

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](mailto:editor@parkinsonsnewforest.org.uk)) and I will be happy to add you to the postal mailing list

## MAY IS BOOK MONTH

One of our members  
**Barbara Gibbons-Roscoe**  
is a Children's Author!

**COPIES OF** Barbara's books will be available at our meetings during May for you to see and read. Information about Barbara and her books will also be circulated to all members soon



**YOU CAN** buy or order your books through Gill by completing an order form and returning it to her—or e-mail it to [gillnaish@aol.com](mailto:gillnaish@aol.com) or post it to 58 Western Road, Lyminster, Hants, SO41 9HL

**BOOKS COST** £8.75 each. You can pay by cash, cheque made out to PUK New Forest Branch or by card reader at any of our meetings

**BOOKMARKS**—There will be free bookmarks for members showing two of Barbara's wonderful characters from her books

**FREE E-BOOK**—you will be able to get a free e-book copy of Lily & The Water Sprite from 8.00am on Thursday 21st May to 8.00am on Monday 25th May

**BOOK SIGNING**—Barbara will be at some of our meetings during May—and she will be happy to personally sign your books!

**BARBARA IS** kindly donating some of her royalties to the Group from the sale of her books to members



**BARBARA'S BOOKS ARE A PERFECT GIFT FOR THE YOUNGER MEMBERS OF YOUR FAMILY OR FRIENDS**  
**'A BOOK IS A GIFT THAT LASTS'**

## BRANCH MEETING



**Thursday 21<sup>st</sup> May** Starting at 2.00 pm, at **Boldre, Memorial Hall**, Pilley Street, Boldre, SO41 5QG

**A Quizzical Extravaganza!**

## COFFEE MORNING



Our **Coffee Morning** this month is on **Monday 11<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.

## AFTERNOON TEA

**Afternoon Tea** this month will be at the **Everton Nursery** on **Wednesday 27<sup>th</sup> May** from 2.30 pm.



## SINGING AND VOICE TRAINING

**Friday 8<sup>th</sup> May 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 29<sup>th</sup> May "The Devil Wears Prada 2"**

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## LUNCH CLUB



**Thursday 7<sup>th</sup> May**, 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 20<sup>th</sup> May** 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

## INFORMATION AFTERNOON, Wednesday 6<sup>th</sup> May, From 2.00 pm

Parkinson's UK, New Forest branch

2026 information days

Held at Boldre Memorial Hall, Pilley Street, Boldre SO41 5QG

Wednesday 6<sup>th</sup> May

2.00 pm – 5.00 pm

2.00 – 2.15	Welcome & Housekeeping	Martin Hall-Patch Parkinson's New Forest
2.15 – 3.00	Speech and Language Therapy	Melissa Clegg; specialist Speech and Language Therapist
3.00 – 3.45	The work of an Admiral Nurse	Kay Gibson; Admiral Nurse with Dementia UK
3.45 – 4.15	Tea & socialising	
4.15 – 4.45	HOPE; Help for Older People	Shirley Sidaway Lead Support Coordinator HOPE New Forest

Please note: Parkinson's New Forest does not recommend or promote any particular service provider, company or individual. If inspired to do so, attendees are free to seek, or purchase, advice or services from any provider they prefer, not necessarily one presenting at this Information Day.

For further information, please ring: 07595 927 299

Or email: [chairman@parkinsonsnewforest.org.uk](mailto:chairman@parkinsonsnewforest.org.uk)

Come and join us at Boldre Memorial Hall for the second of our planned four Information Afternoons this year,

We have an interesting array of Speakers for you this month and I hope that you will find what they say both interesting and useful.

There will, of course, be the customary tea and biscuits at 3.45 pm.

All are welcome, no need to book, just turn up and enjoy.

## Tombola, Easter Saturday @ Lymington Market



Despite somewhat unfavourable weather conditions and it being a notably quiet day on the market, our magnificent team of volunteers persevered throughout the day and, when the time came to count the takings, we were delighted to find that the amazing sum of £725 had somehow been collected!

Well done to everyone who came along to lend a hand and a huge THANK YOU for your generous donations of prizes.

Our next outing will be at the New Milton Lions Carnival on Saturday May 23<sup>rd</sup>. Hoping for fine weather, we look forward to seeing you on the Recreation Ground.

# LESLEY & THE DORCHESTER SPRINT



**SUNDAY 24TH MAY**



None of you know me personally but I am Lesley Everitt, Chris & Barbie May's youngest daughter. Watching my Dad (and my Mum) cope with this condition has inspired me to do something useful to raise awareness of Parkinson's and to raise funds for the Branch. My Dad taught me to ride a bike and to swim so I decided it would be a good idea to enter my first triathlon at the age of 48!

## THE RACE CONSISTS OF

**SWIM**—300m Pool Swim—12 lengths of the pool

**BIKE**—21km along rolling roads with panoramic views, including the climb to the historic Hardy's Monument

**RUN**—5km—two laps round the Great Field at Poundbury—flat, accessible, and very spectator-friendly

I am training very hard and I am determined I will finish the triathlon—however long it takes me!

I am hoping to reach my target of **£300** to donate to the Group as I know first hand from my parents how much good work you all do for so many people.

So please sponsor me! You can do this by visiting my **GoFundMe** page—open **GoFundMe**—search for **Sprint Triathlon** supporting **New Forest Parkinson's Group** and click on **Donate Now** or by giving a donation to the Treasurer.

If you would like to come along to support me on the day—the swim race starts at 7.00am and I aim to finish in 2-2.5 hours!

**GOOD LUCK LESLEY—WE ARE WITH YOU ALL THE WAY!**





# Walk for Parkinson's

Sunday 21 June 2026  
Moors Valley, Dorset

Walk 1.9 or 5.9 miles!



events.parkinsons.org.uk/  
walkdorset  
0800 138 6593

Sign up  
now!



We desperately need more Specialists. **Walk for Parkinson's** raises money to help fund the Nurse Appeal. Help us deliver care to thousands more people who urgently need it by joining a walk near you.

When you sign up, a fundraising page will automatically be created for you. This year, if you raise £250, we will send you a Parkinson's UK travel mug. This will be sent 6 weeks after your walk, if you manage to reach this fundraising milestone.

Join us for a 1.9, or 5.9, mile walk around the beautiful Moors Valley Country Park.

Starting near Moors Valley Hub, the long route travels through the woodland trail, while the short route will explore Moors River and Moors Lake. The routes follow a mixture of tarmac, gravel and dirt tracks.

Whether you come on your own, or with friends and family, you'll be joining a community of people who understand what you're going through. Have a chat, grab a drink and find information and support.

**Date: Sunday 21<sup>st</sup> June 2026. Distance: 1.9 or 5.9 miles. Walk Start Time: 11 am**

Challenge rating (5.9 mile route): Moderate

Entry fee for adults: £12. Under 18s go free; bring the whole family! Dogs on leads welcome too.

Your entry fee goes towards the cost of organising the walk.

Before the walk, we'll send you a Parkinson's UK T-shirt, walk number and fundraising pack. On the day, we'll be there to cheer you on and present you with your medal afterwards



## 'PARKINSON'S FRIENDLY'

**CINEMA & LUNCH SHOWING AT THE MALT  
CINEMA—LYMINGTON COMMUNITY CENTRE**

**The long awaited sequel has arrived!**

## **THE DEVIL WEARS PRADA 2**

Starring - Meryl Streep, Anne Hathaway, Emily Blunt, Stanley Tucci, Kenneth Branagh. Almost twenty years after making their iconic turns as Miranda, Andy, Emily & Nigel the stars return to the streets of New York and the sleek offices of Runway Magazine in the eagerly awaited sequel to the 2006 phenomenon that defined a generation.

**THURSDAY 21ST MAY—MONTHLY MEETING**

**Boldre War Memorial Hall at 2.00pm**

**A**  
**'QUIZZICAL**  
**EXTRAVANGANZA'**



**What is that?**



**An afternoon like**  
**no other!**

**COME ALONG AND**  
**JOIN IN THE FUN!**



**May will also be BOOK MONTH**  
**More details to follow soon!**

**.May 2026**

Fri 1 <sup>st</sup> May From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	<b>Boxing for Parkinson's</b> (£5 cash only, Carers & Partners free)
Tues 5 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Wed 6 <sup>th</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>INFORMATION DAY.</b> Speakers TBA Free event Everybody welcome, no booking required
Thurs 7 <sup>th</sup> May from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	<b>Lunch Cafe</b> Free event Everybody welcome, no booking required
Thurs 7 <sup>th</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Fri 8 <sup>th</sup> May from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	<b>Singing &amp; Voice Training Session with Lucy Kelleher</b> (£4, Carers & Partners free)
Fri 8 <sup>th</sup> May From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	<b>Boxing for Parkinson's</b> (£5 cash only, Carers & Partners free)
Mon 11 <sup>th</sup> May from 10.30 am	Ivy Room, Redcliffe Nursery, Bashley	<b>Morning Coffee</b> Free event Everybody welcome, no booking required
Tues 12 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 14 <sup>th</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Fri 15 <sup>th</sup> May From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	<b>Boxing for Parkinson's</b> (£5 cash only, Carers & Partners free)
Tues 19 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Wed 20 <sup>th</sup> May 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	<b>Donut Cafe</b> Free event Everybody welcome, no booking required
Thurs 21 <sup>st</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Branch Meeting:</b> Speaker; TBA Free event Everybody welcome, no booking required
Fri 22 <sup>nd</sup> May From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	<b>Boxing for Parkinson's</b> (£5 cash only, Carers & Partners free)
Sat 23 <sup>rd</sup> May All day	New Milton Recreation Ground	TOMBOLA, fundraising & awareness stall
Tues 26 <sup>th</sup> May from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Wed 27 <sup>th</sup> May from 2.30 pm	Camellias Tea Room, Everton Nursery	<b>Afternoon Tea</b> Free event Everybody welcome, no booking required
Thurs 28 <sup>th</sup> May from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Fri 29 <sup>th</sup> May from 10.30	Malt Cinema, Lymington Community Centre	<b>Film:</b> 'The Devil Wears Prada 2', followed by lunch, if required. Film £7; Film + Lunch £15.50
Fri 29 <sup>th</sup> May From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	<b>Boxing for Parkinson's</b> (£5 cash only, Carers & Partners free)

**JUNE 2026**

Tues 2 <sup>nd</sup> June from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Thurs 4 <sup>th</sup> June from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	<b>Lunch Cafe</b> Free event Everybody welcome, no booking required
Thurs 4 <sup>th</sup> June from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	<b>Chair-based Exercise and Movement Session</b> (£3, Carers & Partners free)
Fri 5 <sup>th</sup> June From 2.00 pm	Lawrence Boxing Club, Marsh Lane Lymington, SO41 9EW	<b>Boxing for Parkinson's</b> (£5 cash only, Carers & Partners free)
Mon 8 <sup>th</sup> June from 10.30 am	Otter Nursery, between Lymington & Everton	<b>Morning Coffee</b> 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 <a href="mailto:hiowh.newforestparkinsonsservice@nhs.net">hiowh.newforestparkinsonsservice@nhs.net</a>
Parkinson's UK Local Adviser: Angella Duffy	<a href="mailto:aduffy@parkinsons.org.uk">aduffy@parkinsons.org.uk</a> 0207 963 3837

## BRANCH Contacts

<b>Branch phone No</b>	<b>07595 927 299</b>
Chairman & Magazine Editor	Martin Hall-Patch <a href="mailto:chairman@parkinsonsnewforest.org.uk">chairman@parkinsonsnewforest.org.uk</a> <a href="mailto:editor@parkinsonsnewforest.org.uk">editor@parkinsonsnewforest.org.uk</a>
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; 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>
Facebook Page	<a href="http://www.facebook.com/ParkinsonsNewForest/">www.facebook.com/ParkinsonsNewForest/</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 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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