

Monthly Newsletter November 2025

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

YOUR FILM THIS MONTH IS: REGRETTING YOU

DATE – Friday 28th November 2025 starting at 10.30 am.



Starring: Alison Williams, Mckenna Grace & Dave Franco. Based on the bestselling book this film introduces audiences to Morgan Grant and her daughter Clara as they explore what is left behind after a devastating accident reveals a shocking betrayal and forces them to confront family secrets, redefine love, and rediscover each other. Regretting You is a story of growth, resilience, and self discovery in the aftermath of tragedy.

**A film few will regret seeing—running time 1hr 56m + interval
Compellingly acted, plenty of laughs, more than a few tears**

The film will be followed by our **Christmas Party Lunch**

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

WE HOPE TO SEE YOU ALL THERE!



LUNCH CLUB



On **Thursday 6th November**, you are invited to join current and future 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.



THE DONUT CAFÉ



Join with friends, old and new, for free doughnuts, cakes and endless tea.

Wednesday 19th November from 10.30-12 noon at the **Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG**

Contact **Henry** on **02380 282485** or **07867 505567** for further details of both these events, or just turn up.





COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 10th 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.

BRANCH MEETING THURSDAY 20TH NOVEMBER FROM 2.00 PM



This month's theme is: **ALL THINGS FESTIVE**; looking forward to the festive season with a lot of different things for you to be part of.

Please see poster on page 5



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EXERCISE AND MOVEMENT SESSIONS



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.

SINGING AND VOICE TRAINING

2nd Friday of every month at 2.30pm

Our increasingly-popular sessions continue every month

If you haven't tried it yet, please do come along this month (**14th November**) and see what it's all about. Only then can you possibly say "I don't think it's for me" but, I assure you, once tried, you will be happy to come back every month.



CHRISTMAS LUNCH AT THE SOUTH LAWN HOTEL

Your Menu and Booking Form is on its way to you, if you have not already received it.

Please could you complete the form and return it, together with payment (£20 per person) to Gill Naish as soon as possible

. As usual, this event will be subsidised from Branch funds for members and their partners as a 'Thank you' for your continued support of our efforts on your behalf.



LOVELY LUCY, WHO CAN'T SAY 'NO', HAS BEEN AT IT AGAIN!

Lucy Kelleher, who runs our Thursday afternoon Exercise session, as well as our monthly Singing and Voice Training, is well renowned for being unable to say 'No' when asked if she can 'fit in' some new project. This is her latest adventure.

"I'm relatively fit, but I most definitely am not a runner. Despite this fact, I somehow found myself at New Park in Brockenhurst on a drizzly Sunday in September.

In one of those mad moments when I say "yes" before the brain has engaged, I had signed up to "run" 10k as part of the New Forest Marathon event.

Nervously I joined in the warm up (that was tough enough). It was made more entertaining as a stag party, wearing random costumes, were encouraged onto the stage to help lead the warm up. Then we were off!

There were more than 700 people taking part in the 10k, so it was a little crowded at the start. But after about a mile the slow coaches were left at the back. We kept each other going as we walked and then ran and then got overtaken and then overtook the overtakers!

At 5k my hip went and by 7k my bunion was throbbing! A friend from my tap dancing class appeared from behind a tree and cheered me on and, at Puttles Bridge, a group of ponies trotted alongside for a while.

After about an hour and a half (an hour of which had been torture!) I could see the finish line in sight. As our names were on our numbers, the lovely crowd encouraged me to the end "you can do it Lucy", despite some 26-mile marathon runners sprinting past me at the end!



I crossed the line. My legs felt like jelly. But I'd done it! I treated myself to a '99' ice cream - I deserved it!

I could just about walk the next day but it was all in a good cause. I raised £300 for New Forest for Ukraine and collected 3 bags of soup and soap which will be sent off to help those affected by the ongoing war."

Lucy

As if that was not enough:

DiscoFit athon for Children in Need

On Friday 21st November, Lucy will be hosting a DiscoFit athon in aid of Children in Need.

It will be a drop-in exercise session - both standing and seated - between 5-9pm at Mary Magdalene Church Hall, Church Road, New Milton BH25 6QL.

You can stay for 4 minutes, 4 hours or anything in between!

Just pop in, put a donation in the bucket, and leave when you have had enough.

Please note it will be disco music and there will be flashing lights.

Car park adjacent to the hall. Wheelchair accessible.



**THURSDAY 20TH NOVEMBER
MONTHLY MEETING**

2.00pm at Boldre War Memorial Hall



Our November Meeting is
entitled

'ALL THINGS FESTIVE'

We will be looking forward to the
festive season with a lot of different things
for you to be part of!

Christmas cards for sale
Wendy's wonderful stall with ideas for gifts
Festive music and refreshments
And lots more.....!

So do come along
and be ready to join
in the fun!



NOVEMBER		
Tues 4 th Nov from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 6 th Nov from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 6 th Nov from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Mon 10 th Nov from 10.30 am	Ivy Room, Redcliffe Nursery, Bashley	Morning Coffee Free event Everybody welcome, no booking required
Tues 11 th Nov from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 13 th Nov from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 14 th Nov from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 18 th Nov from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 19 th Nov 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 19 th Nov 1.30 – 3.30 pm	All Saint's Church Memorial Hall, Hordle Lane SO41 0FB	Hordle & Tiptoe carers' cafe
Thur 20 th Nov from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting,, ALL THINGS FESTIVE Free event Everybody welcome, no booking required
Tues 25 th Nov from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 27 th Nov from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 28 th Nov from 10.30 am	Malt Cinema, Lymington Community Centre	Film 'Regretting You', followed by Christmas Party lunch , if required. Film £7; Film + Lunch £15.50 (payable to Lymington Community Centre)
DECEMBER		
Tues 2 nd Dec 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 Dec from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 4 th Dec from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Mon 8 th Dec from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 9 th Dec from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 11 th Dec from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting,, CHRISTMAS PARTY Free event Everybody welcome, no booking required
Fri 12 th Dec from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 16 th Dec 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 Dec 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 17 th Dec 1.30 – 3.30 pm	All Saint's Church Memorial Hall, Hordle Lane SO41 0FB	Hordle & Tiptoe carers' cafe
Fri 19 th Dec 12.00 for 12.30	South Lawn Hotel Milford-on-Sea	New Forest Branch Christmas Lunch Menus & Booking forms now available.

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
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.uk editor@parkinsonsnewforest.org.uk
Secretary	Position currently vacant
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org.uk
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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