



**Parkinson's
UK**

PARKY NEWS

SPRING 2026



New Forest Branch



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CHAIRMAN'S PIECE –



By the time this hits your inbox (and/or doorstep) we will be in Meteorological Spring and, hopefully, looking forward to a bit less rain and a bit more sunshine.

Despite the grotty weather, as I write, my garden is starting to burst into colour, with crocuses and daffodils 'fluttering and dancing in the breeze', so I know that better times are rapidly coming.

This year starts with new initiatives (such as Boxing, see page 8) and I hope that you will be as enthusiastic as I am. As I always say to those who are newly diagnosed, "90% of the battle is to maintain a positive mental attitude"

All our usual activities continue unabated and, coming up later in the year, we will be booking sailings on the Alison McGregor, planning our Summer Garden Party and, of course, our annual Christmas Lunch at the South Lawn Hotel (Friday 18th Dec).

On page 21, you will find an article written by Lesley, the youngest daughter of Chris and Barbie May; who are members of our Group. You can read how she has been inspired to enter a triathlon on Sunday 24th May to raise funds for our Group...her target is £300! At the moment, Lesley is aiming to use her mountain bike for this challenge but, should anyone have a racing bike in good condition that she could borrow, please do let me know.

As with last year, we will not be holding a formal AGM; thanks to a relaxation of the rules from Parkinson's UK. Our current Committee (see back page) remains in place; working hard behind the scenes to make sure that everything runs (reasonably) smoothly and, of course, the catering which we provide at various events is always top quality. If you feel the urge to get involved, either by joining the committee, or simply volunteering some time and skills now and then, please do come forward

I hope you enjoy reading this issue of Parky News and I look forward to seeing you very soon.

Martin Hall-Patch

chairman@parkinsonsnewforest.org

We're funding 3 new projects exploring ways of slowing down Parkinson's

The newly funded projects explore different underlying causes of Parkinson's, and work towards new drugs to treat the condition.

We've led Parkinson's research for over 50 years, investing more than £130 million since 1969. And we do this by funding every stage of Parkinson's research, from understanding the causes of the condition, to developing new and better treatments.



We're pleased to announce over £600,000 in funding for 3 new research projects that are dedicated to building on what we know so far about the causes of Parkinson's, and turning this knowledge into treatments.

Exploiting our brain's waste disposal systems while we sleep

We've been supporting and funding researcher Dr Ian Harrison since 2019. His work explores the brain's self-cleaning process, called the glymphatic system, and how it's involved in Parkinson's.

While we sleep, the glymphatic system kicks into action, clearing away any build up of waste products that has gathered throughout the day. But research shows that in people with Parkinson's, the

glymphatic system might not be working properly. Leaving a build up of waste that, over time, could damage brain cells. This is a particular problem for those who struggle to reach deep sleep,



where the glymphatic system is most active.

Since our initial investment, Dr Harrison has expanded this work and is now exploring whether a new drug might help boost the glymphatic system by improving deep sleep. In this latest round of funding, we've awarded his lab nearly £200,000 to see whether a new drug designed to improve deep sleep can boost the brain's ability to clear away harmful proteins like alpha-synuclein and

protect brain cells in mice.

If successful, this research could open up a completely new way to treat Parkinson's. One that works with the brain's own natural defences to keep it healthy for longer, while also improving sleep and overall wellbeing for people living with the condition.

Dr Ian Harrison explains how vital our funding is: "Without this support, I would not have been able to establish my group and lab, or gain the scientific independence needed to pursue collaborations and explore the science that drives discovery.

"Every donation, large or small, becomes real progress in our lab, powering the data that helps turn breakthroughs into potential new Parkinson's therapies."

Our newly funded projects

Our decisions about what to fund are guided by the priorities of people with Parkinson's, and chosen by a panel of scientists and

people in the Parkinson's community to make sure what we're funding has an impact.

Read a summary of our other newly funded research projects below.

Can blocking harmful fats protect brain cells in Parkinson's?

Lead researcher: Dr Helen Waller-Evans, Cardiff University
Funding awarded: £136,499



Some people with Parkinson's have a small change in a gene called GBA1, which is known to increase someone's risk of developing the condition. This small change disrupts the body's ability to break down specific forms of fat in the brain.

One of these fatty substances, called glucosylsphingosine, builds up to high levels in some people with Parkinson's, and is thought to play a key role in the development of the condition. This is because it causes a troublesome protein, called alpha-synuclein, to clump together in the brain. These clumps are harmful and contribute to the development and progression of the condition.

This study hopes to understand whether a drug designed to reduce production of this fatty substance could reduce alpha-synuclein clumping. The researchers aim to test the drugs in lab-grown brain cells. If successful, this could pave the way for a promising new treatment to be trialled for people with GBA-related Parkinson's.

Understanding the role of Galectin-3 in Parkinson's

Lead researcher: Professor Helene Plun-Favreau, University College London

Funding awarded: £277,706

A key feature of Parkinson's is that cell batteries, called mitochondria, aren't working properly. Damaged mitochondria are removed naturally by the body through a process called mitophagy, where damaged bits of mitochondria are broken up and recycled. But in Parkinson's, this process doesn't work as it should.



The research team will explore why mitophagy might be affected in people with Parkinson's. They aim to do this by focusing on a gene that contains the instructions to make a protein called Galectin-3. Previous research has shown that Galectin-3 could be linked to mitophagy in brain cells.

The project aims to improve our understanding of what Galectin-3 does in Parkinson's, and could help bring to light a new avenue for treating Parkinson's that we haven't explored before.

If you would like to learn more about current research, please go to: <https://www.parkinsons.org.uk/>

BOXING FOR PARKINSON'S

This involves non-contact workouts that significantly improve balance, coordination, agility, and quality of life by focusing on Parkinson's symptoms like stiffness, tremors, and balance, through punches, footwork, and drills in a social, adaptable environment.



Studies show it boosts strength, speed, and posture, with coaches tailoring moves to individual needs, helping people stay active and manage symptoms effectively.

How it helps with Parkinson's

- **Improves physical symptoms:** Enhances balance, gait, strength, speed, agility, and postural stability, while reducing stiffness and tremors.
- **Boosts cognitive function:** Drills work on brain-body coordination, hand-eye coordination, and reaction time.
- **Enhances mental well-being:** Provides a social environment, reduces isolation, and offers a sense of accomplishment, improving mood and quality of life.
- **Adaptable & Non-Contact:** Workouts use boxing mechanics (jabs, hooks, footwork) but are non-combat, with coaches adjusting exercises for all fitness levels and needs.



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What to expect in a class

- **Warm-ups & Stretching:** To improve flexibility and loosen stiff muscles.
- **Punching Drills:** Using bags (heavy bags, speed bags) to build power, coordination, and speed.
- **Footwork & Balance Drills:** To challenge posture and stability.
- **Resistance & Aerobic Training:** Incorporating other exercises for overall fitness.
- **Social Interaction:** Working out in groups with partners and carers welcome.

With the help of our Parkinson's UK Regional Development Officer, Leigh-Beth Stroud, we have been able to set up an arrangement with the **Lawrence Boxing Club, Lymington** a (hopefully permanent) series of non-contact Boxing sessions for any of our members (and their spouses / Carers).

It is planned that the sessions will cost £5 per head, payable to Lawrence Boxing Club, to cover the cost of hall hire and tuition fees. Please note, Lawrence Boxing Club is currently a **cash only** establishment, so please bring cash with you.

Sessions will run on Friday afternoons (exact times to be confirmed) and are open to everyone, gentlemen, ladies, wheelchair users. No previous knowledge, or experience, is required. Everyone is welcome and, of course, the obligatory tea and biscuits will be available afterwards.



Please see the flyer for details of our **Free Taster Session** on 20th March. If you are interested in giving this a go, please either scan the QR code on the flyer, or visit:

<https://docs.google.com/forms/d/e/1FAIpQLSf9q1rb5kdIB6XJuwqDiZG96L6ruOsn7B8XmylCa81m2Nwpfg/viewform>

to complete the form. This is to give us an idea of numbers and to decide whether we need to set up one, or two, sessions each week.

Parkinson's UK

Join us for

Free Boxing for Parkinson's Taster Session

Friday 20 March at 2pm-3.30pm

Lawrence Boxing Club, Alan Farrar Gymnasium, 3 Marsh Ln, Lymington SO41 9EW



Please scan the QR code to register your place or contact Leigh Stroud 07955 267 385 / lstroud@parkinsons.org.uk for further information.



Parkinson's UK is the sporting name of the Parkinson's Disease Society of the United Kingdom, a registered charity in England and Wales (238187) and in Scotland (50227504)

FR Registered with FUNDRAISING REGULATOR

CARERS' CORNER

QUIS CUSTODIET IPSOS CUSTODES?

Who will Care for the Carers?

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



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. 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

FREE Carers Active Listening Line:

available 365 days a year to support and listen to unpaid Carers.

Tel: **08000 323 456**

Monday to Friday 10am – 8pm;

Weekends and Bank Holidays 10am – 4pm

FREE – Counselling for Carers

We offer a free counselling service for Carers and former Carers.

Find out more by calling: **01794 519 495**

Information, Advice and Support

For local people of all ages, including Carers and the people for whom they care

- Help with Benefit Forms
- Regular Group Activities
- Disabled Friendly facilities
- Refreshments available
- Free use of computer; with or without assistance
- Help with tablets and mobiles

For more information, call: **01794 519 495** or email:
admin@carerstgether.org.uk

Main Office:

Open Monday - Friday 9.30am - 1.30pm

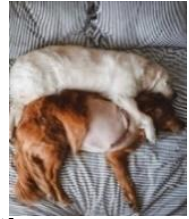
Hampshire Carers Centre, 9 Love Lane, Romsey, Hampshire
SO51 8DE

Tel: 01794 519495; Email: admin@carerstgether.org.uk

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**.



Friendship and support through the toughest of times

PARKINSON'S MOVE - YOUR TIPS WANTED!

A space to share simple tips and practical strategies that make everyday life easier. This could be anything from a clever way of putting on a coat, to managing daily tasks, or staying motivated with exercise.

Please submit your tips and hints to the Editor, or any Committee member. Thank you

Parky News copy is always welcome from our readers; please give to any member of the committee or send to editor@parkinsonsnewforest.org.uk .

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

CAN YOU HELP US?

If you have any ideas for potential fund-raising opportunities; or if you know someone on the organising committee of your local Village Fete, or a friend, or relative, who is responsible for

charitable donations from a business, or grant-giving organisation, please do let us know. We won't always be able to lay on a Tombola, or similar, but even just to have a table offering information and advice about living with Parkinson's is a great benefit to our Branch and the people we meet. If we can talk to just one person who is struggling with living with Parkinson's, or caring for someone who is, our presence at that event is fully worthwhile.

volunteers wanted

Do you have a bit of spare time on your hands? Do you have useful skills and abilities that might help us to run the Branch more smoothly? If we promise not to 'steal' all your free time, could you consider coming forward, please? (No need to join the 'official' committee, just do your own thing).

At the moment, we are looking for:

- Someone with Copywriting, or Creative Writing skills to compose occasional press releases and other such items and, maybe, help compose articles for Parky News
- Someone to help lay out tables and chairs for our Tuesday Exercise session and / or Branch Meeting (3rd Thursday of each month).
- Anyone else who thinks their special knowledge could be of value to us.

THANK YOU

FINDING MY RHYTHM AGAIN

As a child, I was always moving; spinning, jumping, inventing dances in the living room. I never took lessons or performed on a stage, but I loved to dance. At weddings and parties, I didn't wait to be asked, I was always the first one on the floor, swept away by the music.

The love for dancing stayed with me for years. It wasn't because I was good at it, it was because it made me feel free and alive in that moment.



Then something changed.

At the wedding of my friend's daughter, I stepped onto the dance floor as usual. The music played, my mind danced.... but my body wouldn't follow. I stood in the middle of the dance floor, frozen, confused and embarrassed. I managed to move a little for one or two songs maybe, but then I was stuck. Not tired, not unwilling, just unable to move.

This kept happening. Each time I'd find myself doing less, moving less and feeling less like the person I'd always been. I began dreading the dance floor, the very place that once gave me so much happiness. I would make excuses. I watched from the sidelines while others danced.



Then, after a few other things had stopped working, I went to see a neurologist and I was given the diagnosis: Parkinson's.

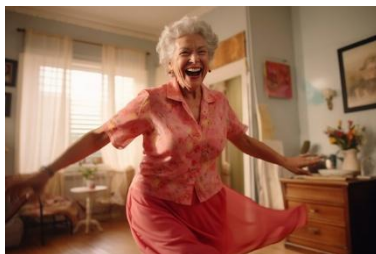
It was frightening. I thought of everything I might lose. Not just movement but pieces of my identity, my independence, my joy of life and especially not being able to dance at my daughter's wedding. We had paid a fortune for a top-rate band and I didn't want to miss a single song.

The next few months were a roller coaster and my only way through was to find something to aim for. My advice to anybody else going through the same thing is: Don't give up.

After the diagnosis, I discovered a local dance class designed for people with Parkinson's. I was hesitant and nervous. Part of me was afraid it would just remind me of what I had lost. Could I even call this dancing? But slowly, with support, guidance and a room full of people who understood exactly what I was going through, I started to feel something come back.

I was never going to get the steps perfect, but I was reconnecting with music, with my body, with that part of me I thought I'd lost. I saw the change most clearly at my daughter's wedding, the event I had been looking forward to. I danced, not for long, not without effort, but I danced every song. I felt joy again, not the same as before, but something just as powerful, the joy of resilience, of reclaiming what matters most.

I may not be the first on the dance floor anymore ...but I'm still dancing!



Personal report from a lady living with Parkinson's who wishes to remain anonymous

Support and contacts

Parkinson's UK: Information, guidance, and support for people living with Parkinson's and their families.

Parkinsons.org.uk

Dance for Parkinson's: Specially crafted classes to support strength, coordination, flexibility and confidence, while rediscovering the joy of movement through music.

Winchester: Badger Farm Community Centre

Romsey: Romsey Rapids

For further information contact: bryettdanceschool@gmail.com

(Other Parkinson's Dance providers are available)

WELCOME TO THE WORLD OF BOWLS

It has been suggested that I submit an article for Parky News about the sport I've played for at least 30 years.

Presently, some of you may be tuned in to the Ambassador or World Indoor Bowls Championships on BBC television, coming from Potters Resort, Hopton-on-Sea, Great Yarmouth.

When I was introduced to the game, I was visiting Argyle Bowling Club on Bournemouth's West Cliff; with two greens, a public café and cries of "Goodnight Nurse" as bowls rolled off the green.



I had no idea what my goals were, but I joined the Argyle Club and made a life-long friend, Tony, who I always greet with "come to here" on the telephone.

For those interested, there are clubs at many venues; Lyndhurst, Brockenhurst, Lymington, Milford-on-Sea, New Milton, Highcliffe, Boscombe Cliff, Bournemouth, Poole and Holbury.

For those starting out on their Bowls journey, most, if not all, clubs will have Coaches. From meeting with the Club Coach, they will help you to identify which bowls will be most suitable for your use and will arrange coaching sessions for all new Bowlers and, possibly, others who may be interested.

When I first started, Club Colours were usually white / grey, with Club ties and blazers (worn at formal occasions). Nowadays, Bowls has moved into colour, with Club kits; so it is easier to

establish who is playing who.



Some clubs have just one green, while others are blessed with two greens. Clubs will always have public times available for practice.

In the various clubs at which I have played over the years, Club players have the opportunities to play, firstly, in 'friendlies' against other

Clubs. Once you have progressed, you may wish to be considered for Club League play. In this area, these will be either the Bournemouth & District League, or the New Forest League. I have been lucky enough to have played in both.

Once I had been playing for a number of years, I decided to try to qualify as a Bowls Coach. This meant that I would have to attend a course and undertake written work, plus coaching 'in plain sight', to coin a familiar phrase used on the BBC programme 'The Traitors'.

The course was held at Alton Indoor Bowling Club towards the end of 2019 and into 2020. Then... Covid happened, with its resultant lockdowns. In due course, life opened up again and I was able to do



some 1-to-1 coaching at Bournemouth Indoor Bowling Club. However, little did I know that a venue, which had been opened with a fanfare of publicity, visiting dignitaries and top International Players of the day would, 30 years later, be closed down.

That was, indeed, hard news to stomach. However, more was to follow. Following on from my success in qualifying as a Bowls Coach, I stumbled into an illness called...Parkinson's.

Anyway, I persevered and I came across Disability Bowls England



and would recommend it to anyone with a disability to consider joining.

All games played with this organisation are 'friendlies' and include the Royal Household Bowling Club at Windsor and a North -v- South match at

Royal Leamington Spa during the National Finals; in which I've played twice now.

I hope that I have given readers a flavour of what Bowling is all about. If you enjoy it as much as I do, I encourage you to KEEP BOWLING!

Russell McKie.

CHRISTMAS 2025

We had a lot going on in 2025 for Christmas—it kept us all busy!

NOVEMBER MONTHLY MEETING

Our November monthly meeting was our 'All Things Festive' meeting. We had festive music playing and festive refreshments were served



members whilst they used their imagination to make lots of Christmas decorations for our Christmas Party in December

CHRISTMAS TREE FESTIVAL

Again we sponsored a tree at the Christmas Tree Festival in St Thomas Church in Lymington. The church was filled with lots of trees all lit up and some were very ingeniously decorated—but we liked ours best! It truly is a magical event—one of our favourite!



CHRISTMAS 2025

DECEMBER CHRISTMAS PARTY

Our Christmas Party was held on the 11th December. The hall



looked splendid with all the Christmas decorations! We had lots of Christmas party food and a free raffle. Some lucky members won a hamper and we even had a visit from Santa!



CHRISTMAS LUNCH

We all enjoyed another wonderful Christmas Lunch at the South Lawn Hotel in Milford On Sea. The food was delicious and the service was as impeccable as ever. We held a very well supported raffle which raised money for the Group—and we thank Mel Sanderson for her donation of two beautiful raffle prizes! Unfortunately, the lighting in the room makes all the pictures come out pink! **NOTE—the date for this year's Lunch is Friday 18th December 2026**



LESLEY & THE DORCHESTER SPRINT TRIATHLON

Sunday 24th May 2026

Introduction – Me

None of you know me personally, but I am Lesley Everitt; Chris & Barbie May's youngest daughter. I think some of you have met my older sister Sharon. Well, I'm nothing like her. She's very sensible and serious!



What am I doing?

- Intending to complete my first Sprint Triathlon at the age of 48.
- A sprint triathlon – known by those that participate in these rather fashionable endurance sports events as a “Sprint Tri” – consists of a 300 metre swim (12 lengths of a 25-metre pool (as found in the majority of leisure centres), followed by a 21 kilometre (13.5 mile) cycle ride and concluding with a 5 kilometre (3.1 mile) run.

Why am I doing this?

- To raise money for the Parkinson's UK New Forest Group. I believe you enjoy many activities including going on boat trips...
- Trying to make myself useful while mum and dad struggle with Parkinson's
- Hopefully I will lose a little weight along the way.
- Helps me to keep fit and to keep a cardiac consultant happy (it's a long story...don't go there).

Main point

My benchmark and where I started back in 2018.

I was a bit of a couch potato –During Covid I was running 10Km and cycling 20Km. In 2023 I could swim breaststroke for 50 lengths, ...but not on the same day!

Dad was diagnosed with Parkinson's in 2012, and since then I have got in the way, got things wrong, and basically been a pain in the bum, while trying to help unsuccessfully. So, I came up with this because I can do it without getting in the way!



As a younger person I was physically fit. Dad taught me to ride a bike and swim as a child. So, I have just built on what I was taught. I have a low heart rate, so exercise is meant to keep my heart healthy.

In 2018 guiltily I was a bit overweight, so decided to take up exercise again and had this as a goal, but it proved a bit too tricky as our daughter was still young. I found out about the local "Tri" group at the local

swimming pool, but they were really quick... I mean REALLY quick! Yikes! For me to join them I would have needed my own lane to prevent me from being "swam-over!"

Could I do this??? If I go solo and do it at my speed, I might be able to, I thought to myself. I just need to do this gradually. I stopped aiming for the "Tri" as a target at the time and refocused on just losing a bit of weight and building up my fitness but still had it as a longer-term goal.

I lost just under a stone in weight with help from a gym in Dibden Purlieu.

My first goal was to run again, so after building up to 5K and then 10K again I

gained a few medals from various local events, including trail running through a part of the New Forest just



outside Lyndhurst. I then signed up to do a Half Marathon, so in May 2025 I completed my first "Half" - in a hillier than expected

Bracknell! - and followed it up in September by doing my first 10 miler (16K) in the “proper” Great South Run around Southsea and Portsmouth. I won't say the times because those of you that follow athletics will know I'm not a podium finisher, but I don't care about that. I was well chuffed to have raised £180 for the British Heart Foundation, almost as an apology for being overweight.

Once I had completed the Great South Run, in what can only be described as torrential heavy rain, I decided 10 miles was far enough for me, so I thought that maybe I should re-try the “Tri”!!! I was running over the Itchen Bridge. On a nice day it's a gorgeous route, however on a windy day... you almost take off when you are at the top!! Portsmouth is relatively flat, and although I did the Bracknell “Half” in the summer that did have some hills, it still wasn't what a “Tri” would be. So, my training now needed to be focused on hills, cardio and pacing.... back to the Itchen Bridge in the spring!



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So, after a little break... I returned to swimming and tried to swim front crawl.... I used to swim front crawl as a teenager.... but now I'm 48... Oh my, it's hard, but I kept going. I have learnt a few techniques from YouTube to try at each session at the pool and built on it. I've learnt how to roll at the end of the lane and to alternate my breathing between each side, and to roll my body along its length to increase my ability to move through the water a bit smoother than what I was - less like a manatee, more dolphin I'd like to think! (although I



acknowledge a Manatee is actually a fantastic swimmer, but you get what I am trying to say, more gracefully). With some attempts my arms and legs go in different directions and splattering is a regular occurrence but with practice it will be easier and it is proving so. I developed cramp in my legs while swimming... something I think some of you might relate to. I have found increasing my magnesium intake has helped hugely so I take a

supplement while I train. I've swum up and down many lengths now with floats out in front of me, between my legs, and above my head... I've purchased some hand paddles which I swim with on my hands – these will help to increase the muscles in my arms so that when I do the actual event, I should be able to do it a little bit easier (well, that's the plan anyway!). I've also found that boxing helps, so I pinched my daughter's boxing gloves and hit the bag at the gym a few times. That's when I've realised it is actually about cardio fitness. So, it doesn't matter (for me) what sport I do, I just need to increase my cardio (I know, that makes it sound far too easy!)

I met up with a university friend who agreed (under duress) to join me. She lives in Wareham, and we researched the Dorchester "Tri", and it



ended up being a bit of a dare - "I'll do it if you do it..." kind of thing... "you do realise it's up Hairy Hill don't you... No, what's that...? Oh, my goodness... what have I agreed too...?" kind of conversation. Then we ended up in the pub!



By the New Year just gone I could just about swim the 12 lengths front crawl... but you have time for a cup of tea while I do it! Yes, I am aware the "Tri" athletes complete it in under 5 minutes!

Over Christmas I managed to keep going in my own little way, swimming one day, boxing another. I found a dry cold day to jump on the bike with my husband to see how my cycling was, considering I hadn't ridden any substantial distance for about a year. We cycled from Totton to Dibden

Purlieu and back, which is coincidentally 13 miles, and it has quite a few steep hills in the route, so concluded that it would be fantastic for my training. It took me about an hour and a half.... I

appreciate the “Tri” athletes do this in under 40 minutes, but I can do the distance. My trusty 20-year-old mountain bike is a bit hefty, but I have more gears than a “Tri” bike. Because I am so used to a mountain bike, I don’t think I could trust myself on the narrow wheels of a “Tri” bike. The “Tri” bikes are constructed of carbon fibre, like Formula One cars, which is much lighter than my mountain bike, so when I attempt “Hairy Hill” I will be carrying the weight of the aluminium frame and my body weight which will slow me down. So, I’ll stick with my mountain bike. Plus, most of them have a cross bar which I struggle (putting it politely) to get my leg over as I’m only 5’6”!

I’ve been cycling to work but it isn’t really far enough as it’s only about a mile. But the route I go, I have to pull away really quickly to cross a level crossing so it is contributing to my training in that way. I even got into a conversation while waiting at the level crossing gates with another cyclist!

I’ve also been cycling to the garden centre at Cadnam. From Totton it’s a 4-mile uphill route all the way, and of course I get to go downhill all the way home! That isn’t really noticeable in the car but be assured my legs say it’s definitely uphill!

On one occasion I met Mum there, just before Christmas. On my way home I met an obstruction on the path, which made me wobble and my chain came off as my gears locked up. I couldn’t turn my bike over, because of my luggage tied to the back of my bike with elasticated bungees. If you remember the weather just before Christmas was horrible and it started to snow (I’ve never ridden my bike in the snow before and I just wanted to get home that day). Fortunately, a very nice postman crossed over the road at the right moment, offered to help me lift my back wheel up so I could relocate my chain. When he expressed surprise in the weight I was carrying, I had to admit that I was carrying the Christmas turkey to its final destination... the oven, for our family Christmas dinner!

Since then, my bike has been into the bike shop for a brake inspection and has had new brake pads and cables, which stops

me a bit quicker. This will be beneficial if I am to ride down this so-called “Hairy Hill” in Dorchester!

I’ve also found Spin classes... what are they, I thought? They are sessions in the gym on a fast exercise bike that has a razor-sharp saddle, being told what to do by an instructor. So, for 50 minutes I go “spinning” to loud music, which is meant to be beneficial. Again, I love the saddle on my mountain bike... it's like an armchair in comparison to the saddle on the spin bike! (I’ll leave the men to contemplate that in private!)

Then in mid-January, just as I start to build up my pace, I get a cold and it brings me to a stop for about 10 days. But I should be able to pick it up again, and now it’s a tad warmer outside it makes it a bit easier.

To get me up this hill I have realised a few dietary requirements need changing. This is something you guys with Parkinson’s I’m sure can relate to. Eating a totally non-processed diet is proving to be best for me (and to be honest should be for everyone) but it causes minor issues with other members of the family, who have taken a liking to certain things... like pizzas. However, the benefits are now becoming visible, so I have just got to keep going with it all.

So, by now you have probably realised I am no Pro. I exercised as a teenager, ran as a 20-year-old then stopped for a family. Family have now almost grown up, and I am picking this up. It's all done on the cheap, because fitness seems to be mega expensive in this country. I’m learning as I go and I’m getting better. If anyone wants to join me then they are more than welcome, but you need to start soon. It’s a three times per week commitment. At the moment it’s in the gym and the swimming pool, but soon I will be back outside, picking up the intensity as I have found the hills. I'm sure this will all be worthwhile during the course of the event.

Later in February the family are camping near Dorchester for a few days with the intention of giving the “Hairy Hill” a test, but if the weather continues as it has done since Christmas then it’ll probably be more like a river! I’m intending to ride up it slowly just to see what I have let myself in for, and to make sure I can get there!

Who's coming with me...?

My fan club!! Yes, my fan club has been created, which includes

- (a) my mum and dad (Barbara & Chris),
- (b) my husband (he's now officially cycling trainer and chief camp organiser),
- (c) our daughter (she's now officially chief motivator - she's in the middle of "A-Levels", so really is chief reviser while taking the Michael out of her mum!),
- (d) a Uni mate who at the moment is half lynching me for including her (even though she's fitter than me),
- (e) and a friend of mine wants to cheer me on during the day.
- (f) Plus, anyone else who wants to come along to Dorchester on Sunday 24th May 2026. The race starts at 7am! But as I say... I'm giving value for money, so I won't be finishing within the hour.

My journey so far with the fitness

In swimming I can now do the 12 lengths, albeit slowly...at the moment in 15 minutes!

I can now cycle the 21K, albeit slowly.... first practice was 1.5 hours.

I can run 5K and my speed is average for my age... which is 37 minutes.

What I still need to do

So, the plan is that during February I pick up my cycling, and then in March I start my running again, while continuing to get my swimming a little less manatee, and more like dolphin!

Now I haven't really touched on the issue of what I am to wear... for the swim it's obviously a swim suit, but I do not want to wear a swim suit on a bike... especially not for 21K. (Men you will need to think about this on your own as I'm not describing it)

Last year I found a "Tri" suit in the sale but didn't try it on. In fact, it sat in the cupboard and got forgotten about... until I agreed to retry the "Tri" ... and the "Tri-suit" got tried on... and got taken off

very quickly...! For Christmas I was given some new goggles and a swim hat...bright blue... but unfortunately the hat has gone mouldy really quickly as I put it in my bag and forgot about it after a swim practice. So, I have been doing experiments to remove mould from a silicon hat.... which included white vinegar, bicarbonate of soda, toothpaste, and of course the usual bathroom cleaner while using an old toothbrush, but nothing has worked. So, I've had to buy a new hat ... this time it's a black one! :> this has meant my colour scheme, which was matching the Parkinson's colours, now has a black swim hat.

However, the whole outfit may change. Trying to get the "Tri-suit" off and on is like having a fight with a crocodile, you can't get away from it, it won't do what you want, but somehow it has to behave! It clings and twists to your body in ways that you can't imagine, highlighting every curvature. So, trying to go to the toilet quickly while keeping some form of dignity is going to be a challenge in itself. I think, considering I'm a beginner, I am tempted to forget the "Tri-suit".

Conclusions

My prediction

If you come and watch, you'll have time for a cuppa because it's going to take me at my present pace about 2 and a half hours! I may not reach the end before the organisers pack up! But I will finish. So, it would be lovely to have someone there to witness me crossing the line.



My target is to raise £300 for the Group and this will be done via a GoFundMe page which Gill has kindly offered to set up for me – details of which will be circulated soon. It would be great if you could support me and the Group at the same time!

Lesley Everitt

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
 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
 Southern Health NHS Foundation Trust 02382 310000
 The Priory, Marchwood 02380 985615
 Western Hospital 02380 540666

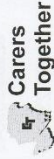
This leaflet was produced by:
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Are you looking after or giving support to someone who lives in the New Forest?



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

April 2024



Charity Number
1197548

Carsers Support Workers

Alzheimer's Society 02380 610159
 Andover Mind 01264 332299
 Carers Together 01794 519495
 Mental Health Team -
 New Forest East 02380 668886
 Mental Health Team -
 New Forest West 01425 622922
 Princess Royal Trust
 for Carers 01264 835246

Useful Information

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
 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
 New Forest Tourist www.sfe.legal
 Information Centre www.newforest.co.uk
 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 participation@hpcn.org.uk
 Hampshire Parent 01962 845870
 Partnership Service 03005 551386
 HCC Adult Services
 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 03001 240103
 (Drug & Alcohol) Option 6
 01425 621893
 New Forest Mencap 01425 628750
 New Forest Disability 07595 927299
 Information Service 03000 030396
 Parkinson's New Forest
 Relate 07825 168364
 Silverlinks 02380 366663
 Social Care in Action
 Solent Mind 02382 027810
 Southern Health 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 526751
 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	0808 800 0303 (Freephone)
New Forest Branch.	07595 927 299
Lymington Hospital Parkinson's Clinic and Parkinson's Nurse Practitioners Jennie Meadway and Carly Fricker	01590 663446 hiowh.newforestparkinsonsservice@nhs.net
Parkinson's UK Local Adviser: Angela Duffy	aduffy@parkinsons.org.uk 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
Princess Royal Trust for Carers	01264 835 246
Blue Lamp Trust	0300 777 0157
Carers Together	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

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Secretary	Position currently vacant
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org.uk
Website Manager	Trevor Smith admin@parkinsonsnewforest.org.uk
Social, Events & Fundraising	Gill Naish, Mary Tozer; Linda Handscombe; Angie Lilley, Jackie Gill, Pam Hollingsbee
Committee Members	Alison Bolton (Minutes Secretary)
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
Branch e-mail	info@parkinsonsnewforest.org.uk
Facebook Page	www.facebook.com/ParkinsonsNewForest/

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 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.

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