

Monthly Branch Newsletter

March 2024

YOUR FILM THIS MONTH IS: 'WICKED LITTLE LETTERS'

DATE - **FRIDAY 22nd March 2024** at 11.00am - followed by **2nd Birthday** lunch!



Starring Olivia Coleman and Jessie Buckley. Based on a true story, this film follows two neighbours, deeply conservative Edith Swan and rowdy Irish migrant, Rose Gooding. When Edith and fellow residents begin to receive wicked letters, full of unintentionally hilarious profanities, foul-mouthed Rose is charged with the crime. The letters prompt a national uproar and a trial ensues. The town's women investigate; BUT...is Rose guilty after all?



A riotous comedy – a wickedly entertaining crowd-pleaser!

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 7th March**, 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 11th March** and will be held **Otter Nursery**. It will start, as always, at 10.30 am. We look forward to seeing you there.

AFTERNOON TEA

Our **FIRST** Afternoon Tea of 2024 will be on **Wednesday 17th APRIL** at Redcliffe Nursery, Bashley



Coffee Morning

Everyone Welcome





BRANCH MEETING THURSDAY 21ST MARCH FROM 2.00 PM

Our Speaker this month will be: **Dr. Charles Rees**, on the subject of: “Richard III and his mother”

A talk to balance up the dreadful thrashing by Shakespeare. Richard’s mother Cecile Neville was a remarkable woman. A great beauty married at twelve to the Duke of York.

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.



PUB LUNCHES

In previous years, before Covid, we used to organise lunches at various pubs around the New Forest area and it has been suggested that we try to re-start this tradition for 2024.

In order for this to happen, we need to find a brave Volunteer; someone who is willing to go round the Forest, exploring the many wonderful pubs to be found all around and sampling their wares. Things such as general accessibility, toilet provisions, parking and suitability for groups of up to 20 people need to be checked and, of course, the quality and value-for-money of their food.



One of our previous Volunteers (who also happens to be a previous Branch Chairman) even managed to negotiate a special menu choice and price for our group and he would be willing to pass on any tips or hints that he found useful in this venture.

If you think you might be willing and able to have a go at planning Pub Lunches for our Members in 2024, please get in touch with Martin, Gill, or any other Committee Member to offer your services.

URGENT—WE NEED YOUR HELP NOW!

TOMBOLA PRIZES NEEDED FOR

GROUP FUNDRAISING—New only please!

WE HOPE TO HAVE TWO TOMBOLA STALLS IN THE

SUMMER—SO WE NEED ANY



UNWANTED GIFTS

STATIONERY

CHINA

FOOD & CHOCOLATE

BOTTLES OF WINE

TOYS/CUDDLY TOYS

SMELLIES

OR POP SOMETHING

INTO YOUR TROLLEY

WHEN YOU ARE SHOPPING!

PLEASE BRING TO ANY MONTHLY

MEETING, COFFEE MORNING, AFTERNOON TEA,

EXERCISE CLASS OR CINEMA SHOWING

THANK YOU!







Following our search for **STORAGE SPACE** we are pleased to be able to inform you that our needs have now been met.

Thanks to the generosity of the manager of **SHALLOWMEAD NURSERY** in Boldre, we now have the use of a solid, brick-built unit, which is both secure and dry, to store all our various possessions. Not only this but, when we asked how much rent was required, we were told that the facility was completely free of charge, in recognition of the work the Branch does on behalf of the New Forest Parkinson's community.

Shallowmead nursery seems to be undergoing something of a refurbishment at the moment, but their café, **MABELS**, is operational, so they are well worth a visit, if you're in the area.



MONTHLY WELLNESS WALKS –

About 40 minutes level walk either in the Forest or along the coast. Led by Julie who also has Parkinsons experience. Not only will you be walking, but there will be breathing and listening activities along the walk. Usually ends with a cuppa so an opportunity for a chat as well. Mobility scooters are permitted. These walks are free but do need to be booked (usually Wednesday lunchtime). Location advised at time of booking.

Contact Forest Arts Centre [01425 619983](tel:01425 619983)

GDPR DATA PROTECTION UPDATE.

With the last issue of Parky News (Winter 2023), you will have received a letter asking you to re-affirm your permissions regarding our ability to contact you by Post, E-mail and Telephone.

Many people have now responded to this request and confirmed, or altered, their information accordingly. There are, however, a few who have not yet done so. If you are one of these, you should receive an e-mail from our IT Manager, Paul Smith; reminding you of what needs to be done. PLEASE RESPOND to this as soon as possible; or we may be forced to remove you from our database and no longer be able to communicate with you; unless you re-apply for Branch membership.



PARKINSON'S COFFEE MORNINGS AND AFTERNOON TEAS—2024

JANUARY

Coffee—10.30am—8th January—Everton Nurseries

FEBRUARY

Coffee—10.30am—12th February—Redcliffe Nurseries

MARCH

Coffee—10.30am—11th March—Otter Nurseries

APRIL

Coffee—10.30am—8th April—Everton Nurseries
Afternoon Tea—2.30pm—17th April—Redcliffe Nurseries

MAY

Coffee—10.30am—13th May—Otters Nurseries
Afternoon Tea—2.30pm—22nd May—Everton Nurseries

JUNE

Coffee—10.30am—10th June—Redcliffe Nurseries
Afternoon Tea—2.30pm—26th June—Otter Nurseries

JULY

Coffee—10.30am—8th July—Everton Nurseries
Afternoon Tea—2.30pm—24th July—Redcliffe Nurseries

AUGUST

Coffee—10.30am—12th August—Otter Nurseries
Afternoon Tea—2.30pm—28th August—Everton Nurseries

SEPTEMBER

Coffee—10.30am—9th September—Redcliffe Nurseries
Afternoon Tea—2.30pm—25th September—Otter Nurseries

OCTOBER

Coffee—10.30am—14th October—Everton Nurseries

NOVEMBER

Coffee—10.30am—11th November—Redcliffe Nurseries

DECEMBER

Coffee—10.30am—9th December—Otter Nurseries

FOR MORE INFORMATION CONTACT—07595 927 299



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| 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 (except 3 rd Thur of month) | Boldre Memorial Hall, Pilley | Lymington Area Parkinson's Support Exercise Group + tea / coffee (£3, Carers free) |
| Thurs 7 th Mar from 1.30 pm | Lyndhurst Baptist Church Hall, | Lunch Café Free event Everybody welcome, no booking required |
| Fri 8 th March 10.00 – 12.00 | Lyndhurst Community Centre | Branch Information Stall |
| Mon 11 th Mar from 10.30 am | Otter Nursery | Coffee Morning Free event Everybody welcome, no booking required |
| Thurs 21 st Mar start 2.00 pm | Boldre Hall | Branch meeting: Speaker Dr. Charles Rees: "Richard III and his mother" Free event Everybody welcome, no booking required |
| Fri 22 nd March 11.00 am | Lymington Community Centre | Film "WICKED LITTLE LETTERS" followed by lunch, if required. Film £7.00 or £15.50 with lunch. |
| Thurs 4 th April from 1.30 pm | Lyndhurst Baptist Church Hall, | Lunch Café Free event Everybody welcome, no booking required |
| Mon 8 th April from 10.30 am | Everton Nursery | Coffee Morning Free event Everybody welcome, no booking required |
| Wed 17 th April from 2.30 pm | Redcliffe Nursery, Bashley | Afternoon Tea Free event Everybody welcome, no booking required |
| Thurs 18 th April start 2.00 pm | Boldre Hall | Branch meeting: Speaker John Ellis: "The Making of a Museum" Free event Everybody welcome, no booking required |
| Thurs 2 nd May from 1.30 pm | Lyndhurst Baptist Church Hall, | Lunch Café Free event Everybody welcome, no booking required |
| Mon 13 th May from 10.30 am | Otters Nursery | Coffee Morning Free event Everybody welcome, no booking required |
| Thurs 16 th May start 2.00 pm | Boldre Hall | Branch meeting: Speaker Gill Perkins: "Bumblebees" Free event Everybody welcome, no booking required |
| Wed 22 nd May from 2.30 pm | Everton Nursery | Afternoon Tea Free event Everybody welcome, no booking required |
| Fri 24 th May 09.00 – 15.00 | Boldre Hall | Seminar – Newly Diagnosed Invitation only event |
| 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 Please book in advance 07595 927 299 |
| This is a provisional booking only and will be confirmed in March | | |
| 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 |
| Mon 8 th July from 10.30 am | Everton Nursery | Coffee Morning Free event Everybody welcome, no booking required |

| USEFUL CONTACTS | | BRANCH CONTACTS | |
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| 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 | | |
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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 (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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