

Monthly Newsletter October 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: A BIG BOLD BEAUTIFUL JOURNEY

DATE – Friday 10th October 2025 starting at 10.30 am.



Starring - Margot Robbie & Colin Farrell. Some doors bring you to your past. Some doors lead you to your future. And some doors change everything. Sarah and David meet at a mutual friend's wedding and soon, through a surprising twist of fate, find themselves on A Big Bold Beautiful Journey.—where they get to re-live important moments from their past, illuminating how they got to the present and possibly getting a chance to alter their futures

A funny, fantastical, sweeping adventure - it's sweet, tender and oh so romantic!

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 2nd October**, 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. This event has now been running for 20 years and it would be really good if we could continue to support the organisers, Henry and Nuala in their tireless efforts.



THE DONUT CAFÉ

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



Wednesday 15th October from 10.30-12 noon (& thereafter on the 3rd Wednesday of each month) At the **Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG** There is some parking on site, but more on Chapel Lane. Admission is free but donations welcome. No need to book in advance, just turn up to a warm welcome.

Contact Henry on 02380 282485 or 07867 505567 for further details, or just turn up.





COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 13th 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

Afternoon Tea will resume in March, or April, 2026



BRANCH MEETING THURSDAY 16TH OCTOBER **FROM 2.00 PM**



Our Speaker for this month will be: **Paul Stickler** "Body Overboard? The murder of an English actress"

Please see flyer on page 4.

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).



Both sessions are followed by the obligatory (and far more important!) tea, coffee and biscuits and the opportunity to chat, catch up with friends and generally put the world to rights.

There is a token 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.

SINGING AND VOICE TRAINING

2nd Friday of every month at 2.30pm

Our increasingly-popular sessions continue every month and, if things carry on as they have been recently, we will soon have to think about moving into the larger hall to fit everyone in!

If you haven't tried it yet, please do come along this month (**12th September**) 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.



WATERCRESS LINE STEAM RAILWAY



3rd September 2025

Our first attempt at a Group Outing for many years, this passed off very successfully. Almost 30 of us revelled in nostalgia and childhood memories, as we clattered and clunked our way from Alresford to Alton and back in the leisurely way of pre-Beeching local railways and everyone agreed that it was a most enjoyable day out. As one passenger commented:



I have just got back from a splendid trip on the Watercress Line. 26 of us caught the 1300 train from Alresford to Alton (and back). It was like taking a step back in time, as we were mostly of an age who travelled on steam trains. The carriages were from 1958 and the train itself was a famous 'Merchant Navy Class' loco. This was the Canadian Pacific. Quite fitting as it was Merchant Navy Day.

All-in-all everyone looked to enjoy the trip and gave a good chance to reminisce.



Well done and thank you to Martin for organising.

Paul Marshall

ALISON MCGREGOR

Despite somewhat adverse weather conditions on Thursday 11th Sept, our intrepid crew enjoyed their trip. As one person said: "Despite monsoon rain, hailstones and lightening we all had a brilliant time. Very memorable. We couldn't have been better looked after. Blankets and sou'westers were all available and hot chocolate with biscuits given. A lovely day".

Jenny Foster



On Saturday 20th, the weather was much kinder and another enjoyable day was had by all

Sailings resume in May 2026

CHRISTMAS LUNCH AT THE SOUTH LAWN HOTEL

Yes, I know it's only October and I apologise for mentioning the 'C' word so early, but I want to give you the chance to book the date in your diary, before all those other pesky seasonal events get in the way.

Friday 19th December; 12.30 for 1.00 pm.

Menu choices and booking forms will be circulated shortly. As usual, this event will be subsidised from Branch funds as a 'Thank you' for your continued support of our efforts on your behalf.



*Christmas
Dinner*

THURSDAY 16TH OCTOBER—MONTHLY MEETING

Our Speaker will be

PAUL STICKLER

A retired detective, he has turned criminologist and historian and explored the details behind some of the most fascinating cases in criminal history

His presentation is entitled:-

**BODY OVERBOARD? THE MURDER OF AN
ENGLISH ACTRESS'**



In 1947, the actress Gay Gibson disappeared on the cruise ship Durban Castle bound for Southampton from Cape Town. This presentation follows

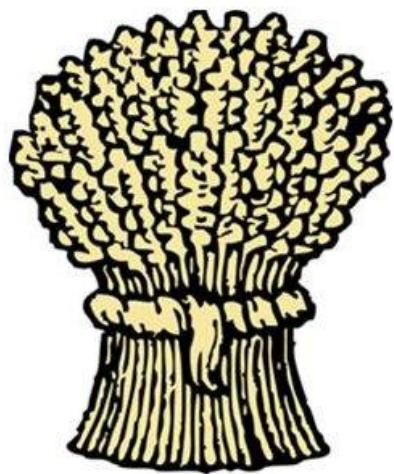
the life and last

known movements of the victim and explores the account provided by the man tried for her murder, James Camb, and his extraordinary behaviour in throwing her body through a porthole!



His trial was the most sensational trial to grip the public in post-war Britain

THIS IS ONE MEETING YOU DON'T WANT TO MISS!



OCTOBER IS HARVEST TIME!

Harvest time is a time to be thankful for all the good food we have to eat.

It is also a time to think of those who do not have enough food to eat around the world and closer to home.

So at the October Coffee Morning, any of the Exercise Classes, Singing Classes and at the October Monthly Meeting, if you would like to, please could you bring a Harvest food donation that we can put together and give to the Basics Food Bank that covers our area.

We can then give a bit of harvest cheer to those who are struggling to make ends meet.

THANK YOU

Thur 2 nd Oct from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 2nd Oct from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Tues 7 th Oct 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 Oct 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 Oct from 10.30 am	Malt Cinema, Lymington Community Centre	Film 'A Big Bold Beautiful Journey, followed by lunch, if required. Film £7; Film + Lunch £15.50 (payable to Lymington Community Centre)
Fri 10 th Oct from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Mon 13 th Oct from 10.30 am	Camellias Tea Room, Everton Nursery	Morning Coffee Free event Everybody welcome, no booking required
Tues 14 th Oct from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 15 th Oct 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 15 th Oct 1.30 – 3.30 pm	All Saint's Church Memorial Hall, Hordle Lane SO41 0FB	Hordle & Tiptoe carers' cafe
Thur 16 th Oct from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting, Speaker: TBA Free event Everybody welcome, no booking required
Tues 21 st Oct from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 23 rd Oct from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Tues 28 th Oct from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 30 th Oct from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)

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

Own Emergency Numbers	
GP:	
Dentist:	
School:	
Day Care:	
Respite:	
In Case of Emergencies contact:	
Other useful numbers:	

Emergency Numbers	
Police, Fire, Ambulance and Coastguard	999 or 112
Police (non-emergencies)	101
NHS (non-emergencies)	111
Electricity	105
Gas Emergency Service	0800 111 999
Bournemouth Water	01202 590059
Southern Water	03303 030368
Environment Agency - Floodline	03459 881188
Hospitals and Hospices	
Becton Centre	01425 623802
HIOW Healthcare NHS Foundation Trust	02382 310000
Hythe Hospital	02382 318400
Lymington Hospital	01590 663000
Melbury Lodge	01962 897700
Milford-on-Sea War Memorial Hospital	01590 648100
Moorgreen Hospital	02380 475200
Mountbatten Hospice	02380 477414
Oakhaven Hospice	01590 670346
Princess Anne Hospital	02380 777222
Romsey Hospital	02382 310350
Royal Bournemouth	01202 303626
Royal South Hants	02380 540087
Southampton General	02380 777222
The Priory, Marchwood	02380 985615
Western Hospital	02380 540666
This leaflet was produced by: New Forest Carers Friends, in partnership with Carers Together and other New Forest Groups Telephone: 01794 519495 / 07920 506343 Email: admin@carerstogether.org.uk Website: www.carerstogether.org.uk	

Are you looking after or giving support to someone who lives in the New Forest?



This signposting leaflet provides a guide to useful information, advice and services for the carers of New Forest residents

November 2024



Charity Number
1197548

Carers Support Workers

Alzheimer's Society	02380 610159
Carers Together	01794 519495
Mental Health Team - New Forest East	02380 868886
Mental Health Team - New Forest West	01425 622922
Princess Royal Trust for Carers	01264 835246

Useful Information

Andover Mind	01264 332299
Benefits	www.gov.uk/browse/benefits
Blue Badge	03005 551376
Citizen Advice New Forest	03003 309009
Connect to Support Hants	www.connecttosupporthampshire.org.uk
Hampshire County Council	03005 551375
HCC Registrar	03005 551392
HCC Trading Standards	03454 040506
HCC Transport & Roads	03005 551388
HOPe	07842 204829
New Forest Council	02380 285000
New Forest East MP - Julian Lewis	02380 814817
New Forest West MP - Desmond Swayne	02072 194886
Royal Mail Services	03457 740740
Royal Mail Preference Service	03452 660858
Solicitors for the Elderly	www.sfe.legal
New Forest Tourist Information Centre	www.newforest.co.uk
Talking Newspaper - Southampton	02380 333343
Talking Newspaper - National - RNIB	03031 239999

Practical help and advice

Age Concern New Forest	02380 841199
Citizens Advice Line	03444 111444
Community 1st	03005 008085
Contact A Family	08088 083555
Dementia Friendly	
Ringwood & Bransgore	07775 908330
Hampshire Equip. Service	03005 551386
Hampshire Parent Carer Network	participation@hpcn.org.uk
Hampshire SENDIASS	08081 645504
HCC Adult Services	03005 551386
• Mon-Thurs 8.30am-5pm	
• Friday 8.30am-4.30pm	
• Out of Hours	03005 551373
• Textphone	03005 551390
HCC Adult Services -	03005 551386
Sensory Team	Text 03005 551390
HCC Adult Services -	
Occupational Therapy	03005 551386
HCC Children's Services	03005 551384
• Mon-Thurs 8.30am-5pm	
• Fri 8.30am-4.30pm	
• Out of Hours	03005 551373
Inclusion New Forest (Drug & Alcohol)	03001 240103
New Forest Mencap	01425 621893
New Forest Disability Information Service	01425 628750
Parkinson's New Forest	07595 927299
Relate	03000 030396
Silverlinks	07825 168364
Social Care in Action	02380 366663
HIOW Healthcare NHS Foundation Trust - Carer & Patient Hub	02382 311206
Wessex Cancer Support	02380 672200

Voluntary Transport

Transport for medical appointments	
Bransgore	01425 673057
Brockenhurst	08456 435808
Burley	07922 569965
Fawley	02380 898756
Fordingbridge	08458 385902
Hordle	08453 889063
Hythe & District	02380 842809
Lymington	01590 679187
Lyndhurst	08453 889063
Milford on Sea	01590 641700
New Milton	01425 611662
Ringwood	07933 202112
Sway	01590 681500
Totton	03005 008085
Waterside	02380 843676

Helplines

Age Concern	08000 856625
Al-Anon for relatives	08000 086811
Alcoholics Anonymous	08009 177650
BEAT (Eating Disorders)	08088 010677
Childline	0800 1111
CRUSE Bereavement	08088 081677
Elder Abuse	08088 088141
Hampshire Fire & Rescue	02380 626751
Hampshire & IOW Police	0800 555 111
Huntingdon Disease Assn.	01513 315444
MND Connect	08008 026262
Multiple Sclerosis	08088 008000
Parkinson's UK	08088 000303
RNIB	03031 239999
Samaritans	116 123
Scope Response Line	08088 003333
Carers Active Listening Line	
	08000 323456 (365 days a year)

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



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.

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: 50 Broadway, London, SW1H 0DB. A charity registered in England and Wales (258197) and in Scotland (SC0.7554)