



This Newsletter is routinely sent to all Members and other interested parties by e-mail. If, for any reason, you would prefer a printed paper copy, please let me know (editor@parkinsonsnewforest.org.uk) and I will be happy to add you to the postal mailing list

Dates for your Diary

On **Sunday 7th June** your amazing Treasurer, Gill, will be holding a Tombola in her front garden, as part of the **Western Road Garden Gate Sale**; from 10.00 – 12.00 am. See page 4

At 7.30 pm, on **Wednesday 17th June**, at All Saints Church, Fawley SO45 1DL, the **New Forest Sounds Ladies Choir** and **Intersection** will be presenting a concert. Tickets cost £10 (children £5), including refreshments and a donation from the proceeds will be made to our Branch. See page 4

On **Saturday 20th June** we will be represented by a team of volunteers staffing an Information Table at the **Lyndhurst Village Fun Day**; on the Wellands Road football ground, from 1.00 – 4.00 pm

On **Saturday 25th July**, our intrepid band of volunteers will be staffing a Tombola and Information stall at the **Six Villages Together** event, held at **Gangwarily Recreation Ground, Blackfield, SO45 1GA** from 11.00 am to about 5.00 pm.

On **Saturday 29th August**, our intrepid band of volunteers will, once again, be staffing our Tombola and Information stall at **Lymington Market** (outside Moore Barlow solicitors)

And

At 3.00 pm, on **Saturday 28th November**, at St Saviour's Church, Brockenhurst, SO42 7SP, the **Solent Concert Orchestra** will be presenting a concert and, again, proceeds from this event will be donated to our Branch.



REGULAR EVENTS

BRANCH MEETING



Thursday 18th June Starting at 2.00 pm, at **Boldre, Memorial Hall**, Pilley Street, Boldre, SO41 5QG
See page 4

COFFEE MORNING



Our **Coffee Morning** this month is on **Monday 8th June** and will be held at **Otters Nursery**. It will start, as always, at 10.30 am.

We look forward to seeing you there.

AFTERNOON TEA

Afternoon Tea this month will be at the **Redcliffe Nursery, Bashley** on **Wednesday 24th June** from 2.30 pm.



SINGING AND VOICE TRAINING

Friday 12th June at 2.30pm
In the small Hall at **Boldre, Memorial Hall**, Pilley Street, Boldre, SO41 5QG



CINEMA & LUNCH



At the **Malt Cinema, Lymington Community Centre**. Starting at 10.30 am. Film £7, or £15.50 with Lunch, (payable to the Community Centre). **Friday 12th June** "The Sheep Detectives"

See page 3

LUNCH CLUB



Thursday 4th June, 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.

THE DONUT CAFÉ



Join with friends, old and new, for free doughnuts, cakes and



endless tea.

Wednesday 17th June from 10.30-12 noon at the **Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG**

FUNCTIONAL FITNESS



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).

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

BOXING FOR PARKINSON'S

Every Friday at 2.00 pm.



Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW. £5 (cash only please) pay as you go. Suitable for all levels of fitness

Tombola, 23rd May @ New Milton Lion's Carnival



Apart from your Chairman getting his timings wrong and leaving home in Hythe at the same time as he was supposed to arrive in New Milton, everything went off perfectly.

The weather was brilliant, our gazebo giving us just enough shade from the relentless sunshine and there were plenty of people milling around. After 8 hours, during which several of you came along to see us and help out, we made a total of £512 towards Branch funds; so thank you all once again for your generous donations of suitable prizes!

Our amazing Treasurer, Gill, is hosting a mini Tombola in her front garden on 7th June (please see

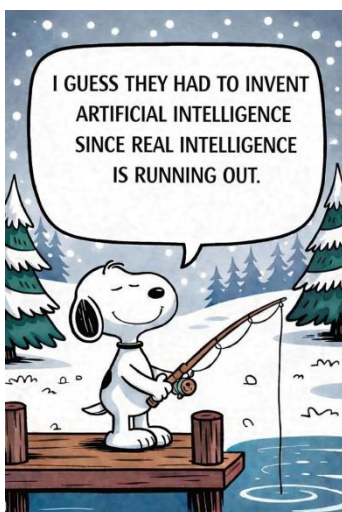
flyer on page 4) and our next major outing will be at the Lyndhurst Village Fun Day on Saturday June 20th, where we will be staffing an Information Table



'PARKINSON'S FRIENDLY' **CINEMA & LUNCH SHOWING AT THE MALT** **CINEMA—LYMINGTON COMMUNITY CENTRE** **WITH INCREDIBLE TALKING SHEEP!**

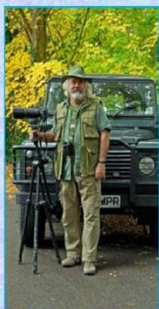
THE SHEEP DETECTIVES

Starring - Hugh Jackman, Emma Thompson & more! In this witty film a shepherd reads detective novels to his beloved sheep every night, assuming they can't understand. But when a mysterious incident disrupts life on the farm, the sheep realise that they must become the detectives and they prove that even sheep can be brilliant crime-solvers!



THURSDAY 18TH JUNE—MONTHLY MEETING

Boldre War Memorial Hall at 2.00pm



Our Speaker will be

BRIAN PETTIT

WILDLIFE PHOTOGRAPHER

Brian Pettit offers a wealth of expertise and knowledge about wildlife photography at his wildlife talks all around the country

His presentation is entitled

WILDLIFE OF THE NEW FOREST

Together with its history and ancient traditions the New Forest is home to a host of Wildlife species. This talk seeks to provide an insight into the lives and behaviour of some of that Wildlife diversity and highlights many of the well known and much loved species as well as many that are less so.

You can visit Brian's website at www.naturepicturesworldwide.com

A VERY INTERESTING TALK!



Western Road GARDEN GATE SALE

Sun 7th June from
10am ~ 12pm
(like a car boot sale over
your garden gate)

Western Road residents are having a clear out so come and buy **bric-a-brac** toys clothes plants furniture books and much more

GILL will be holding a **TOMBOLA STALL** in her front garden at **NUMBER 58** Come and join in and find some bargains!

New Forest Ladies Choir

The good ladies of the choir will be hosting a **Concert at All Saints Church, Fawley, on Wednesday 17th June at 7.30 pm** and they have asked if they could make a donation to our Branch funds from the proceeds of this event.

Why not give yourself a civilised evening out (maybe link it with a nice meal somewhere) and enjoy some genuine, local entertainment?

Details are on the flyer.



New Forest Sounds Ladies Choir
and Intersection present

Together IN Tune

WEDNESDAY
17TH OF JUNE
7:30 PM

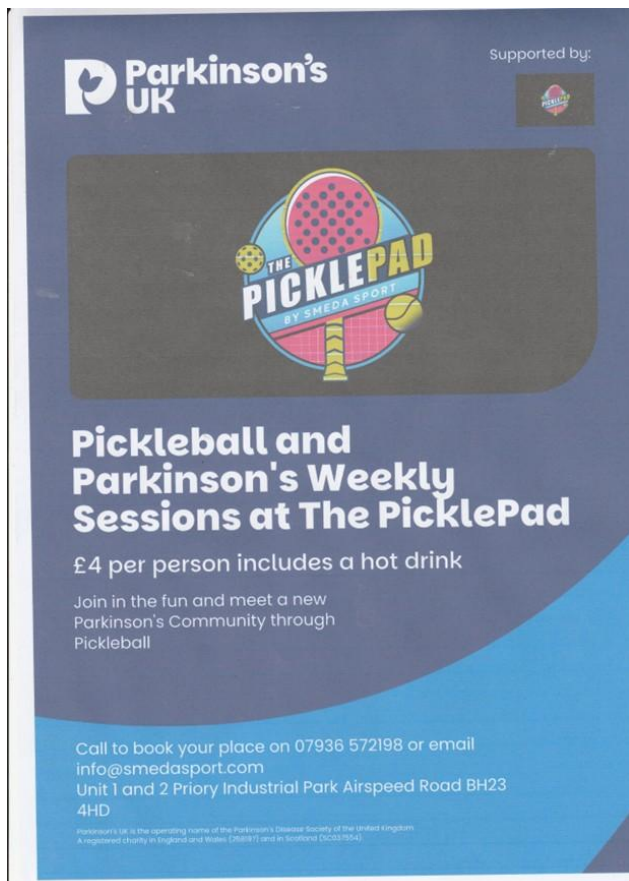
VENUE
All Saints Church
Fawley
SO45 1DL

TICKETS
£10 Adults
£5 Children
including refreshments

A donation from this concert will be made to
Parkinson's New Forest Branch

Pickleball

How pickleball is helping me with Parkinson's



Every year, our family (all 11 of us) gets together to spend time together, catch up, and just enjoy each other's company.

This year we went to a leisure and sports resort in North Devon, and that's where I tried pickleball for the first time.

Something surprising happened almost straight away. After only two sessions, my tremor noticeably calmed down. When I mentioned it to a specialist, they said the rhythmic, repeated movement in pickleball can help activate motor pathways.

The more I've read and spoken to people about it since, the more it makes sense. For me, pickleball brings together a lot of the things that are often recommended for Parkinson's:

- Balance and footwork
- Hand-eye coordination and reaction time
- A gentle cardio boost
- Strength and flexibility (without feeling like a gym

session)

- A brain workout (tracking the ball, planning shots, quick decisions)
- A mood lift from getting out, laughing, and being around other people

I know Parkinson's is different for everyone, and I'm not saying pickleball is a cure—but for me it's been a really positive reminder that movement still matters. If you're living with Parkinson's (or supporting someone who is), it might be worth asking your specialist or physio whether a gentle, fun sport like this could be safe for you to try.

Off the back of that, I've joined a local pickleball club so I can keep playing regularly and see what difference it makes over time.

Even if you start small—one short session, a slower pace, plenty of breaks—the combination of light exercise, coordination, and friendly company can be a real lift. I'm cheering you on.!

David Batchelor (Branch Member)

In the interests of impartiality,

There are many other venues where Pickleball (a version of badminton) and its cousin, Padel (a version of squash), can be played in our area. These include, but are not limited to:

New Forest Pickleball; Brockenhurst Village Hall, Highwood Road, SO42 7RY. Wednesdays 2.30 – 4.00 pm. newforestpickleball@gmail.com

<https://www.chewtonglen.com/spa-wellness/facilities/tennis-pickleball/>

Gang Warily Recreation Centre (Newlands Road, Fawley, SO45 1GA) have four Pickleball courts available to hire in their main hall.. Bats and balls can be hired at reception for an additional fee. Session Time: 55 minutes

Off Peak- £9.00 Peak (Mon-Fri, 5pm-10pm) – £10

Lymington Health & Leisure

Email: lymington.reception@freedom-leisure.co.uk

Call: 02382000299

Most, if not all Local Authority Recreation Centres in our area also cater for this sport

Your Chairman is currently in negotiations with the local Lawn Tennis Association with a view to learning more about this sport and where it can be played.

At present, it would appear that Pickelpad (Unit 1 & 2, Priory Industrial Estate, Airspeed Rd, Mundeford, BH23 4HD) is the only venue offering Parkinson's-specific sessions.

A message from our WebMaster, Trevor Smith:

We have just started using wheelie bins here (Waterside area) and I found this useful app called [BinDays](#) that reminds you what bins to put out. Our members might find it useful:

It can be found on Google Play for Android phones: or for iPhones visit the App Store

It is absolutely free and there are no Ads 😊

News from Lesley; our intrepid Triathlete:



but she did so in an amazing time of 2 hours 23minutes and 19 seconds.

At the last count, she has raised well in excess of £500 for our Branch funds; with final donations still rolling in.

WELL DONE, LESLEY! And a huge THANK YOU from us all.

As you may remember, Lesley, the daughter of one of our Members, bravely undertook the Dorchester Sprint Triathlon on Sunday 24th May

Despite this being the hottest day of the year; as well as the hottest May day since records began; I am delighted to report that Lesley not only finished the course,



JUNE 2026		
Tues 2 nd June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 4 th June from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thurs 4 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 5 th June From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Sun 7 th June Sailing 10.30 am	Hythe Marina, Shamrock Way, Hythe, Southampton, SO45 6DY	Alison McGregor boat trip Now fully booked
Mon 8 th June from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 9 th June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 11 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 12 th June from 10.30	Malt Cinema, Lymington Community Centre	Film: 'The Sheep Detectives, followed by lunch, if required. Film £7; Film + Lunch £15.50
Fri 12 th June from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Fri 12 th June From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Tues 16 th June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 17 th June 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 17 th June 7.30 pm	All Saints Church, Fawley SO45 1DL	New Forest Ladies Choir present 'Together in Tune' in aid of Parkinson's New Forest Tickets Adult £10, Child £5 (Inc refreshments)
Thurs 18 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting: Speaker; TBA Free event Everybody welcome, no booking required
Fri 19 th June From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Sat 20 th June 1.00 – 4.00 pm	Recreation Ground, Wellands Road, Lyndhurst	Branch Information table and Village Fun Day
Sunday 21 st June from 11.00 am	Moors Valley Country Park, Horton Rd, Ashley Heath, Ringwood BH24 2ET	Walk for Parkinson's; 1.9 or 5.9 miles. Pre-booking required; events.parkinsons.org.uk/walkdorset Or just come along and cheer the Walkers on.
Tues 23 rd June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 24 th June from 2.30 pm	Ivy Room, Redcliffe Nursery, Bashley	Afternoon Tea Free event Everybody welcome, no booking required
Thurs 25 th June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 26 th June From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	Boxing for Parkinson's (£5 cash only, Carers & Partners free)
Tues 30 th June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
JULY 2026		
Wed 1 st July from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	INFORMATION DAY. Speakers TBA Free event Everybody welcome, no booking required

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 hiowh.newforestparkinsonsservice@nhs.net
Parkinson's UK Local Adviser: Angella Duffy	aduffy@parkinsons.org.uk 0207 963 3837

BRANCH Contacts

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Website Manager	Trevor Smith admin@parkinsonsnewforest.org.uk
Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley, Pam Hollingsbee
Committee Members	Alison Bolton; John Naish
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
Branch e-mail	chairman@parkinsonsnewforest.org.uk OR info@parkinsonsnewforest.org.uk
Facebook Page	www.facebook.com/ParkinsonsNewForest/



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 about 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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