me have your name as soon as possible. This **FREE SERVICE** by Solent Dolphin Charity is becoming very popular indeed and it is increasingly difficult to block book the whole vessel (12 seats).

WALK FOR PARKINSONS



Maria Wood Writes:

For my sins, I have signed up to do a sponsored walk with Parkinsons UK in July to raise funds for Parkinsons research. Our whole family are taking part, even my little 2-year-old granddaughter.

This will be quite a challenge for me, as last year I was hardly able to walk round my garden due to chemotherapy absolutely flooring me! Stamina is still not that great, but I will give it my best shot.

If you would like to help raise funds for Parkinsons research by sponsoring me, that would be lovely. This is the link to my fundraising page. Thank you very much. Wish me luck!

<https://events.parkinsons.org.uk/fundraisers/MariaWood>



**ANNUAL
GARDEN
PARTY**

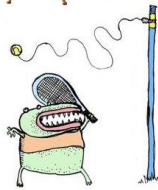
**THURSDAY 15TH AUGUST
AT 2.00PM**

THERE WILL BE TABLES &
CHAIRS IN THE GARDEN
(weather permitting)

ENTERTAINMENT



GAMES



RAFFLE



FUN & LAUGHTER



DO COME ALONG AND JOIN IN



A DATE FOR YOUR DIARY!



Come along to an afternoon of hot
jazz, blues and ragtime music from
the very talented

FB POCKET ORCHESTRA

**ON SUNDAY
6TH OCTOBER 2024**

AT 2.00PM AT

**THE BOLDRE WAR
MEMORIAL HALL**



Refreshments will be served during
the interval

No charge—
just the usual
donations if you
wish!



**NEWS OF A
FORTHCOMING
EVENT
JUST FOR YOU!**

**THURSDAY 12TH SEPTEMBER
FROM 2.00PM**

At the Boldre War Memorial Hall

**AN AFTERNOON TEA DANCE
WITH DELICIOUS FOOD**

Put on for us by Colton Care

LIVE BAND—CAFÉ MONDIAL

**COME ALONG FOR AN AFTERNOON OF
FANTASTIC ENTERTAINMENT**

MORE DETAILS COMING SOON

**All proceeds will very kindly be donated to our
Group**



**2024 TOMBOLA DATES
FOR YOUR DIARY**

6TH JULY

**NEW FOREST NURSING HOME SUMMER FETE
FOREST ROAD, FRITHAM, SO43 7HH
FROM 11.00AM**

(All proceeds from this Fete will be donated to our Group)

4TH AUGUST

**PICNIC IN THE PARK
WOODSIDE PARK, LYMINGTON, SO41 8AA
11.00AM—4.00PM**

24TH AUGUST

**LYMINGTON MARKET
HIGH STREET—OUTSIDE MILLETS
ALL DAY**

**If you can help on any of these dates please
let anyone on the Committee know—or just
come along on the day and support us!**

Every Tuesday 10.30 am	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Every Thursday 2.00 pm (except 3 rd Thur of month)	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Thurs 4 th July from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event. Everybody welcome, no booking required
Sat 6 th July from 11.00am	New Forest Nursing Home, Forest Road, Fritham, SO45 7HH	Summer Fete; all proceeds will be donated to Branch Funds
Mon 8 th July from 10.30 am	Everton Nursery	Coffee Morning Free event. Everybody welcome, no booking required
Mon 15 th July 10.00am–3.00pm	Lyndhurst Community Centre	Branch Information Stall
Thurs 18 th July starts 2.00 pm	Boldre Hall	Branch meeting: Speaker Mark Luis Earp: “The Isle on Film & TV” Free event. Everybody welcome, no booking required
Fri 19 th July from 3.30pm	Boldre Hall (Small Hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Mon 22 nd July 10.00am–3.00pm	New Milton Community Centre	Branch Information Stall
Wed 24 th July from 2.30 pm	Redcliffe Nursery, Bashley	Afternoon Tea Free event. Everybody welcome, no booking required
Wed 24 th July 10.30am	Hythe Marina	Sailing on the Alison McGregor. Free event. Please book in advance 07595 927 299
Fri 26 th July starts 11.00am	Lymington Community Centre	Film “THELMA” followed by lunch, if required. Film £7.00 or £15.50 with lunch.
Thurs 1 st Aug from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event. Everybody welcome, no booking required
Sun Aug 4 th 11.00am to 4.00pm	Woodside Park, Lymington ‘Picnic in the Park’	Tombola and information Stall
Sun 11 th Aug 2.00 pm	Hythe Marina	Sailing on the Alison McGregor. Free event. Please book in advance 07595 927 299
Mon 12 th Aug from 10.30 am	Otter Nursery	Coffee Morning Free event. Everybody welcome, no booking required
Thurs 15 th Aug start 2.00 pm	Boldre Hall	Branch meeting: SUMMER GARDEN PARTY Free event. Everybody welcome, no booking required
Fri 16 th Aug from 3.30pm	Boldre Hall (Perkins Youth hall Church Road)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Sat 24 th Aug All day	Lymington High Street Market (under cover outside Millets)	Tombola and Information Stall
Sun 25 th Aug 2.00 pm	Hythe Marina	Sailing on the Alison McGregor. Free event. Please book in advance 07595 927 299
Wed 28 th Aug from 2.30 pm	Everton Nursery	Afternoon Tea Free event. Everybody welcome, no booking required
Thurs 5 th Sept from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event. Everybody welcome, no booking required
Mon 9 th Sept from 10.30 am	Redcliffe Nursery, Bashley	Coffee Morning Free event. Everybody welcome, no booking required
Thur 12 th Sept Starts 2.00pm	Boldre Hall	Tea Dance; courtesy of Colton Care £5 per person; all proceeds to be donated to Branch funds; booking details TBA tickets £5.00 per head; all proceeds to Branch funds
Thurs 19 th Sept starts 2.00 pm	Boldre Hall	Branch meeting: Speaker Annie Cooper “Being a Commoner in the New Forest”: Free event. Everybody welcome, no booking required

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 Practitioners Jennie Meadway & Carly Fricker	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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