

Monthly Branch Newsletter

November 2024

YOUR FILM THIS MONTH IS: PADDINGTON IN PERU

DATE – **Friday 29th November 2024** from 11.00 am, as usual



Starring: Olivia Colman, Antonio Banderas, Julie Walters, Hugh Bonneville, Jim Broadbent, Ben Wishaw (Paddington) & Imelda Staunton (Aunt Lucy)

PADDINGTON IN PERU brings Paddington back home to the Peruvian jungle to visit his beloved Aunt Lucy, now a resident at the Home for Retired Bears. With the Brown Family and Mrs Bird in tow, a thrilling adventure ensues when a mysterious disappearance plunges them into an unexpected journey from the Amazon rainforest to the mountain peaks of Peru.

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 November**, 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.



COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 11th November** 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

Our next Afternoon Tea will be in March, or April 2025



BRANCH MEETING THURSDAY 21ST NOVEMBER FROM 2.00 PM



This month, instead of a formal Speaker, we will be entertained by the **Sway Handbell Ringers**

Sway Hand Bells are a group of enthusiastic ladies who make a melodic sound by ringing various sizes of hand bells. On this occasion they will be playing Christmas music to put us in the mood for the festive season.

EXERCISE AND MOVEMENT SESSIONS

Every **Tuesday morning, from 10.30am** and most **Thursday afternoons, from 2.00pm** a number of Parkinson's People and their Partners turn up at Boldre Memorial Hall for an hour's mainly chair-based exercises; whilst (on Tuesdays) 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!).

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.

There is a small 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.

We look forward to seeing lots of you there.



SINGING AND VOICE TRAINING

We have now enjoyed four sessions of **Singing and Voice Training with Lucy Kelleher** and all have been well attended and much enjoyed.

Lucy is very clever at devising individual voice training exercises that link directly to the next song on her play list and she is very open to including requests (indeed, she likes a challenge!)

Our next session will be held in the Boldre Hall on **Friday, 15th November** at the **new time of 2.30 pm**. This in recognition of the fact that the nights are drawing in and many people do not like driving across the Forest in poor light conditions.

There is a small fee of £4.00 per person per session (Carers and Partners free) to help cover the costs of hiring the hall and paying Lucy.

Lucy and I very much look forward to seeing you there.



OCTOBER CONCERT

Our concert on 6th October was great fun, with a quartet of 'Salty Singers' regaling us with an excellent range of sea songs (some of which can be classified as 'shanties'; a very specific genre), coupled with interesting details of the history of many of the songs and definitions of some of the more maritime words; such as "Shellbacks".

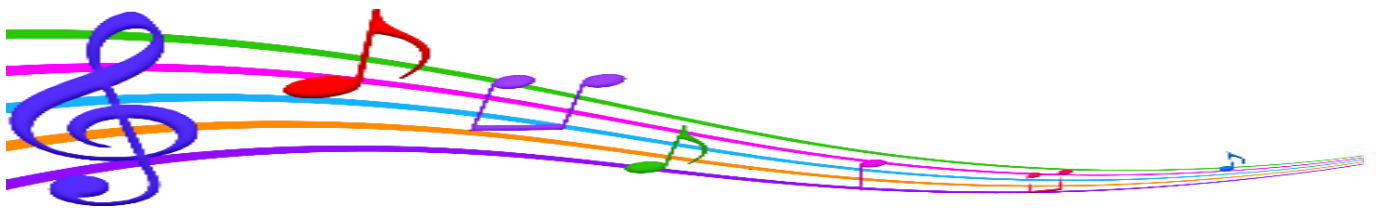
This performance was, of course, followed by tea and the usual array of delicious, fresh, home-baked cakes from Angela (our 'tame' WI lady from the village).

Unfortunately, despite plenty of advance notice and advertising, apart from several of our worthy Volunteers and some family members of the Singers, just three of our Members and their partners showed up.

This was not only disappointing for those of us who organised the event, it was also rather embarrassing for me, having to apologise to the 'Salty Singers' as they faced a near-empty room. It also meant that, having catered for an expected turnout of 50 people, there was a lot of cake which had to be sent home in 'doggy bags'!

The cost of this event, coming out of Branch funds, amounted to roughly £300 but, for those of us who were there, it was money well spent.

Following the poor turnout to last year's concert as well, we will have to think long and hard about whether, or not, we will attempt to put on a musical event of this nature next year. All thoughts and suggestion will be gratefully received.



DO YOU, OR DID YOU PLAY GOLF?

Prior to his diagnosis with Parkinson's, Paul Marshall enjoyed a game of golf but now, he thought, he would no longer be able to continue with the sport. Then, he found some guidelines on the Golf England website, encouraging clubs to be more Parkinson's friendly ([Parkinsons Z Card England Golf WEB \(englandgolf.org\)](http://Parkinsons_Z_Card_England_Golf_WEB_englandgolf.org)). so, he approached his local club, Dibden, and spoke to Adam Freeman; who was very interested and keen to see how they could make life easier for Parkinsonian Golfers.



Paul and his friend, Gary (also living with Parkinson's) are both very keen to encourage anyone, novice or expert, to have a go and they are willing to join with you in a game. As he says, "What is on offer is an opportunity to try golf with similar abled people, with the help of Dibden GC, which I think would be a beneficial environment. Gary Boddy and I would play golf with anyone who is interested, to get the ball rolling (if you pardon the pun)."



If you would like to know more about this initiative, or you want to know how to get your local club interested, please call Paul on: 07774 703 369. You never know, we could be on target to create our own Parkinson's Golf Team!

Paul Smith has two **CRELLING HARNESSES** that are no longer needed.

Designed to offer postural-support and a certain degree of restraint to children and adults on single or split-backed bench-seats, to keep them in an upright sitting position.

If you know of anyone who could make use of these, both are available to any member, for a donation to the branch.

(Please contact Paul 01590 678 029, if you are interested)



The first is one you fit and leave fitted

<https://www.crelling.com/product/model-19-single-seat-harness-steel/>



The second is a temporary fit, that you drop over the seat back and tighten the straps.

<https://www.crelling.com/product/model-27-press-release/>

Friends of St Thomas Christmas Tree Festival 2024

Create a Winter Wonderland

We are sponsoring a Tree!



The Friends of St Thomas are holding their spectacular Annual Christmas Tree Festival in the church from

Friday 29th November to Tuesday 3rd December.

This year there will be a new look to the event with more space, more food, more sales tables and more trees!

Christmas trees are provided by the Friends of St Thomas and local charities and businesses are invited to sponsor one so that they are able to promote their interests.

The church is filled with trees, like a forest, all lit up and decorated in various imaginative themes to represent whoever is sponsoring it. Last year there were trees covered in gingerbread men, Brussel sprouts with Christmas hats on and bright red remembrance poppies

Refreshments will be available and there will be plenty of pre-loved Christmas decorations to purchase. Music will be played throughout the event with live groups playing a wide variety of seasonal tunes.

This year **WE** have decided to sponsor a tree and decorate it with a 'Parkinson's Theme' as it is such a golden opportunity for us to raise awareness of Parkinson's and provide information about our wonderful Group.

The Social Committee are busy thinking about how we can decorate it and we do hope you will come along to the festival, enjoy the wonderful atmosphere - and

FIND OUR TREE!



CHRISTMAS LUNCH REMINDER

SOUTH LAWN HOTEL

THURSDAY 12TH DECEMBER

12.00pm for 12.30pm

£20.00 PER PERSON

Menu choices and payment

MUST

be returned by

THURSDAY 28TH NOVEMBER

to

Gill Naish (Treasurer)
58 Western Road
Lymington, Hants, SO41 0HL

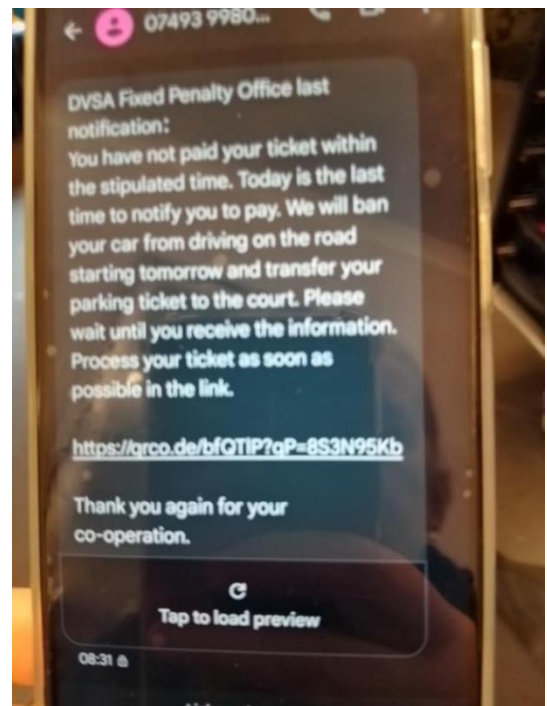
You can pay by cash, cheque or card at any Branch Meeting



SCAM WARNING

Below is a screenshot of a scam text that is currently going the rounds. If you receive this, or anything similar, please DELETE it at once and do not click on, or follow, any link.

How I feel about a lot of things these days



Thurs 7 th Nov from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Sat 9 th Nov Start 2.00 pm	Lymington Community Centre	Lymington Players Dress Rehearsal: 'Murdered to Death' (a parody of the Agatha Christie whodunit genre) £7.00 per person
Mon 11 th Nov from 10.30 am	Redcliffe Nursery, Bashley	Coffee Morning Free event Everybody welcome, no booking required
Fri 15 th Nov from 2.30pm	Boldre Hall (Small hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Please note: NEW TIME OF 2.30 PM, not 3.30 PM		
Fri 29 th Nov Start at 11.00 am	Malt Cinema, Lymington Community Centre	Film: "Paddington in Peru" followed by lunch, if required. Film £7.00 or £15.50 with lunch.
Fri 29 th Nov to Tues 3 rd Dec	St Thomas' Church (top of High Street) Lymington	CHRISTMAS TREE FESTIVAL Free event Everybody welcome, no booking required
Thurs 21 st Nov start 2.00 pm	Boldre Hall	Branch meeting: Speaker Sway Handbell Ringers: Free event Everybody welcome, no booking required
Thurs 5 th Dec from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café 20th Anniversary celebration! Free event Everybody welcome, no booking required
Thurs 5 th Dec start 2.00 pm	Last Thursday Exercise Session until 9th January 2025	
Fri 6 th Dec from 2.30pm	Boldre Hall (Small hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Please note: NEW TIME OF 2.30 PM, not 3.30 PM		
Mon 9 th Dec from 10.30 am	Otter Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thur 12 th Dec 12.00 for 12.30	South Lawn Hotel Milford-on-Sea	New Forest Branch Christmas Lunch Menus & Booking Details to be issued closer to the date.
Tues 17 th Dec start 10.30 am	Last Tuesday Exercise Session until 7th January 2025	
JANUARY 2025		
Thurs 2 nd Jan from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Tues 7 th Jan from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 9 th Jan from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 10 th Jan from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)

YOUR OPINION MATTERS:

Throughout this year, I have been presenting the regular list of up-coming events in a colourful fashion; the idea being that this makes it easier to skim through and pick out individual events, such as Coffee Mornings, at a glance. This has applied to both the colour of the text and to that of occasional background highlighting. A third alternative would be to use only black text, but to highlight different events in different colours

However, I have heard vague murmurings (not, I must add, from any of you) that, for some people with fading eyesight, the use of coloured text in this way can be a bit confusing; rather than adding clarity.

If you have any opinions on this matter, preferring **coloured text**, **highlighted text**, or **simple continuous black text**, please could you let me know (preferably with your thoughts and reasons), so that I can present next year's events list in the style that suits the majority.

USEFUL CONTACTS

Parkinson's UK Helpline Fri 9 am to 6 pm Sat 10am to 2 pm	Mon-	0808 800 0303 (Freephone)
Parkinson's Nurse Practitioners Meadway & Carly Fricker	Jennie	01590 663446
Parkinson's UK Local Adviser: Angella Duffy		aduffy@parkinsons.org.uk 0207 963 3837

BRANCH CONTACTS

Branch phone No	07595 927 299	
Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org editor@parkinsonsnewforest.org	
Secretary	John Naish	
Membership Sec.	John Phipps	
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org	
Website Manager	Trevor Smith admin@parkinsonsnewforest.org	
Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley, Pam Hollingsbee	
Committee Members	Alison Bolton; Derek White;	
Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne	
Branch Website	www.parkinsonsnewforest.org	
Branch e-mail	info@parkinsonsnewforest.org	



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.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC0.7554)