

Monthly Newsletter

March 2025

YOUR FILM THIS MONTH IS: MAD ABOUT THE BOY

DATE – **Friday 7th March 2025** from 11.00 am, with a **light lunch party to celebrate the third birthday of Parkinson's Films** after, if you would like to join us.



Starring: Renee Zellweger, Chiwetel Ejiofor, Leo Woodall, Hugh Grant and Colin Firth

Bridgette Jones navigates life as a widow and single Mum, with the help of her family, friends and former lover, Daniel. Back to work as a screenwriter and on the apps, she's pursued by a younger man and maybe – just maybe – her son's science teacher.

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

WE HOPE TO SEE YOU ALL THERE!



LUNCH CLUB



On **Thursday 6th March**, you are invited to join 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. This event has now been running for 20 years and it would be really good if we could continue to support the organisers, Henry and Nuala in their tireless efforts.



THE RETURN OF THE DONUT CAFÉ



We are proud to announce the reopening of the Donut Café. There will be free refreshments, including donuts, biscuits and coffee or tea. All past and present carers and those they care for are welcome for a morning of chat and mutual support.

Wednesday 19th March from 10.30-12 noon & thereafter on the 3rd Wednesday of each month

At the Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG *There is some parking on site, but more on Chapel Lane.* Admission is free but donations welcome

Contact Henry on 02380 282485 or 07867 505567 for further details, or just turn up.





COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 10th March** and will be held at **Otter Nursery**. It will start, as always, at 10.30 am. We look forward to seeing you there.

AFTERNOON TEA

Our next Afternoon Tea will be in April 2025



BRANCH MEETING THURSDAY 20TH MARCH FROM 2.00 PM



Our Speaker will be: **Anthony Knox**. “**An Introduction to Bird Aware Solent Wintering Coastal Birds**”

The Talk will be an overview of the work Bird Aware Solent undertakes during the winter months to educate the public and help mitigate bird disturbance on our coastline.

EXERCISE AND MOVEMENT SESSIONS



Our ever-popular Exercise and Movement sessions continue every **Tuesday morning, from 10.30am** and most **Thursday afternoons, from 2.00pm** at the Boldre Memorial Hall.

Both sessions are followed by the obligatory (and far more important!) tea, coffee and biscuits and the opportunity to chat, catch up with friends and generally put the world to rights.

There is a token fee of £3.00 per person per session (Carers and Partners free) to help cover the costs of hiring the hall and paying the instructor; usually payable bi-monthly in January, March, May, July, September and October.

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

ALISON MCGREGOR

In the next couple of weeks, I will be looking to book a series of at least three sailings on board the Ali McG; so keep your eyes (and your diaries) open for further announcements.

Over the past couple of years, I have found that afternoon sailings seem to be more popular than mornings and weekends preferred to mid-week. If you have any views, or preferences, please let me know as soon as possible



SINGING AND VOICE TRAINING

2nd Friday of every month at 2.30pm

A message from Lucy Keleher, our instructor.

Why sing? You exercise your body to keep moving, so why not exercise your voice? I can hear you all say "I can't sing" but that doesn't matter. We are not trying to be a choir; we are trying to exercise our voices.

There are proven reasons to exercise your voice. **Parkinson's UK says**, "Changes in the brain means that movements become smaller and less forceful than before. This can lead to problems with speech and communication. Issues may relate to making sure your voice is loud enough, making pronunciation clear enough and getting the right tone to your voice." It is also important to exercise the muscles in the mouth and throat to ensure chewing and swallowing can be carried out safely.



According to Parkinsons.org.uk "Singing has been shown to reduce Parkinson's symptoms like tremor, issues with walking and posture. This is because it helps to relax muscles and release tension in the back and in the neck. Singing can also help to reduce anxiety and low mood by lowering stress hormones and increases the brain's "feel good" chemicals (endorphins)."



So, what happens in the sessions? We warm up our mouth, throat and tongue. Before each song we work on a specific exercise. It may be a specific sound - vowels, initial sounds, end sounds - or focus on volume, or pitching higher or lower. We sing songs that you are likely to know - generally from the 50s and 60s, occasionally more modern and a few random songs, usually selected by our chairman!! I have a little box for your suggestions, which we sing in the next few sessions. We've sung Beatles, Abba, Kylie, a fair bit of country music, Christmas carols and songs and even had our own 'Last Night of the Proms'. After singing for about an hour, we recover over a cuppa and chat.

Why not give it a try? Think of it as an exercise class rather than a singing class. Hope to see you soon!

INTERESTING INFORMATION

In 2024 85% of all hospital activities were taken up by outpatient appointments. There were 118 m appointments and 1 in 10 were listed as "Did Not Attend"

In 2024 – 25 there were 982,000 patients registered with dementia, costing the NHS £42.5 BILLION

THINGS MY FATHER TAUGHT ME AS A CHILD. Bill Copeland (Author)

The hardest work is often the accumulation of many easy things that should have been done yesterday, last week or last month.

The best way to get rid of a difficult task is... DO IT!

If you wait for perfect conditions... you will never get anything done.

MARCH 2025		
Tues 4 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 6 th Mar from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 6 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 7 th Mar from 11.00 am	Malt Cinema, Lymington Community Centre	Film: 'Mad About the Boy', followed by lunch, if required. Film £7; Film + Lunch £15.50
Mon 10 th Mar from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 11 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 13 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 14 th Mar from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 18 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 19 th Mar 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thur 20 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Speaker Anthony Knox. "An Introduction to Bird Aware Solent Wintering Coastal Birds" Free event Everybody welcome, no booking required
Tues 25 th Mar from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 27 th Mar from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
APRIL 2025		
Tues 1 st Apr 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 Apr from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 3 rd Apr 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 Apr 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 Apr 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 Apr from 2.30 pm	Boldre Memorial Hall, Pilley (Small Hall) SO41 5QG	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Mon 14 th Apr from 10.30 am	Camellias Tea Room, Everton Nursery	Morning Coffee Free event Everybody welcome, no booking required
Tues 15 th Apr 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 Apr 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thur 17 th Apr from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, TBA Free event Everybody welcome, no booking required
Sat 19 th Apr All day	Moore Barlow forecourt, 48 High St., Lymington	Tombola at Lymington Market

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

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Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
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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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