

Monthly Newsletter July 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

REGULAR EVENTS

YOUR FILM @ LYMINGTON COMMUNITY CENTRE IS: THE BALLAD OF WALLIS ISLAND



DATE – Friday 11th July 2025 starting at 10.30 am.

Starring: Tim Key, Tom Basden and Carey Mulligan.

Eccentric lottery winner, Charles, dreams of getting his favourite musicians, McGwyer Mortimer, back together. The fantasy becomes real when the bandmates and former lovers agree to play a private show at his home, on Wallis Island. Old tensions re-surface, as Charles tries desperately to salvage his dream gig.

A gloriously British movie – a little bit of magic – really funny and very poignant.

LUNCH CLUB @ LYNDHURST BAPTIST CHURCH HALL

On **Thursday 3rd July**, Starting at 1.30 pm everyone is welcome to enjoy a free light lunch and plenty of friendly chat.



THE DONUT CAFÉ @ LYNDHURST BAPTIST CHURCH HALL

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

Wednesday 16th July from 10.30-12 noon

COFFEE MORNING @ EVERTON NURSERY

Monday 14th July at 10.30 am. Purchase your refreshments from the cafeteria and join us for friendly chat and catch-up



AFTERNOON TEA @ REDCLIFFE NURSERY, BASHLEY

Wednesday 23rd July from 2.30 pm. Purchase your refreshments from the cafeteria and join us for friendly

chat and catch-up

BRANCH MEETING @ BOLDRE MEMORIAL HALL

THURSDAY 17TH JULY starting at 2.00 PM



Social afternoon, with table games and other activities and, of course, plenty of tea and cakes. Come along for a peaceful afternoon of community and friendship

EXERCISE AND MOVEMENT SESSIONS @ BOLDRE MEMORIAL HALL

Every Tuesday morning, from 10.30am and most Thursday afternoons, from 2.00pm (excluding the third Thursday of each month).

There is a token fee of £3.00 per person per session (Carers and Partners free)

If you would be interested in coming along and having a go, please feel free to do so.



SINGING AND VOICE TRAINING @ BOLDRE MEMORIAL HALL

Friday 11th July; starting at 2.30pm

There is a token fee of £4.00 per person per session (Carers and Partners free)

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 **beginner's 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 beginner's 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**.



BRANCH OUTING ON THE WATERCRESS LINE STEAM RAILWAY



event.

The proposed day for the trip is **Wednesday 3rd September**, leaving from Alresford Station at 13.00 hrs and returning there at 14.43 hrs (Times approximate at this point, to be confirmed once formal booking has completed).

The cost of the tickets will be £19.80; however, your Carer / Spouse / Companion travels for free.

I regret that we are not able to organise a coach for this

There are catering packages available, details of which will be circulated to those showing an interest in due course; as will travel and parking instructions.

To qualify for the above Group Discount Rate, we need a minimum of 15 paying passengers and I am delighted to inform you that we have already achieved 12 eager voyagers, so we are well on our way. If we do not reach the magic 15, the trip will still go ahead, but the price will be £24.00, instead of £19.80.



Please could you contact me (Martin, 07595 927 299; chairman@parkinsonsnewforest.org.uk) as soon as possible if you would be interested in taking advantage of this opportunity.

WESTERN ROAD GARDEN GATE SALE

Sunday 8th June

This simple local community event was well attended by neighbours from the surrounding streets and raised an amazing total of £282.50 towards our everyday running expenses.

Thank you and well done to Gill Naish and all her amazing neighbours!

FAWLEY ARMED FORCES DAY AND SHOW

Saturday 21st June.

Despite being forecast as the hottest day of the year so far, this started out dull, overcast and remarkably cold. Then, at lunch time, we were rewarded with a heavy shower of rain!. However, after that, the sun did deign to appear and everything quickly dried out nicely. Despite the weather, there were plenty of people about and all the stalls were busy. Because of the short notice in arranging our presence at this event, we did not run a Tombola (though we will, I hope, do so next year), but just had an information stand instead. I spoke to several people with relatives living with Parkinson's and, when I packed up at 4.00 pm, I felt that I had spent my day productively.

GET INVOLVED IN RESEARCH OPPORTUNITIES.

Recently, there was a lot of publicity, locally and nationally, about a research trial, called STEPS II, which looked to be very suitable for a large number of our lovely Members. However, when I inquired, on behalf of the Branch, the reply I received was:

Thank you for your enquiry about the STEPS II Trial.

I am sorry since the broadcast on the BBC News and the article in the Sunday Mail we have received such a high level of interest that we are unable to offer any further appointments for the trial.

If your members would like to know about future Research trials that may of be of interest to them, they can register with the attached link: <https://bepartofresearch.nihr.ac.uk/>

Taking part in research projects, such as this, may, or may not, have an immediate benefit for you, as an individual; but it will certainly help to formulate improved new treatments and therapies for those following on behind you in our mutual journey through Parkinson's.

My late wife, who developed Polio at the age of 3 months and died as a result 50 years later, considered that she had what amounted almost to a moral duty to use her life and medical experiences for the benefit of others with similar conditions. I know that this is a very personal and individual issue and that everybody responds to their situation in a different way, but please forgive me when I continue to offer opportunities to get involved. Whether, or not, you choose to give research a go is, of course, entirely up to you; and nobody else.

CAN YOU HELP US?

If you have any 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? Have you spent a life-time building up useful skills and abilities that might help us to run the Branch more smoothly, but which you now feel are at risk of dwindling away? 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).

NEW EVENT (NOT PARKINSON'S ORGANISED)

On the **third Wednesday of every month (16th July) from 1.30 to 3.00 pm**, there is a **Carers' café** organised by **Hordle and Tiptoe Carers' Friends**. This takes place at the **All Saints Church Memorial Hall, Hordle Lane SO41 0FB** and everybody is welcome. Please see poster on the next page.

HORDLE & TIPTOE CARERS' FRIENDS

If you are a past or present
unpaid carer, we'd love
you to come along.



**3rd Wednesday of the Month
1.30pm - 3.00pm**

Pop in for tea/coffee and chat, - we can
share useful information, support, ideas, and
have some social time together.



**All Saints' Church
Memorial Hall
Hordle Lane, SO41 0FB**



www.hordleandtiptoechurch.org.uk

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 Now Fully Booked 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
Tues 15 th July from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 16 th July 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 16 th July 1.30 – 3.30 pm	All Saint's Church Memorial Hall, Hordle Lane SO41 0FB	Hordle & Tiptoe carers' cafe
Thur 17 th July from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Speaker: TBA Free event Everybody welcome, no booking required
Tues 22 nd July from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 23 rd July from 2.30 pm	Ivy Room, Redcliffe Nursery, Bashley	Afternoon Tea Free event Everybody welcome, no booking required
Thur 24 th July from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Sat 12 th July at 2.00 pm	Hythe Marina Village	Sailing on the Alison Mc Gregor Now fully booked Free event, Everybody welcome (subject to booking)
Tues 29 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 31 st July from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
AUGUST		
Tues 5 th Aug from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 7 th Aug from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 7 th Aug from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 8 th Aug from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Mon 11 th Aug from 10.30 am	Ivy Room, Redcliffe Nursery, Bashley	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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