

## Monthly Newsletter

### May 2025

#### **YOUR FILM THIS MONTH IS: PENGUIN LESSONS**

DATE – **Friday 23<sup>rd</sup> May 2025 PLEASE NOTE the NEW STARTING TIME of 10.30 am.**



Starring: Steve Coogan, Jonathon Pryce.

Inspired by the true story of a disillusioned Englishman who went to work in a school in Argentina in 1976. Expecting an easy ride, Tom discovers a divided nation and a class of unteachable students. However, after he rescues a penguin from an oil-slicked beach, his life is turned upside down.

**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 1<sup>st</sup> May**, 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 DONUT CAFÉ**



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

**Wednesday 21<sup>st</sup> May from 10.30-12 noon** (& thereafter on the 3<sup>rd</sup> 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. No need to book in advance, just turn up to a warm 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 12<sup>th</sup> May** and will be held at **Redcliffe Nursery, Bashley**. It will start, as always, at 10.30 am. We look forward to seeing you there. **I have been told that the roadworks are back, so please approach Redcliffe Nurseries from the New Milton direction only**

## AFTERNOON TEA

**Afternoon Tea** this month will be at the **Otter Nursery** on **Wednesday 21st May** from **2.30 pm**.



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



Details of this month's meeting have not yet been finalised.

## 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 (excluding the third Thursday of each month).



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



Having booked two dates in July for the Alison McGregor, I was both amazed and delighted when all 24 available seats were snapped up within a week; with names even being added to the 'Reserve' list, in case of cancellations.

So, I booked a third trip, this time in June and, lo and behold, all 12 seats were filled within 48 hours!

Sailings in August and September cannot be booked until later in the year and I will be aiming to secure at least a further two sailings then; so watch this spot for further news.

The current dates are: **Saturday 28<sup>th</sup> June at 10.30 am; Saturday 12<sup>th</sup> July at 2.00 pm and Saturday 26<sup>th</sup> July, also at 2.00 pm.**



***There is no charge for these trips (though voluntary contributions will be welcomed on board). Please let Martin (your chairman), know if you would be interested in a sailing in either August, or September as soon as possible, so that he knows whether, or not, to book suitable dates.***

**Following a cancellation, I currently have JUST ONE seat available on 26<sup>th</sup> July. If you want it, be the first to contact me!**

## SINGING AND VOICE TRAINING

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

Our increasingly-popular sessions continue every month and, if things carry on as they have been recently, we will soon have to think about moving into the larger hall to fit everyone in!

If you haven't tried it yet, please do come along this month (9<sup>th</sup> of May) 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.



## TOMBOLA AT LYMINGTON MARKET; EASTER SATURDAY

The day started (at 07.00 hrs) cold, wet, breezy and miserable; and it stayed that way until about 10.30 am, when the weather started to slowly improve.

Despite this and with the assistance of a staunch team of volunteers, we managed to entertain the passing public and keep ourselves reasonably busy, until we very nearly ran out of prizes by about 3.00 pm (despite sending Gill back home to collect a spare boxful to keep us going!)

At the end of the day, we were tired, but upbeat and, when Gill counted the takings, the news that we had taken £487 towards Branch expenses lifted our spirits even further.

The only down-side to this amazing day's work is that, despite our best efforts, people kept on winning prizes! We have at least three more Tombolas to go this year (see page 4 for details of our next outing) so, if you still have any suitable gifts lurking in your cupboards, we would be very grateful to receive them, please. **THANK YOU TO EVERYONE WHO MADE THIS POSSIBLE**



**VE80 ANNIVERSARY**

**80th ANNIVERSARY VE DAY**  
New Milton Commemorates A Shared Moment Of Celebration

**LIONS CLUB**  
Lions Club of New Milton & District  
CIO No. 1177905

**VE80 GET-TOGETHER**

**SUNDAY 4<sup>th</sup> MAY 2025**  
New Milton Recreation Ground • 11.00am to 4.00pm

**FREE ENTRY**

- Part of the National Commemorative Events
- Beacon Lighting
- Military Themed Event
- Arena Activities
- Parade
- Military Vehicle Display
- Stalls of all Types
- Variety of Street Food, Bar & Refreshments

**NMSB** **NEW MILTON TOWN COUNCIL** **New Milton**

For more details contact Alan Watson on 07771 754023

**TOMBOLA PRIZES NEEDED**

**FOR TOMBOLA STALLS IN 2025**

These stalls are a very good way to raise funds and to increase awareness of the Group in the local community

**New only please!**

**UNWANTED GIFTS**

**SMELLIES**

**CHINA**

**FOOD & CHOCOLATE**

**BOTTLES OF WINE**

**TOYS/CUDDLY TOYS**

**STATIONERY**

**BRING YOUR ITEMS TO ANY OF OUR MEETINGS OR GIVE TO A COMMITTEE MEMBER!**

**THANK YOU**



## OUR SECOND TOMBOLA OF 2025

will take place at **New Milton Recreation Ground** on **Sunday 4<sup>th</sup> May**.

We will be putting up our stall at the New Milton Recreation Ground again this year, broadcasting the news that we are here to help and support everyone and anyone living in the New Forest area who is, or has been affected by Parkinson's and, hopefully, at the same time managing to raise some much-needed funds to help keep the Group running smoothly throughout 2025.

If you are in the area on **Sunday, May 4<sup>th</sup>** (Unofficially known as Star Wars Day), please do wander by and say 'Hello'. You might, even, fancy a quick flutter and, perhaps, win back one of the amazing prizes that so many of you have generously donated to the cause!



## Unreached – The impact of living with advanced disease on a low income in rural and urban areas



**Aim:** The purpose of this study is to understand the experiences of people with advanced disease who are living on low income and those who are caring for or have previously cared for them. If we can gather information about this and find out what people feel they need, it will help to decide which services people may benefit from and how best to provide these in the future. This research is important as there are high proportions of people with advanced disease in the UK who are living on low incomes, and it is vital that equitable access to care is available regardless of their financial situation.

### We are looking for participants who are:

- male or female
- aged 18+
- live in the Southampton and Hampshire areas including the Isle of Wight
- struggling to pay their bills and to make ends meet
- living with advanced disease which may include Cancer, Advanced Heart Disease, Motor Neurone Disease, Chronic Obstructive Pulmonary Disease (COPD), **Parkinson's Disease**, Multiple Sclerosis or Dementia

or

- caring for someone living with advanced disease or have looked after someone with an advanced disease in the past

**Dates and times:** We are conducting interviews until the end of May and early June 2025.

**Venue:** We are conducting one-off interviews that last around 45 minutes. This can be carried out in person in your own home or a place convenient to you, over the telephone or online (for example, via Zoom).

**Payment:** we'll also give you a £25 Love2Shop voucher to say thank you, for taking part.

For further information, please contact **Jo Williams** (Researcher at Southampton University):

Email: [Unreached@soton.ac.uk](mailto:Unreached@soton.ac.uk)

Mobile: 07442 782 052

<b>MAY 2025</b>		
Thurs 1 <sup>st</sup> May from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 1 <sup>st</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Sun 4 <sup>th</sup> May 11.00 to 4.00pm	New Milton Recreation Ground	New Milton Lions Club VE80 GET-TOGETHER TOMBOLA
Tues 6 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 8 <sup>th</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 9 <sup>th</sup> May from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Mon 12 <sup>th</sup> May from 10.30 am	Ivy Room, Redcliffe Nursery, Bashley	Morning Coffee Free event Everybody welcome, no booking required
Tues 13 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 15 <sup>th</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Details not yet finalised. Free event Everybody welcome, no booking required
Tues 20 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 21 <sup>st</sup> May from 2.30 pm	Otter Nursery, between Lymington & Everton	Afternoon Tea Free event Everybody welcome, no booking required
Wed 21 <sup>st</sup> May 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Thur 22 <sup>nd</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 23 <sup>rd</sup> May from 10.30 am	Malt Cinema, Lymington Community Centre	Film: 'PENGUIN LESSONS, followed by lunch, if required. Film £7; Film + Lunch £15.50
Tues 27 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 29 <sup>th</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
<b>JUNE 2025</b>		
Tues 3 <sup>rd</sup> June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 5 <sup>th</sup> June from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 5 <sup>th</sup> June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Mon 9 <sup>th</sup> June from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 10 <sup>th</sup> June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 12 <sup>th</sup> June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 13 <sup>th</sup> June from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 17 <sup>th</sup> June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£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
Parkinson's UK Local Adviser: Angella Duffy	<a href="mailto:aduffy@parkinsons.org.uk">aduffy@parkinsons.org.uk</a> 0207 963 3837

## BRANCH CONTACTS

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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; Derek White; 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>



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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