



# Parkinson's UK

**NEW FOREST BRANCH**

**PARKY NEWS** *SPRING 2025*



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## CHAIRMAN'S PIECE –

*Martin Hall-Patch* ([chairman@parkinsonsnewforest.org](mailto:chairman@parkinsonsnewforest.org))



Spring is officially sprung and, at last, we can look forward to brighter days and the re-awakening of Mother Nature all around us.

There is already a lot planned for the coming months, as your committee work tirelessly to provide as many opportunities for you to escape the four walls of home as possible. Already, there are five Tombolas planned, so keep your eyes open for the dates and locations appearing in your monthly Newsletter.

Alison McGregor trips will resume, once their booking system opens in March and I can pin down suitable dates.

Our Morning Coffee and Afternoon Tea events are all planned throughout the year; please see the flyer later on in this issue. Our monthly Cinema screenings at the Lymington Community Centre continue, as usual, with some of the latest films on offer in a pleasant and safe environment.

Our Tuesday and Thursday Exercise and Movement sessions continue, as do our monthly Singing and Voice Training sessions; all of which are proving to be popular, but there's plenty of room for you to come and try them out for yourself.

The MG Owners Club of Southampton and the New Forest have nominated us as one of their two charities for 2025 and half the proceeds of their annual Rally on the 1<sup>st</sup> of June will be donated to our funds.

Our annual Christmas Lunch at the South Lawn Hotel, Milford is so popular that we have already booked our place as far ahead as 2028!

A new Parkinson's Support Group is being set up in Romsey, where people living with Parkinson's currently have no one to help them through their journey and your chairman is providing support and guidance to the organisers at Carers Together, to help them make this venture as successful as possible.,

As always, if you have any suggestions for things we can do to support you, please do not hesitate to talk to any member of the committee.



**Friendship and support through the toughest of times**

## **RESEARCH OPPORTUNITY**

based in Salisbury

### **STEPS 2 - Can electrical stimulation improve walking?**

Researchers from the **Salisbury District Hospital** and the University of Plymouth want to understand if a small electrical stimulation device could be used to improve walking for people with Parkinson's. Functional Electrical Stimulation (FES) is a technique that applies small electrical impulses through self-adhesive pads.

These pads are placed on the skin over nerves that supply muscles that cause the foot to lift. Early testing suggests this may help to retrain movement. This treatment is already used to assist walking in people with multiple sclerosis (MS) and stroke.

### **Who do the researchers need?**

- 234 people with Parkinson's
  - who have difficulty walking due to Parkinson's
  - are able to walk 50 metres with walking aids
  - and stand from sitting without assistance from another person
- Unfortunately, those receiving Deep Brain Stimulation (DBS) or using other active medical implanted devices, such as a pacemaker, are unable to take part

### **What is involved?**

- If you are eligible to take part, you will either receive the study treatment, FES, for 18 weeks or your usual care for 22 weeks

- You will be asked to attend visits to your local research site
  - Those receiving the study treatment, will attend 10 visits and those receiving usual care will attend 6 visits
  - The length of these visits will vary between 1 and 2 hours
  - During these visits, you will take part in tests to measure your movement, Parkinson's symptoms, and be asked to complete surveys
- You will also be asked to complete a falls and exercise diary for the duration of the study
- **Travel expenses will be reimbursed**
- Please read the [participant information sheet](#) for more information

## Interested in taking part?

You can take part in Salisbury, Leeds, Swansea, Birmingham, Bangor or Cumbria.

Visit the Take Part Hub to complete the expression of interest form or contact the study team by email at [steps2.pencu@plymouth.ac.uk](mailto:steps2.pencu@plymouth.ac.uk).

The deadline for taking part in this research is **31 August 2025**.

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## RESEARCH NEWS

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As a valued member of our [Engagement Network](#), we would like to share this research opportunity with you.



## **What is it?**

Neil Boyt, a PhD student at the University of Reading, is investigating if doing a Brief Exercise in Guided and Reflective Writing (BEGREW) may help with anxiety and increase coping and self-care mechanisms for people who are caring for or supporting someone with Parkinson's.

## **Who are they looking for?**

As many partners, supporters or caregivers of people with Parkinson's as possible who are confident writing in English.

## **What are the aims of the project?**

The aim of this opportunity is to understand how supporting a partner or caregiver may then create benefit for people with Parkinson's and to assess the effectiveness of the BEGREW system for doing this.

## **What's involved?**

Emailing Neil to express your interest and sign a consent form. You then will be asked to complete four online guided-writing exercises over two weeks. You may be invited to do an online interview about your experience.

## **What are the timescales and time commitments?**

A minimum of 1 hour of writing in total in 15 minute blocks.

The research is open now and recruiting until 31 May 2025.

## **What are the potential benefits and risks?**

You may benefit from completing the writing tasks, giving you a new perspective and potentially a new support mechanism.

The only risk involved is if you feel upset by the questions.

## **Reimbursement?**

Unfortunately, there is no reimbursement for this activity.

What should I do next?

Email Neil ([n.boyt@pgr.reading.ac.uk](mailto:n.boyt@pgr.reading.ac.uk)) to ask for the full information sheet and to understand more about the research. He will also be your point of contact for any other questions and concerns linked to the project.

Thank you for your interest and time.

Best wishes,

The Parkinson’s Europe team

*Please tell others about the Engagement Network, if they’d like to know more just signpost them to [our website](#).*

*To get our latest news and updates, sign up to our newsletter [here](#).*

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WELCOME TO THE PARKINSON’S UK TECH GUIDE

Learn about devices and apps that could improve your quality of life.  
Make more-confident decisions about using technology to manage your health and lifestyle

What is the Tech Guide?

The place for consistent and reliable information about devices and apps to support people with Parkinson’s to live full lives.

Parkinson’s UK created the Tech Guide so that people with Parkinson’s, and their families, friends and carers, can make the right decisions for themselves about all the devices and apps that claim to be able to help improve their quality of life.

To do this, we provide trusted reviews based on the lived experience of people with Parkinson’s, and maintain a catalogue of the various products that are on the market. We back this up with information about Parkinson’s and evidence-based articles that will help you decide what’s right for you, in your unique circumstances.



We produce the Tech Guide on the web, in print and by email, so you can get the information you need in the way that's right for you.

## Discover

The Tech Guide has a wide range of products in its catalogue – and the list is always growing! We aim to include everything that meets these three criteria: devices and apps that are available for personal purchase in the UK by people with Parkinson's

that are marketed as helping with specific symptoms of Parkinson's

that involve the specific application of digital technology in hardware or software

The Tech Guide aims to be a single place where you can come to find out about any devices or apps related to Parkinson's.

## Understand

Knowing what's on offer is useful but isn't enough. The Tech Guide gives you consistent information about each product in the catalogue – how expensive are they, how heavy are they, what do they claim to do?

For many products in the catalogue, we can only tell you what the makers claims are – we can't verify the accuracy of those claims. But where there is published scientific evidence, or even small-scale trials, we will share that information.

In many cases, the claims made for devices depend on wider scientific work. Fortunately, Parkinson's UK has spent many years helping to explain and promote the science around Parkinson's. So the Tech Guide also points you to plain-English articles that can help understand the condition, and the ways that technology may be able to help. And, importantly, the limits to what technology can do.



## Trust

This is the core of the Tech Guide – helping you decide which devices and apps to trust with your time, your money and your health. (Or, indeed, to decide that the right answer for you is “none of them”.)



We do this by providing in-depth consumer reviews of devices and apps from our catalogue. We take these and give them to a panel of people with Parkinson's (generally 6 people, with a range of ages, living arrangements, time since diagnosis etc.). This panel then lives with the products for at least 4 weeks, and shares their feedback with us across a wide range of questions.

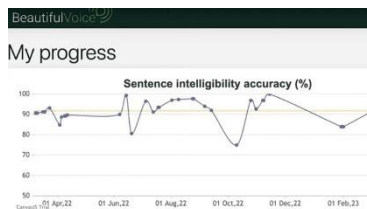
The reviews we publish are written by our team based solidly on this feedback – they reflect the views of people from the Parkinson's community. And they go through a stringent approval process:

editorial checks within the Tech Guide team

oversight from a Specialist Panel of doctors, nurses, physiotherapists, occupational therapists, speech therapists and academics

editorial checks from the Parkinson's UK Content team

and finally sign-off by our Steering Group, made up of people with Parkinson's and friends and family members



We can't recommend any product as being right for you, but we can hopefully help you make more-confident decisions for your own needs.

## Access

We can hopefully help you decide to get (or not get) a particular product. But we also want to help you actually get it. This can be as simple as the "Buy" link or "Download" link. But it can be much more.

There may be things you need to know before you can actually get a product – everything from "what is an app and how do I get one?" to "what are my rights as a consumer?"

There may be financial barriers, because some of these products are very expensive. We can't help with this directly, but can point you to information about benefits and grants that might help. (And keep your eyes peeled, because we have some exciting plans for next year!)

**To explore the Tech Guide for yourself, please go to:**

<https://techguide.parkinsons.org.uk/>

A graphic artist living in Germany works from home. His wife leaves their baby girl with him each day as she goes off to work. A few months ago, he got tired of her texting to check on how he was doing with the baby. So, he started photoshopping responses to text back to her. His responses have become something of a sensation on Instagram Here is one of them.



## CARERS' CORNER

### QUIS CUSTODIET IPSOS CUSTODES?

Who will Care for the Carers?



### NEW FOREST CARERS' FRIENDS

C/o Carers Together, 9 Love Lane, ROMSEY,  
Hampshire, SO51 8DE

Carers Listening Line: 08000 323 456

Information & Advice: 01794 519 495 (365 days a year)

Email: [admin@Carerstogether.org.uk](mailto:admin@Carerstogether.org.uk)

Activities Organiser: 07920 506343

## THE PRINCESS ROYAL TRUST FOR CARERS

*All of our services are completely confidential and free of charge.*

The work we do is varied and is tailored to the needs of each individual Carer.

Our service includes:

Information, advice and guidance; Advocacy and representation; Liaison with statutory bodies; Access to training and education; Support groups; Carers clinics and hubs; Opportunities for respite; Regular support groups; Free counselling by way of voluntary qualified counsellors; Regular newsletters; A listening ear; Emergency Planning for Carers

Telephone: 0800 169 1577 or e-mail: [info@Carercentre.com](mailto:info@Carercentre.com)



## PARKINSON'S ADVISERS

Parkinson's UK has a specialist adviser team who can provide information about any aspect of living with Parkinson's, managing symptoms, medication, social care, employment rights, benefits and much more. They can offer emotional support and liaise with health, social care and other local professionals to get you the support you need.

Call the Helpline on 0808 800 0303 or email [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk).

The Helpline Advisers will deal with any general enquiries and you will be put in touch with someone in your area if more local knowledge or in-depth support is needed.



# Carers Together

## We're here to support unpaid carers...

Carers are people who give their time, unpaid, to support relatives, friends or neighbours. This may be because they are old and frail, have a disability or a long or short term health condition.

Carers Together is a carer-led charity that offers support for unpaid carers living anywhere in Hampshire including Southampton and Portsmouth.

If we can't help you, we will find the information or contact for somebody who can help you.

**Contact us today and see how we can support you...**

### **Main Office:**

Open Tuesday – Friday, 10.00am – 2.00pm

Hampshire Carers Centre, 9 Love Lane, Romsey, Hampshire SO51 8DE

Tel: 01794 519495; Email: [admin@carerstogether.org.uk](mailto:admin@carerstogether.org.uk)

### **Carers' Active Listening Line**

Tel: 08000 323456

This is a helpline for carers who can phone and speak to someone in confidence about any caring issues they may have.

CALL is: – Free – Independent – Confidential – Impartial – Supportive – Non-judgemental

Available 365 days a year. Monday–Friday: 10.00am–8.00pm Bank Holidays & Weekends: 10.00am–4.00pm

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## **20<sup>TH</sup> ANNIVERSARY OF THE LYNDHURST CARERS' CAFÉ**



**community  
café**

On Thursday 5<sup>th</sup> December we celebrated 20 years of the Carers' Café held each month at the Baptist Church Hall in Chapel Lane.

20 years ago Linda Nicol from the Alzheimers Society and Vicky Vey from the New Forest Carers Forum approached the Lyndhurst Churches Together Committee about starting a Carers Café at the Baptist Church in Chapel Lane. The 5 churches in the area: St Michaels and All Angels, Lyndhurst Baptist church, Christ Church, Emery Down and All Saints, Minstead, all joined in sharing the welcome and hospitality.

The Café was ably coordinated by Peter & Peggy Nicholls who ensured that members of each church took their turn to do the catering and create a wonderful feast each month. It has run continuously for the 20 years except for a break during the lockdown caused by the Covid epidemic.



There are many in our community who are caring for people with serious health challenges of all kinds. We all know that there are not enough resources to help them support the people they care for. We want people in our area to know the café is a fun way to meet others in a similar position. We still meet at the

Baptist Church Hall in Chapel Lane which has a lovely light airy room and kitchen. There is no charge for this, but if attendees are able to make a donation, that would be welcome. There is a small parking area onsite & also parking on Chapel Lane

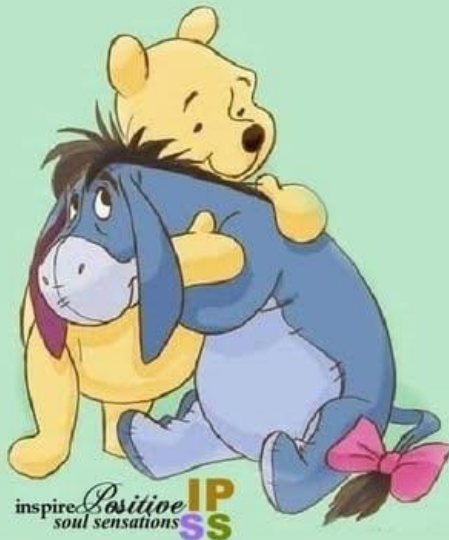


What the Lyndhurst Carers' Café offers is an afternoon with others who are also caring for their loved ones plus delicious home prepared food to enjoy. It includes sandwiches, savoury items, cakes & biscuits. **Building on the success of the afternoon café, we will be re-opening the Donut Café on the 3<sup>rd</sup> Wednesday of each month. It will also be at the Baptist Church Hall. The first Donut Café will be on 15<sup>th</sup> January from 10.30am and will be open to all carers, ex carers and the ones they look after.**

The group has always been very welcoming, friendly & supportive. We meet on the **first Thursday of each month from 1.30 – 3.30pm**. If you would like to know more, please do contact **Henry or Nuala on 02380 282485 or 07789 432787**.

We promise you that everyone will be made welcome whenever you choose to visit us.

Sometimes we need someone to simply be there. Not to fix anything, or do anything in particular, but just to let us feel we are cared for and supported.



## QUIS CUSTODIET IPSOS CUSTODES?

Who will Care for the Carers?

Answer? Primarily... the Carers themselves must take responsibility for their own health and wellbeing; and this comes from one who has been a Carer since 1980! If you feel low, or drained, don't be shy, **ASK FOR HELP**.



## What we do

We are here to help people with disabilities achieve their goals and attain a better quality of life, by providing custom-made equipment. We provide this service free of charge.

Our bespoke, custom-made equipment can help with mobility, managing personal care and enjoying sports and hobbies. All of our work is carried out and checked by expert engineers, carpenters, technicians and occupational therapists. Our skilled volunteers provide innovative, practical solutions to everyday challenges where this is nothing commercially available to support your needs.

If you would like to speak to a member of our branch before making a referral, please don't hesitate to get in touch with us using the details on this page.

## Can we help you?

Are you prevented from doing what you want to by a medical condition or disability?

We will help you by adapting your existing equipment or making you a bespoke piece of equipment that will make a difference. The equipment we make is free of charge and made just for you.

Get our Help: Complete our online referral form at <https://remap.org.uk/referral-form/> or call us on: 07787 570 118



## Volunteering

Without volunteers, we simply could not provide our custom-made equipment service. Volunteering for REMAP can be a really rewarding and

valuable experience, and there are more ways of doing it than you might think.

If you would like to [have a chat with us](#) about volunteering, don't hesitate to get in touch.

## **THE UNEXPECTED BENEFITS OF BELONGING TO THE GROUP**

**By Stephen Petty**

The views and opinions expressed, if any, are entirely my own. The simplest way of describing my PD journey is like travelling cross country from Milton to Boldre; you have a bumpy ride. Potholes, impossible obstacles to pass – cyclists, extra wide HGVs hogging the road, unexpected roadworks and diversions, the impatience of road users near Shallowmead. Totally unpredictable. In many ways I am like a veteran automobile: 1 careful owner, well looked after, plenty of miles on the clock, just about ticking over, liable to breakdown, bits keep falling off, and spare parts unobtainable. Guess it's no wonder that I feel past it, Have I gone out of warranty, exhausted the guarantee, failed the MOT or a victim of ignoring "use by," "best before" and "display until," labels.

I spend a lot of time in the garage in case a vital part falls off so it is a break to be driven out to meet at a rally (meeting) with like-minded enthusiasts. There are benefits that accumulate like Green Shield Stamps, you suddenly fill up the sheet and trade it in. That reminds me Coffee Mornings and Teas held at Otters and the Potting Shed have a loyalty card scheme. Socialisation is free but you get to know folks better.

Cinema Club provides me with plenty of opportunities, I see good films, have a lunch and meet others. Regular attendees meet early before the show for a cuppa and chat. A 15-minute intermission is provided to enable us to stretch our legs and have a "comfort break" and purchase ice creams. However, (1) there is only one disabled facility unless we go over to the other building and we are very slow. (2) Some people go to get a drink and there is often a queue. (3) Members start chatting in the corridor. Gill has quite a problem rounding us all up!!

Last year we viewed “Fisherman Friends” about Cornish fishermen who formed a singing group. Now I haven’t sung since retiring. I used to lead school assemblies and sang every day. PD can, in some cases, weaken the vocal chords. The sea shanties were catchy and I couldn’t help joining in. I’d rediscovered my singing voice.

Speech therapy recommend singing and vocal training as worthwhile. Lucy’s singalong group is fun and the voice training exactly matches those used by Speech Therapy. Now for the bonus. Well done to all those who arranged a concert to replace the Pocket Orchestra. Those who missed out did forego an entertaining afternoon; plus cake! I couldn’t help joining in. I sang every song and the best bit was that Lucy heard me sing. Thank you Lucy. You have saved me from the scrapheap or car crusher.

The benefits both the exercise and singing groups have given me are numerous, not least that I could recently make a good fist for the anesthetist and how wide I could open my mouth and move my jaw.

Thank you to everyone on the committee for all their hard work to keep the Group running, organising the monthly meetings, exercise classes, singing group, cinema group, and the coffee mornings and afternoon teas. Socialisation is as important as exercise is; it provides the opportunity to use our communication skills.

Now here is a challenge. Where am I to get exercise for my brain? It wants to be active and stimulated. I like games that make me think, I like to match wits against others. Any suggestions?



## ***Estate Planning***

**Dave was a single bloke living at home with his father and working in the family business. He knew that he would inherit a fortune once his sickly father died.**



**Dave wanted two things:**

- **to learn how to invest his inheritance and,**
- **to find a wife to share his fortune**

**One evening at an investment meeting, he spotted the most beautiful woman he had ever seen.**

**Her natural beauty took his breath away.**

**“I may look just an ordinary man,” he said to her, “but in just a few years, my father will die, and I’ll inherit 20 million dollars.”**

**Impressed, the woman obtained his business card.**

**Two weeks later, she became his stepmother.**

**Women are so much better at estate planning than men...**

## ***THE BLEEPS OF LIFE***



Why do our gadgets bleep at us whenever we get near?  
who started it, and when did bleeps and bleeping first appear?  
I don’t remember asking for a bleep to spoil my day,  
but here they are, they’re sneaking in to have their wicked way

I’m sure it was our cars at first, a bleep when you reverse,  
okay, I could just live with that, but others are a curse  
It bleeps at me when any door is open just a tad,  
‘I know, you stupid car, I’m climbing in, you drive me mad,’  
when it’s not the bleeping door, the boot may be unlocked,  
I haven’t left the garage yet but feel I’m being mocked





And then of course our mobile phones, they're with us everywhere  
a bleep with every photograph, reminding me to share,  
it notifies for everything, I've tracked most of them down,  
then muted them or switched them off, but some are still around,  
though many little bleepers have a sound that I don't

mind,

I know that when you're changing them, a good one's hard to find  
the irony of all of this is when you want a bleep,  
you may not get one, if at all, the bleeps have gone to sleep  
our phones have minds, an urgent text? - I want to hear them all  
but little man inside the case is making random calls

Next, I'm at the cash machine to draw my fifty pounds  
it's starting to annoy me with its silly bleeping sounds,  
'bleep' it says, 'now take your card,' (I give a silent scream)  
'give me half a chance - I'm not as daft as I may seem'  
I grab my card but then forget to take my fifty cash,  
it's bleeping with a vengeance as I break out in a rash



The supermarket has a go, just as I join a queue,  
'bleep, this checkout's closing now, its shut - try  
checkout two'  
self-serve tells me, 'place the goods in turn beside  
the screen,'

'which side?' I say, but no reply, just bleeps - what does it mean?

the shopping centre elevator fills me with disgust

'doors are closing,' so it says, while making such a fuss,  
'mind the door,' it says again as I'm about to go  
then bleeps at me confirming it, (as if I didn't know)  
'doors are opening,' it says, 'oh yes, I see they are,'  
'just let me out you stupid lift, I'm going to my car'



bleeping when I go to pay, bleeping when I've done,  
it's been a bleeping morning and it wasn't too much fun  
I fancy music with my lunch... on YouTube with my phone  
'no WIFI found,' it bleeps, I swear, (it's good that I'm alone!)



the dehumidifier does good work – on each and every day,  
but when it's full, the row it makes will drive you far away,  
you have to go and empty it to stop the bleeping thing,  
why don't they program little tunes a pleasant voice could  
sing?

*'I'm full, I'm full, please empty me, my name is Humid Jane,  
I love to gather moisture and can't wait to start again'*



oh well, it's just a thought I had, to make a change from  
bleeps,  
the people who invent these things are horrid little creeps,  
they sit inside their studios designing on a screen,  
and put so many noisy bleeps in every new machine  
'I found a new place for a bleep,' they shout with each  
success,  
'this will drive the public mad, let's give them all some stress'

later on, I settle down to make some notes before my bed  
but then the printer paper jams – it's coming out in shreds,  
and guess what stupid sounds it makes to keep me from my  
sleep,  
yes, you got it, first time round, it's doing loads of bleeps



a midnight snack sounds good (although I lose my beauty sleep)  
the microwave is raucous when it stops with seven bleeps,  
'wouldn't one have been enough; you microwave from hell?'  
'you woke my wife, and made me deaf, and now I feel unwell'



I drift away eventually but wake to hear a crashing bin,  
it's Friday, rotten luck, the dustmen's truck reverses in  
with clunking bins at half past six while people try to  
sleep,  
the bins unload – my head explodes, another day of  
bleeps!



*Roy Sanderson 2024*

## **PARKINSON'S FRIENDLY FILM SHOWS**



Every month, there is a private film showing specifically for YOU. The event is held at the MALT CINEMA at Lymington Community Centre and we aim to have one of the latest films to be released available for your entertainment. Afterwards, if you want, there is a light lunch laid on. The cost is £7 per person for the film, or £15.50 for the film and lunch.

Please see your **MONTHLY NEWSLETTER** for details of the next film on offer

## **Alison McGregor boat trips**



The Bookings page of the Solent Dolphin website does not re-open until early March. As soon as I can, I will secure a series of sailings for you and let you know the dates and times. As always, it will pay to get your booking in as early as you reasonably can, as these trips out on the water are always very popular.

There is no charge for these trips, though voluntary donations will always be gratefully accepted on board.

## SINGING AND VOICE TRAINING

Singing and Vocal Exercises – 2nd Friday of the month at 2.30pm

Why sing? You exercise your body to keep moving, so why not exercise your voice? I can hear you all say "I can't sing" but that doesn't matter. We are not trying to be a choir; we are trying to exercise our voices.



There are proven reasons to exercise your voice. Parkinson's UK says "Changes in the brain means that movements become smaller and less forceful than before. This can lead to problems with speech and communication. Issues may relate to making sure your voice is loud enough, making pronunciation clear enough and getting the right tone to your voice." It is also important to exercise the muscles in the mouth and throat to ensure chewing and swallowing can be carried out safely.

According to Parkinsons.org.uk "Singing has been shown to reduce Parkinson's symptoms like tremor, issues with walking and posture. This is because it helps to relax muscles and release tension in the back and in the neck. Singing can also help to reduce anxiety and low mood by lowering stress hormones and increases the brain's "feel good" chemicals (endorphins)."



So, what happens in the sessions? We warm up our mouth, throat and tongue. Before each song we work on a specific exercise. It may be a specific sound – vowels, initial sounds, end sounds – or focus on volume, or pitching higher or lower. We sing songs that you are likely to know – generally from the 50s and 60s, occasionally more modern and a few random songs usually selected by our chairman!! I have a little box for your suggestions, which we sing in the next few sessions. We've sung Beatles, Abba, Kylie, a fair bit of country music, Christmas carols and songs and even had our own last night of the proms. After singing for about an hour, we recover over a cuppa and chat.

Why not give it a try? Think of it as an exercise class rather than a singing class. Hope to see you soon!

## WHAT'S ON

Please see your **MONTHLY NEWSLETTER** For the most up-to-date listing of our many events, sent out (mainly by e-mail) at the start of each month

## BRANCH ZOOM MEETINGS



As a result of the resounding lack of interest and uptake, the Branch ZOOM meetings have now been suspended. The facility remains, however and if, in the future, circumstances change, the meetings can be resumed.



It is only recently that was told I was getting forgetful.

Apparently in my befuddled state I had been eating daffodil bulbs thinking they were onions. My doctor was horrified and immediately sent me to Hospital. I have now been in for weeks and am getting more and more depressed.

The Consultant was doing his rounds today and in desperation I asked when I would be out and he replied "Early Spring.....!!"



# YOU ARE OLD, FATHER WILLIAM

By Lewis Carroll



"You are old, Father William, "the young man said "And your hair has become very white" And yet you incessantly stand on your head— Do you think, at your age, it is right?

"In my youth," Father William replied to his son,

"I feared it might injure the brain;

But now that I'm perfectly sure I have none,  
Why, I do it again and again."

"You are old," said the youth, "as I mentioned before,  
And have grown most uncommonly fat;  
Yet you turned a back-somersault in at the door—  
Pray, what is the reason of that?"



"In my youth," said the sage, as he shook his grey locks,

"I kept all my limbs very supple  
By the use of this ointment—one shilling the box—  
Allow me to sell you a couple."

"You are old," said the youth, "and your jaws are too weak  
For anything tougher than suet;  
Yet you finished the goose, with the bones and the beak—  
Pray, how did you manage to do it?"



"In my youth," said his father, "I took to  
the law,  
And argued each case with my wife;  
And the muscular strength, which it  
gave to my jaw,  
Has lasted the rest of my life."

"You are old," said the youth, "one  
would hardly suppose  
That your eye was as steady as  
ever;  
Yet you balanced an eel on the end of  
your nose—



What made you so awfully clever?"

"I have answered three questions, and that is enough,"  
Said his father; "don't give yourself airs!  
Do you think I can listen all day to such stuff?  
Be off, or I'll kick you downstairs!"<sup>[2]</sup>

[John Tenniel](#)'s illustrations accompany the poem

Parky News copy is always welcome from our readers; please give to any member of the committee or send to [editor@parkinsonsnewforest.org](mailto:editor@parkinsonsnewforest.org). We are always looking for interesting or inspiring stories, amusing anecdotes, helpful tips and hints, poems, recipes or anything else you would like to share with the rest of our readers.

Copy deadlines are the 15th day of February, May, August and November.

## **PARKINSON'S COFFEE MORNINGS AND AFTERNOON TEAS—2025**

### **JANUARY**

Coffee—10.30am—13th January—Everton Nurseries

### **FEBRUARY**

Coffee—10.30am—10th February—Redcliffe Nurseries

### **MARCH**

Coffee—10.30am—10th March—Otter Nurseries

### **APRIL**

Coffee—10.30am—14th April—Everton Nurseries

Afternoon Tea—2.30pm—23rd April—Redcliffe Nurseries

### **MAY**

Coffee—10.30am—12th May—Redcliffe Nurseries

Afternoon Tea—2.30pm—21st May—Otter Nurseries

### **JUNE**

Coffee—10.30am—9th June—Otter Nurseries

Afternoon Tea—2.30pm—18th June—Everton Nurseries

### **JULY**

Coffee—10.30am—14th July—Everton Nurseries

Afternoon Tea—2.30pm—23rd July—Redcliffe Nurseries

### **AUGUST**

Coffee—10.30am—11th August—Redcliffe Nurseries

Afternoon Tea—2.30pm—27th August—Everton Nurseries

### **SEPTEMBER**

Coffee—10.30am—8th September—Otter Nurseries

Afternoon Tea—2.30pm—17th September—Otter Nurseries

### **OCTOBER**

Coffee—10.30am—13th October—Everton Nurseries

### **NOVEMBER**

Coffee—10.30am—10th November—Redcliffe Nurseries

### **DECEMBER**

Coffee—10.30am—8th December—Otter Nurseries

**FOR MORE INFORMATION CONTACT—07595 927 299**





## WAYS TO DONATE TO OUR GROUP

If you would like to make a donation to the Group at anytime there are many ways to do so!

1. **CASH OR CHEQUE**—you can give a cash or cheque donation to the Treasurer or Chairman. Please make cheques out to 'PUK New Forest Branch'.
2. **BACS**—you can transfer donations straight to our Bank Account  
Bank: Barclays  
Sort Code: 20-00-00  
Account No: 83732517  
Account Name: PARKINSON'S DISEASE SOCIETY OF THE UNITED KINGDOM T/A PARKINSONS UK THE NEW FOREST BRANCH
3. **CARD READER**—our card reader is available at most of our meetings and you can use this to make a donation. Please let the Treasurer or Chairman know if you have done this so that we are aware of the payment.
4. **WEBSITE**—you can use our website to make your donation. Visit—[www.parkinsonsnewforest.org.uk](http://www.parkinsonsnewforest.org.uk)
5. **PARKINSON'S UK**—you can donate through Parkinson's UK but make sure you tell them that your donation is for the New Forest Branch otherwise it will not reach us.

## GIFT AID

**Gift Aid allows Charities to claim an extra 25p for every £1.00 that you donate**

If you are a UK Taxpayer then you will be eligible for Gift Aid. If you are eligible please ask the Treasurer or Chairman for a Parkinson's UK Gift Aid form for you to complete and return. This will be sent with your donation to Parkinson's UK.

They will then return your donation to the Branch with the Gift Aid added on.

## **TOMBOLA PRIZES NEEDED**

### **FOR TOMBOLA STALLS IN 2025**

**These stalls are a very good way to raise funds and to increase awareness of the Group in the local community**

**New only please!**

**UNWANTED GIFTS**

**SMELLIES**

**CHINA**

**FOOD & CHOCOLATE**

**BOTTLES OF WINE**

**TOYS/CUDDLY TOYS**

**STATIONERY**

**BRING YOUR ITEMS TO ANY OF  
OUR MEETINGS OR GIVE TO A  
COMMITTEE MEMBER!**

**THANK  
YOU**



### 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
Hythe Hospital	02382 318400
Lymington Hospital	01590 663000
Melbury Lodge	01962 897700
Millford-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
Southern Health NHS Foundation Trust	02382 310000
The Priory, Marchwood	02380 985615
Western Hospital	02380 540666

This leaflet was produced by:  
New Forest Carers Friends, in partnership  
with Carers Together  
Tel: 01794 519495 / 07920 506343  
Email: [admin@carerstogogether.org.uk](mailto:admin@carerstogogether.org.uk)  
Website: [www.carerstogogether.org.uk](http://www.carerstogogether.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**

April 2024

**Carers  
Together**

Charity Number  
1197548



## Carers Support Workers

Alzheimer's Society	02380 610159
Andover Mind	01264 332299
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

Benefits	<a href="http://www.gov.uk/browse/benefits">www.gov.uk/browse/benefits</a>
Blue Badge	03005 551376
Citizen Advice New Forest	03003 309009
Connect to Support Hants	
<a href="http://www.connecttosupporthampshire.org.uk">www.connecttosupporthampshire.org.uk</a>	
Hampshire County Council	03005 551375
HCC Registrar	03005 551392
HCC Trading Standards	03454 040506
HCC Transport & Roads	03005 551388
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	<a href="http://www.sfe.legal">www.sfe.legal</a>
New Forest Tourist Information Centre	<a href="http://www.newforest.co.uk">www.newforest.co.uk</a>
Talking Newspaper - Southampton	02380 333343
Talking Newspaper - National - RNIB	03031 239999

## Practical help and advice

Citizens Advice Line	03444 111444
Community 1st	03005 008085
Contact A Family	08088 083555
Dementia Friendly	
Ringwood & Bransgore	07775 908330
Hampshire Parent & Carer Network	<a href="mailto:participation@hpcn.org.uk">participation@hpcn.org.uk</a>
Hampshire Parent Partnership Service	01962 845870
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	01962 846601
Deaf Services	Text 01794 814607
HCC Adult Service	03005 551386
Occupational Therapy	03005 551384
HCC Children's Services	
• Mon-Thurs 8.30am-5pm	
• Friday 8.30am - 4.30pm	
• Out of Hours	03005 551373
Inclusion New Forest (Drug & Alcohol)	03001 240103
New Forest Mencap	Option 6
New Forest Disability Information Service	01425 621893
Parkinson's New Forest	
Relate	01425 628750
Silverlinks	07595 927299
Social Care in Action	03000 030396
Solent Mind	07825 168364
Southern Health Carer & Patient Hub	02380 366663
Wessex Cancer Support	02382 027810
	02382 311206
	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
<b>Carers Active Listening Line</b>	<b>08000 323456 (365 days a year)</b>

## USEFUL CONTACTS

Parkinson's UK Helpline	0808 800 0303 (Freephone)
Branch Committee general No.	07595 927 299
Lymington Hospital Parkinson's Clinic and Parkinson's Nurse Practitioners Jennie Meadway and Carly Fricker	01590 663446
Parkinson's UK Local Adviser: Angela Duffy	<a href="mailto:aduffy@parkinsons.org.uk">aduffy@parkinsons.org.uk</a> 0207 963 3837
Adult Services. Mon – Thurs. 8:30 – 5:00 pm   Fri 8:30 – 4:30 pm	0300 555 1386
Adult Services:      All other times	0300 555 1373
Community Physiotherapy Service	0300 121 0175
Occupational Health direct	0300 555 1378
Citizens Advice Bureau New Forest	03444 111 306
Age Concern New Forest	02380 841 199
Community First New Forest	01425 482 773
Disability Info Service New Forest	01425 628 750
Red Cross Lymington	01590 679 529
Red Cross Christchurch	01202 484 074
Blue Badge Hampshire	0300 555 1376
Voluntary Car Group Hythe & District	02380 845 788
Lymington Voluntary Care Group	01590 679 187
Princess Royal Trust for Carers	01264 835 246
Blue Lamp Trust	0300 777 0157
Carers Together / N F Carers' Friends	01794 519 495



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

## Branch CONTACTS

Branch phone No	07595 927 299
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>
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Website Manager	TrevorSmith <a href="mailto:admin@parkinsonsnewforest.org.uk">admin@parkinsonsnewforest.org.uk</a>
Social, Events & Fundraising	Gill Naish, Mary Tozer; Linda Handscombe; Angie Lilley, Jackie Gill
Committee Members	Alison Bolton (Minutes Secretary); Derek White (Research Interest Rep.)
Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne
Branch Website	<a href="http://www.parkinsonsnewforest.org.uk">www.parkinsonsnewforest.org.uk</a>
Branch e-mail	<a href="mailto:info@parkinsonsnewforest.org.uk">info@parkinsonsnewforest.org.uk</a>

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 magazine articles are not necessarily the views of the Branch Committee Team or Parkinson's UK.

Groups, Organisations, Charities, Companies and individuals 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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