

Monthly Branch Newsletter

June 2024

YOUR FILM THIS MONTH IS: ORDINARY ANGELS

DATE – **Friday 7th June 2024** from 11.00am



Starring Hilary Swank & Alan Ritchson. This story centres on Sharon Stevens, a hairdresser in small town Kentucky, who discovers a renewed sense of purpose when she meets Ed Schmitt, a widower with two daughters. With his younger daughter waiting for a liver transplant, Sharon sets her mind to helping the family...and will move mountains to do it.



Tickets cost: £5 per person for the film, or £13.50 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 6th June**, you are invited to join 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 10th June** and will be held at **Redcliffe Nursery, Bashley**. 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 26th June** at **Otter Nursery**.





BRANCH MEETING THURSDAY 20TH JUNE FROM 2.00 PM

This month's meeting will take the form of a light-hearted Quiz

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

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.



Lymington Area Parkinson's Support merges with the New Forest Branch of Parkinson's UK

After over 20 years as a stand-alone organisation, LAPS has now been amalgamated into the New Forest Branch for operational reasons. There will be no difference in the exercises, or the way they are run. As a result, LAPS, as a stand-alone organisation, has now ceased to exist; but Pam McClintock (who originally created LAPS) will remain in our memories and we will forever be in her debt. Both Alison Bolton and John Phipps (co-founder members of LAPS) remain involved in the Exercise and Movement sessions formerly known as LAPS and they have both given their consent and approval to the amalgamation

CARERS TOGETHER

Carers Together, have produced a useful leaflet providing many telephone numbers for local organisations, authorities, charities and other groups whose services may be of relevance to you. A copy is attached for your information.



TOMBOLA NEW MILTON

Saturday 25th May

On Saturday 25th May, we held a Tombola and Information stall at the **New Milton Lions May Fair** at **New Milton Recreation Ground** for the first time at this event. The day was perfect, beautiful sunshine, not too much breeze and plenty of people seemingly eager to spend their money on the many charity and other stalls available. Our Team of Volunteers was kept busy all day and, at the end of it all, we found that we had taken just under £300. On top of that, we met quite a few people who were diagnosed with Parkinson's (or their families) and we handed out information literature to them all. All things considered, this

was an excellent day's work and we send our thanks to the New Milton Lion's Club for inviting us to attend this event.

THANK YOU TO EVERYONE WHO HAS DONATED SUCH WONDERFUL PRIZES TO OUR TOMBOLAS. We have three more events planned for this year (6th July; 4th and 24th August), so any further donations will always be very welcome.





HIGHCLIFFE FOOD & ARTS FESTIVAL

SUPPORTED BY
HIGHCLIFFE & WALKFORD
PARISH COUNCIL

Celebrity Chefs • Arts & Crafts • Live Music • Kids Zone

Saturday 8th June 10am - 5pm
Sunday 9th June 10am - 4pm
Highcliffe High Street & Recreation Ground

FREE
FAMILY EVENT

Portman Stone **HENDY** **Just Bee Spokelt** **highcliffe family dentistry** **more**

Dixon **Stewart** **NEW FOREST FOOD FESTIVAL** **CAPSTAN SECURITY** **Kiteleys Solicitors** **DAILY ECHO** **NEW MILTON ADVERTISER & TIMES**

#HFAF24 **highcliffefoodandartsfestival** **highclifferevival** **THE GLOBE** **TIDES** **CGO**

Nearest station Hinton Admiral www.highcliffefoodandartsfestival.co.uk

WATERSIDE QUILTERS

The Waterside Quilters (who recently donated £400 to our Branch funds) will have a stall at this event on 8th & 9th June, where they will also be promoting the Branch for us. If you are looking for a day out opportunity, this looks like a good one (weather, of course, permitting!)



How NOT to babysit your Grandchild!

ARE YOU ELIGIBLE FOR A COUNCIL TAX REDUCTION?

In the hope that it may be of help to anyone else.

I was surprised to learn that if you have a diagnosis of "Parkinson's" you are apparently entitled to a reduced rate on your "Council Tax". This is not means tested and applies to all council tax bands.

Application is very simple, and can be completed online.

To apply just go to www.newforest.gov.uk, or your relevant district council, and select Council Tax.

All the information is there to allow you to apply.

Relatively few questions, 3 or 4 at most. And then submit. You will get a call from a council representative shortly after your submission is received by the council.

I applied and ten days later had a reduction of approx. 25% granted, and back-dated to the date of disability being diagnosed.

Terry Smallwood

Every Tuesday 10.30 am	Boldre Memorial Hall, Pilley	Lymington Area Parkinson's Support Exercise Group + coffee / tea (£3, Carers free)
Every Thursday 2.00 pm	Boldre Memorial Hall, Pilley (except 3 rd Thursday of each month)	Lymington Area Parkinson's Support Exercise Group + tea / coffee (£3, Carers free)
Thurs 6 th June from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Sat 8 th June	Wellands Road Football Ground, Lyndhurst	Tombola and Information Stall
Mon 10 th June from 10.30 am	Redcliffe Nursery, Bashley	Coffee Morning Free event Everybody welcome, no booking required
Sat 15 th June 2.00 pm	Hythe Marina	Sailing on the Alison McGregor. Free event 07595 927 299
THIS DATE IS NOW FULLY BOOKED, BUT YOU CAN JOIN A 'STANDBY' LIST IN CASE OF CANCELLATIONS		
Thurs 20 th June start 2.00 pm	Boldre Hall	Branch meeting: Quiz Time: Free event Everybody welcome, no booking required
Wed 26 th June from 2.30 pm	Otters Nursery	Afternoon Tea Free event. Everybody welcome, no booking required
Thurs 4 th July from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event. Everybody welcome, no booking required
Fri 7 th June from 11.00am	Lymington Community Centre	Film "Ordinary Angels" followed by lunch, if required. Film £7.00 or £15.50 with lunch.
Mon 8 th July from 10.30 am	Everton Nursery	Coffee Morning Free event. Everybody welcome, no booking required
Thurs 18 th July start 2.00 pm	Boldre Hall	Branch meeting: Speaker Mark Luis Earp: "The Isle on Film & TV" Free event. Everybody welcome, no booking required
Wed 24 th July from 2.30 pm	Redcliffe Nursery, Bashley	Afternoon Tea Free event. Everybody welcome, no booking required
Wed 24 th July 2.00 pm	Hythe Marina	Sailing on the Alison McGregor. Free event Please book in advance 07595 927 299
THIS DATE IS NOW FULLY BOOKED, BUT YOU CAN JOIN A 'STANDBY' LIST IN CASE OF CANCELLATIONS		
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
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
Sun 18 th Aug 2.00 pm	Hythe Marina	Sailing on the Alison McGregor. Free event Please book in advance 07595 927 299
THIS IS A PROVISIONAL DATE ONLY; TO BE CONFIRMED AS SOON AS POSSIBLE		
Sat 24 th Aug All day	Lymington High Street Market (under cover outside Millets)	Tombola and Information Stall
Wed 28 th Aug from 2.30 pm	Everton Nursery	Afternoon Tea Free event. Everybody welcome, no booking required

FUTURE DATES FOR YOUR DIARY:

Thursday 12th September TEA DANCE; courtesy of Colton Care, at Boldre Hall.

Sunday 6th October CONCERT by the FB Pocket Orchestra at Boldre Hall

Thursday 12th December BRANCH CHRISTMAS LUNCH at South Lawn Hotel, Milford.

Full details of these events will be circulated closer to the actual dates.

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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