

Monthly Branch Newsletter

October 2024

YOUR FILM THIS MONTH IS: **FIREBRAND**

DATE – **Friday 11th October 2024** from 11.00 am, as usual



Starring: Jude Law and Alicia Vikander.

In blood-soaked Tudor England, twice-married, accomplished and educated Katherine Parr reluctantly agrees to become the sixth wife of tyrannical King Henry VIII. This carries great personal risk, given that her predecessors are either vanquished, beheaded or dead! Under scrutiny and suspicion, Katherine has to unleash her own scheme to fight for survival.

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 3rd October**, 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 14th October** and will be held at **Everton Nursery**. 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 17TH OCTOBER FROM 2.00 PM

Our Speaker this month will be: **Jane Glennie** (Dramatic Speaker): and her subject will be: **“Violet’s Titanic Escape”** a monologue based on the early career of Stewardess Violet Jessop and her adventures on both the Titanic and the Britannic.

After Tea, we will hear from: **Bernadette Mills**; from **Bluebird Care (New Forest)**

EXERCISE AND MOVEMENT SESSIONS

Every **Tuesday morning, from 10.30** 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.



ALISON MCGREGOR.



Bookings for the **Alison McGregor** in 2025 cannot be made until March, for the first half of their season. As soon as I have dates and times confirmed with **Solent Dolphin**, I will announce them so that you can start planning your days out on the water.



SINGING AND VOICE TRAINING

We have now enjoyed three 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.

Our fourth session will be held in the Main Hall at Boldre Hall on **Friday, 20th September** 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 see you there.



PARISIENNE AFTERNOON TEA with music provided by CAFÉ MONDIAL



With great thanks to **Colten Care**, who organised and paid for everything; with all proceeds being donated to our Branch funds, a **sell-out crowd of over 100 people** enjoyed an afternoon of music and delicious nibbles on 12th September.

The following week, the Colten Care Team Leaders attended our Branch meeting; where they presented us with a cheque for **£700**, being the proceeds from the ticket sales for entry and the raffle.

What was also a very welcome surprise were the numerous hints being dropped along the lines of “we

will have to start thinking about **what we can do next year** and how to make it even better”.

THANK YOU VERY MUCH PETER, DEBBIE AND TRACY AND ALL THE STAFF OF COLTEN CARE in the New Forest; representing Belmore Lodge, Court Lodge, Kingfishers, Linden House and Woodpeckers.



OCTOBER CONCERT

A DATE FOR YOUR DIARY!



Come along to a very entertaining
concert of Sea Shanties sung by

'THE SALTY SAILORS'



ON SUNDAY
6TH OCTOBER 2024

AT 2.00PM AT

THE BOLDRE WAR
MEMORIAL HALL

Refreshments will be served during
the afternoon

No charge—
just the usual
donations if you
wish!



We very much look forward to seeing you at
Boldre Memorial Hall on Sunday 6th

October
for our
concert
from **THE
SALTY
SINGERS.**



The show
starts at
2.00 pm;
so please
make sure
that you arrive in time to come in and get
settled comfortably; ready for an afternoon
of foot-tapping entertainment and, of course,
Angela's lovely cakes.

This is a **free event**, so there is no need to
book in advance and please do invite your
friends and family to join us; the more, the
merrier.



ARE YOU THINKING ABOUT EMPLOYING CARE IN THE HOME, OR RESIDENTIAL CARE (RESPIRE OR FULL TIME)?

I recently met a lovely lady called **Tracey Bolton**, from **UB Healthcare**; whose aim is to ensure the Care Receiver and their families are appropriately supported to make the right care choices. Their dedicated Team of Independent Care Coordinators provide a personalised service, including funding advice. **Their services are offered at no cost to individuals seeking care, or their families.**

They can help you to find the most appropriate:

- Nursing home
- Residential care home
- Assisted living placements
- Respire care placements
- Live-in care placements
- Domiciliary care provision, including nursing care
- Dementia specialist home.

Contact: tracey.bolton@ubhealthcare.co.uk Tel: 07842 403 014

Every Tuesday 10.30 am	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Every Thursday 2.00 pm (except 3 rd Thur of month)	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Thurs 3 rd Oct from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Sun 6 th Oct 2.00pm	Boldre Hall	Concert ('The Salty Sailors') Free event Everybody welcome, no booking required
Mon 14 th Oct from 10.30 am	Everton Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thurs 17 th Oct start 2.00 pm	Boldre Hall	Branch meeting: Speaker Jane Glennie: "Violet's Titanic Escape" Free event Everybody welcome, no booking required
Fri 18 th Oct from 2.30pm	Boldre Hall (MAIN 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		
Thurs 7 th Nov from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
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		
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 9 th 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 7 th January 2025	

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		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: Angella Duffy	aduffy@parkinsons.org.uk 0207 963 3837	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	USEFUL CONTACTS (continued)	
Red Cross Lymington	01590 679 529	Princess Royal Trust for Carers	01264 835 246
Red Cross Christchurch	01202 484 074	Blue Lamp Trust	0300 777 0157
Blue Badge Hampshire	0300 555 1376	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.

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