

Monthly Branch Newsletter

May 2024

YOUR PLAY THIS MONTH IS: 'ALLO 'ALLO

DATE – **SATURDAY 11th May 2024** Lunch at 12.30pm, Curtain up at 2.00pm



Instead of a film this month, we will, once again, be entertained by the **Lymington Players** at their **Dress Rehearsal** for this uproariously funny production based on the highly successful british television series, which ran for seven seasons.



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 2nd May**, 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 13th May** 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 Afternoon Tea for may will be on **Wednesday 22nd May** at **Everton Nursery**.





BRANCH MEETING THURSDAY 16TH MAY FROM 2.00 PM

Our Speaker this month will be: **Gill Perkins**; who is the CEO of the **Bumblebee Conservation Trust** so it's just a wild guess, but I suspect we will learn all sorts of fascinating facts about this amazing insect.

(Editor's note: It has been said that it is aerodynamically impossible for Bumblebees to fly, but someone forgot to tell them!)

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.



NEW FOREST CARERS FRIENDS

This Carers' support group, in association with Carers Together, has been working for many years in the Hampshire and New Forest Areas to provide support, advice and information to Carers and I can honestly say that, when I was caring for my mother in her dementia years, these people were a real life-saver for me.

It is vitally important that anyone caring for, or living with, a loved one who is experiencing anything like Parkinson's, must take time to themselves every now and then. Devoting your life single-mindedly and lovingly to caring for your spouse, or loved one, is a stressful and draining experience and, if you reach 'burnout', who is going to take your place? By giving yourself a few hours, here and there, meeting and socialising with others in the same boat as yourself, relaxing and unwinding, you will be infinitely more able to support the person who depends upon you.

Together with this Newsletter, you will find a questionnaire from NFCF, asking for your input. What do YOU want from them (or us, for that matter)? How best can they offer you the support that you need and want?

Please, if you are interested, could you complete the questionnaire and return it, either to Martin H-P, or direct to NFCF?

Thank you.

TOMBOLA NEW MILTON

Saturday 25th May

We are planning to hold a Tombola and Information stall at the **New Milton Lions May Fair** at **New Milton Recreation Ground** so, if you happen to be in the area that day, please do drop in and say 'Hello'. You never know, you might even manage to win back some of the incredible and exciting prizes you have so generously donated this year!

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

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!



IN LEWIS CAROLS 'ALICE THROUGH THE LOOKING GLASS', ALICE ASKS THE CHESHIRE CAT,

“Would you please tell me which way I ought to go from here?”

The Cat replied,

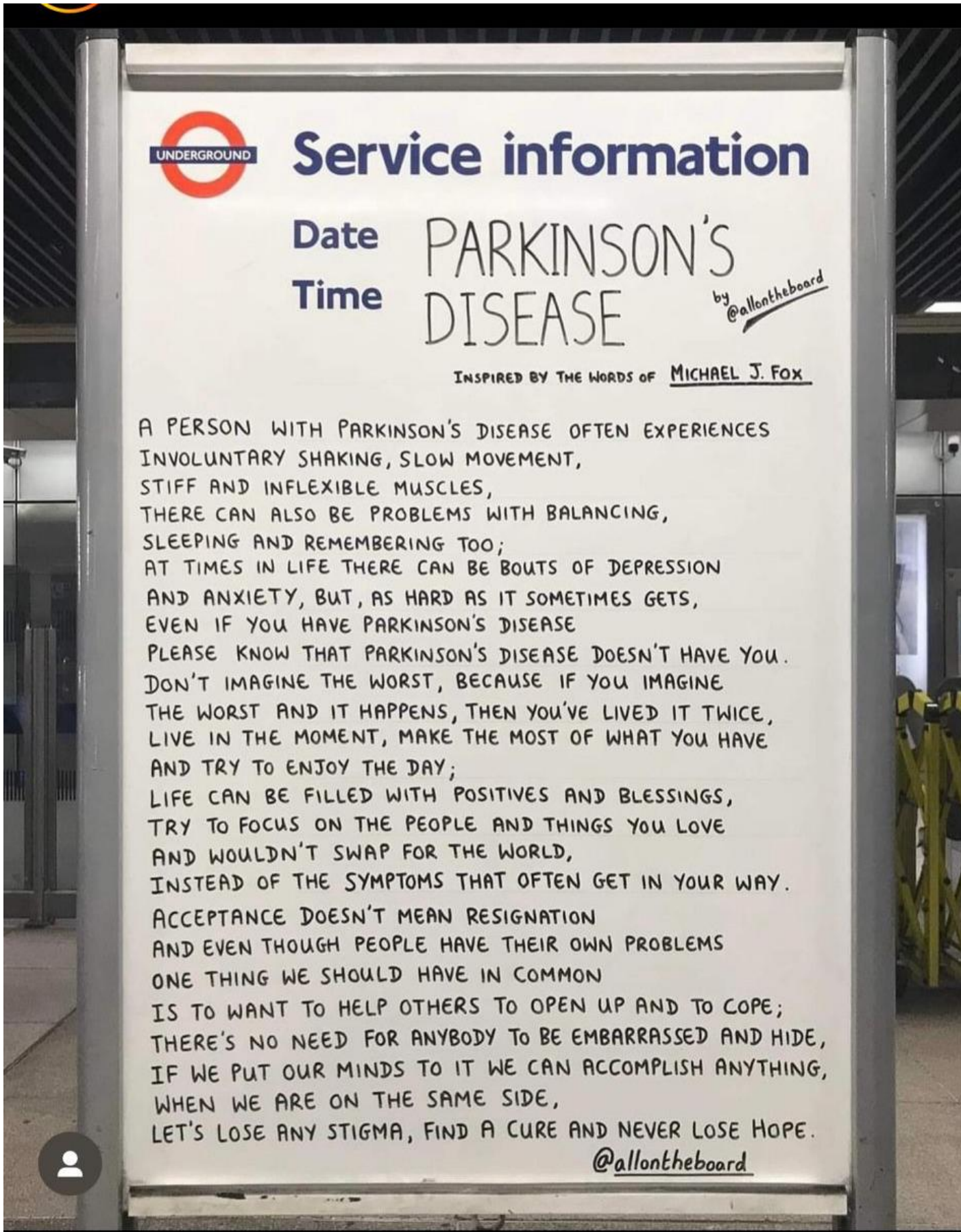
“That depends on where you want to get to.”

“I don't much care where,” Alice replies.

“Then,” the Cat responds, “it doesn't much matter which way you go!”

THIS NOTICE WAS SPOTTED ON THE LONDON UNDERGROUND;

probably on April 11th, which was World Parkinson's day.



Service information

Date PARKINSON'S
Time DISEASE

by @allontheboard

INSPIRED BY THE WORDS OF MICHAEL J. FOX

A PERSON WITH PARKINSON'S DISEASE OFTEN EXPERIENCES INVOLUNTARY SHAKING, SLOW MOVEMENT, STIFF AND INFLEXIBLE MUSCLES, THERE CAN ALSO BE PROBLEMS WITH BALANCING, SLEEPING AND REMEMBERING TOO; AT TIMES IN LIFE THERE CAN BE BOUTS OF DEPRESSION AND ANXIETY, BUT, AS HARD AS IT SOMETIMES GETS, EVEN IF YOU HAVE PARKINSON'S DISEASE PLEASE KNOW THAT PARKINSON'S DISEASE DOESN'T HAVE YOU. DON'T IMAGINE THE WORST, BECAUSE IF YOU IMAGINE THE WORST AND IT HAPPENS, THEN YOU'VE LIVED IT TWICE, LIVE IN THE MOMENT, MAKE THE MOST OF WHAT YOU HAVE AND TRY TO ENJOY THE DAY; LIFE CAN BE FILLED WITH POSITIVES AND BLESSINGS, TRY TO FOCUS ON THE PEOPLE AND THINGS YOU LOVE AND WOULDN'T SWAP FOR THE WORLD, INSTEAD OF THE SYMPTOMS THAT OFTEN GET IN YOUR WAY. ACCEPTANCE DOESN'T MEAN RESIGNATION AND EVEN THOUGH PEOPLE HAVE THEIR OWN PROBLEMS ONE THING WE SHOULD HAVE IN COMMON IS TO WANT TO HELP OTHERS TO OPEN UP AND TO COPE; THERE'S NO NEED FOR ANYBODY TO BE EMBARRASSED AND HIDE, IF WE PUT OUR MINDS TO IT WE CAN ACCOMPLISH ANYTHING, WHEN WE ARE ON THE SAME SIDE, LET'S LOSE ANY STIGMA, FIND A CURE AND NEVER LOSE HOPE.

@allontheboard



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 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
Sat 25 th May All day	New Milton Recreation Ground	Tombola & Information Stall at New Milton Lions May Fair
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	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
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 27 th Jun 10.00am – 3.00pm	Brockenhurst Village Hall	Branch Information Stall
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
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
Thur 25 th July 09.00 – 15.00	Boldre Hall	Seminar – Maintenance Phase Invitation only event
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 12 th Aug start 2.00 pm	Boldre Hall	Branch meeting: SUMMER GARDEN PARTY Free event Everybody welcome, no booking required

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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