

Parkinson's UK

NEW FOREST BRANCH

PARKY NEWS *SUMMER 2025*



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CHAIRMAN'S PIECE –

Martin Hall-Patch

chairman@parkinsonsnewforest.org



Another season has slipped past and we are now 'officially' in Summer! (As of 1st June)

The year so far has been almost non-stop, with Exercise classes and Singing Sessions and Cinema showings and Coffee Mornings and Afternoon Teas all happening at their allotted times. On top of that, our Volunteers have staffed two Tombolas, one in Lymington Market and one at the New Milton VE80 Celebrations; raising an amazing £845 towards the ongoing running costs of our Branch.

To give you some insight, neither the Singing, nor the Exercise sessions actually break even, though we would rather not increase the nominal fees we charge for these. We have regular costs such as hiring the Hall for our meetings, as well as refreshments and table decorations and our subsidy towards the overall cost of our annual Christmas Lunch always punches a hole in our finances. This year, we have up-graded or, in reality, replaced our sound system; an expenditure in four figures but, we felt, necessary as the old system was becoming increasingly temperamental.

We receive no financial income from Parkinson's UK and we rely entirely on whatever we are able to raise ourselves in order to continue to provide for you the best service and support that we can.

Coming up, there are three sailings on the Alison McGregor booked and (drumroll!) I am quietly looking into the possibility of organising a Branch Day Out for later this year. Maybe The Watercress Line, maybe something different.

Keep checking your Newsletters for information of what is happening and, if you have any ideas of things we could do, or offer, please let us know.

RESEARCH OPPORTUNITY

‘TOP HAT’:

Trial of a licensed drug as a Parkinson's Hallucination Treatment

Research teams across the UK are investigating if ondansetron has a meaningful treatment effect on Parkinson's and Lewy Body Dementia hallucinations.

As this is an already licensed low-cost drug, if the research shows significant outcomes, ondansetron could be available for people with Parkinson's who experience hallucinations within the next few years.

Who

306 people diagnosed with Parkinson's or Lewy Body Dementia (LBD) who:

- experience visual hallucinations at least once a week,
- are not taking apomorphine or any anti-psychotic medication,
- and have been taking a stable dose of Parkinson's or LBD medication for 28 days before starting the research

What

The first activity is a telephone call to discuss the research more fully, and complete some questionnaires. This will be followed by a brief face-to-face visit to assess your Parkinson's, take a blood sample, and monitor your heart rhythm.

If you are eligible to take part, you will either receive ondansetron or dummy medication tablets for 12 weeks, which will be shipped to you via a courier. The research team will maintain regular

contact throughout to take assessments and let you know how much medication to take. This contact will be through telephone, video call, and face-to-face.

Three face-to-face visits are required and, for some research sites, home visits may be an option.

For more information, please contact the TOP HAT team by email at o.zubko@ucl.ac.uk.

Interested in taking part?

Find your nearest research site below and email the TOP HAT team at o.zubko@ucl.ac.uk

The deadline for taking part in this research is **1 July 2026**.

Funded by; Parkinson's UK

Location

Southern Heath Memory Assessment and Research Centre (MARC), Tom Rudd Unit, Moorgreen Hospital, Botley Road, West End, Southampton SO30 3JB United Kingdom

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.

LATEST NEWS AND INFORMATION ABOUT NHS CONTINUING HEALTHCARE

from Beacon CHC



In the first part of the year we learned that NHS England is to be merged with the Department of Health and Social Care. This left many people with uncertainties about the effect on CHC services and what it might mean for applications and

appeals currently underway.

NHS England forthcoming merger and impact on CHC services

In March Prime Minister Keir Starmer announced that NHS England will be abolished in order to “cut bureaucracy” and bring management of the health service “back into democratic control”. The move will merge the NHS with the Department of Health and Social Care (DHSC), the legislative part of which is expected to take two years to fulfil, though practical changes will be implemented more quickly.

NHS Continuing Healthcare (CHC) is a package which is enshrined in law. The policy will still continue though there may be

some short-term disruption to elements of the process. The further 50% savings required to be made by ICBs following a round of savings in 2024 will undoubtedly impact frontline CHC services. The main drivers for the merger are to cut duplication and improve accountability. NHS CHC is a key area which requires improved and robust accountability, and Beacon is looking to work positively and constructively with NHS colleagues to ensure meaningful accountability within the new system.

Read the full article: <https://beaconchc.co.uk/nhs-england-forthcoming-merger>



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.



WATERSIDE BOWLING CLUB



shutterstock.com · 2386853385

Our branch of Parkinson's was invited to take part in an Open Day at the Waterside Bowling Club recently. On offer was an opportunity to receive coaching and learn more about bowls and the club.

Mary and I attended and were made welcome on a lovely sunny day. A coach was allocated to me and he taught me the rudiments and etiquette of bowling. After an hours teaching we retired to the club house and met many club members and enjoyed a cup of tea.

All the above was free and three more coaching sessions would be included before a decision on my part is necessary whether to join. This club was very hospitable and offered advice regarding bowling with a disability.

All in all it was a most enjoyable time and I look forward to my next session.
Andrew Tozer



Main Contact W.B.C: [email- janetballard1@btinternet.com](mailto:janetballard1@btinternet.com)

Our Location (Not Mailing Address)

Waterside Bowls Club
179-181 Long Lane
Holbury,
Southampton.
SO452PA

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

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 Monday - Friday 9.30am - 1.30pm
Hampshire Carers Centre, 9 Love Lane, Romsey, Hampshire
SO51 8DE

Tel: 01794 519495; **Email:** 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

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



A Bouy Named Sue? (apologies to Johnny Cash)

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 the IT skills and knowledge to update and maintain our Facebook page and, maybe, investigate other forms of 'social media' that we could utilise.
- Someone with Copywriting skills to compose occasional press releases and other such items
- Anyone else who thinks their special knowledge could be of value to us.

EMBRACING ART AND LIFE: THE GREAT TAIL TRAIL PROJECT

Hi, my name is Tory and I have been diagnosed with early onset PD for 18 months although I'm pretty sure I've had it for a few years now. I am an artist and I've recently completed an art project for the 'Great Tail Trail', which has just finished in Bournemouth. Martin and I thought you might like to know a bit about it so here goes:



It's with a heart full of joy and a splash of colour that I share my recent endeavour—the completion of my huge mermaid tail for the Great Tail Trail 2025. Despite the challenges posed by Parkinson's disease, I set out to create something truly

captivating: a giant mermaid tail adorned with over 5,000 multi-coloured crystals. Each shimmering piece represents not just a

facet of creativity but also a testament to resilience and determination.

When I first conceived the idea of decorating this stunning tail, I knew it was going to be a lengthy process. There were days when my hands trembled more than usual, making it difficult to place those dazzling crystals just right and tiredness is always an issue with us; right? But every time I faced a setback; I reminded myself why I started: the magic of creating art and the joy it can bring to others.



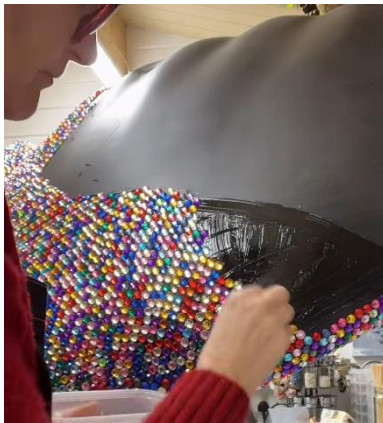
The vibrant colours of the crystals reflect the beauty of life itself—each hue capturing a different emotion and

memory. Shimmering with colours that dance like sunlight on water, echoing the magic of the ocean depths it represents. It's as if the tail has come alive, ready to make waves in Bournemouth from April 5th to June 1st. This display isn't just about showcasing my work; it's about spreading hope and positivity, especially for those facing their own battles.

The excitement doesn't stop there! After the exhibit, this beautiful mermaid tail will be auctioned off to raise funds for Julia's House Children's Hospice. Knowing that my creation will contribute to such a worthy cause gives me a grateful heart, especially as I experience every day the unceasing heartache of my son leaving this world and passing on to Eternity before me. It's a reminder that art has the power to transform lives, not just through its beauty but through the connections it fosters and the change it inspires. My tail's name is 'Eternal'.



To anyone who might feel discouraged or held back by their circumstances, I want you to know this: your passions are worth pursuing. No matter the obstacles that may arise, never give up on what you love. Each brush stroke, each crystal placed, and each moment spent creating is a victory. We all have our own unique trails to navigate, and while they may have bumps along the way, they also lead us to stunning destinations. As my mermaid tail swims into the hearts of those who view it, I hope to inspire others to dive deep into their own creativity. Embrace your quirks, your challenges, and let them fuel your passion. Whether it's painting, writing, gardening, or any other form of expression, keep pushing forward.



So, enjoy the pictures of Eternal, see my creation sparkle in the sunlight, and maybe take a moment to reflect on your own dreams and aspirations. Together, let's celebrate the beauty of art, the triumph of spirit, and the unyielding journey of loving what we do. Remember, every challenge can be transformed into an opportunity—let's make waves together, one crystal at a time! You can view my work on Facebook; Tory Allen Art and also in Instagram ToryAllenArt.

ALISON MCGREGOR BOAT TRIPS

Having booked two dates in July for the Alison McGregor, I was both amazed and delighted when all 24 available seats were snapped up within a week; with names even being added to the 'Reserve' list, in case of cancellations.

So, I booked a third trip, this time in June and, lo and behold, all 12 seats were filled within 48 hours!

Sailings in August and September cannot be booked until later in the year and I will be aiming to book at least a further two sailings then; so watch this spot for further news.



The dates booked are: **Saturday 28th June at 10.30 am; Saturday 12th July at 2.00 pm and Saturday 26th July, also at 2.00 pm.**

There is no charge for these trips (though voluntary contributions will be welcomed on board) but it is

essential to pre-book with Martin (your Chairman), if you would like to sail on any future dates I am able to book.

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!

FANCY A TRICYCLE

The following article was written for the MG Owners' Club (Southampton and New Forest) newsletter by one of their members and is reproduced here with her permission. The MG Owners' Club have nominated us as one of their two charities of the year 2025, alongside the Minstead Trust.

Well I've got to admit, a three-wheeler trike would not have been my first choice for cycling around on. But my condition (amyloidosis) caused me to stop and think.



I love cycling and Jeff and I have spent many enjoyable hours riding round the Isle of Wight and the New Forest as well as Surrey and Dorset. We even cycled round Yosemite National Park, when we visited my sister and her husband in California. More

often than not, we'd make a day of it and take a picnic. Somehow it tasted much better after pedalling for a few hours.

So, when I began to have mobility issues and started falling off my bike and couldn't put my foot down quick enough or balance the bike properly, I presumed my cycling days were over.

But research is a wonderful thing and refusing to be beaten, I started to investigate alternatives. Recumbent could have been the way to go but I didn't like the thought of that, so I researched some more.



Enter the wonderful Jorvik company and their range of tricycles. Modern, good-looking and sturdy, I loved them as soon as I saw them. And what a warm, friendly family-run company it is. Two things struck me immediately. One, the reason James Walker set

up the company in the first place and two, the fact that he had an indoor track you could trial the trikes on (and get a feel for them) before you made a purchase.



The only drawback for Jeff and I was that being based in York, it was a bit of an effort to get there, but I can't tell you how worthwhile it

was, making that trip.

We were greeted by James, who spent an hour with me while I trialled the trike. What a lovely man!

He founded his company because his father, Stuart, who adored cycling, was diagnosed with Parkinson's disease. After much research, James discovered that the choice for a cycle that could accommodate his dad, was either very limited or out of his budget.

Realising what cycling meant to his Dad, James set up his company and began to design trikes that could accommodate him and people like him.

Jorvik Tricycles was born.



The bike Jeff and I chose catered exactly for my needs and I would encourage anyone with mobility issues, who loves cycling, to investigate their range.

We chose the JET-E16.

It is a step-over bike with smaller 16-inch, puncture-resistant, thick wheels and is very stable. It makes you feel wonderfully confident when taking corners. It's electric and easily foldable (once you've practised a couple of times) but it is quite heavy to get it into the car at 31Kg, because of the extra wheel.

It fits well (with Jeff's own foldable electric two-wheeler bike) in the back of our Mazda MX30 so quite compact.

It also has a 250-Watt electric motor which gets you started and a 36v 16Ah Samsung lithium battery which gives you some distance.

There are 4 power assist modes and I haven't had any problems going uphill in the New Forest in 2nd assist.

It also has a rear cargo bag between the back wheels which can take a huge picnic, plus any tools, bicycle locks and accessories

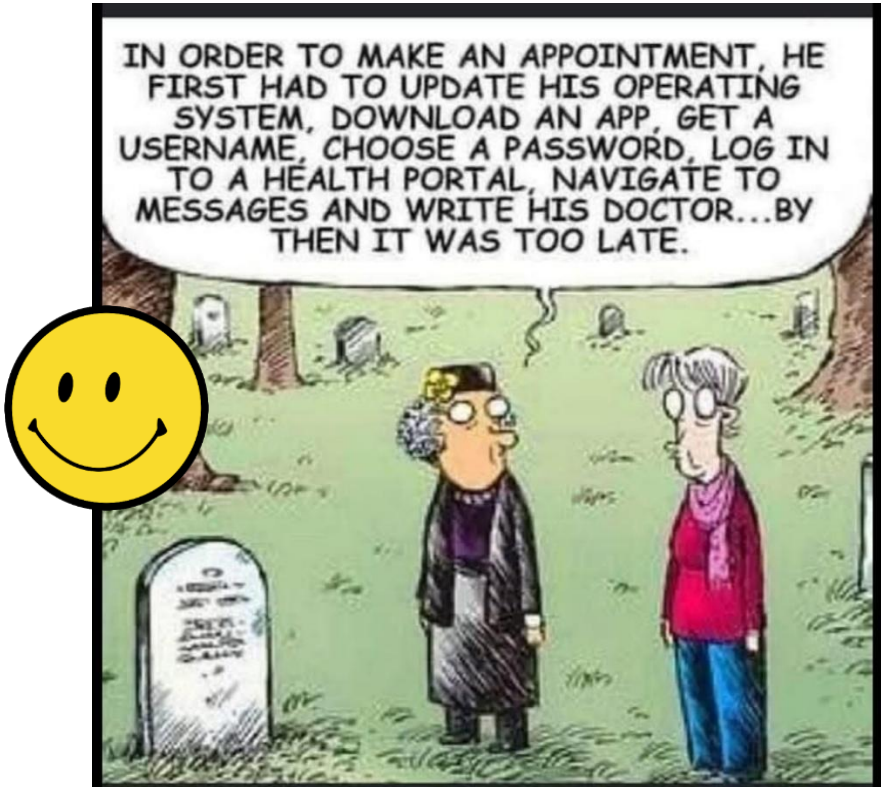


I honestly can't praise this bike enough, it's expensive but worth the investment. I think it's just fantastic! So, if you love cycling and you have any sort of mobility issues, why not give it a try.

Editor's Note:

You may have been thinking that Parkinson's has stolen away your freedom and independence, or is going to sometime in the approaching future. Well, let me tell you that you may well be very wrong! OK, the thought of you perched delicately atop a grown-up

tricycle may not be the first image to come to mind; but who cares what you look like, if you can get out there and enjoy the Forest walks and open air any time you feel like it? (Obviously, there are other manufacturers of suitable tricycles)



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

TAP DANCING CLASSES



Here's a new idea for you to think about. Although it appears to be mainly ladies who have shown interest so far; there is every reason why you wonderful gentlemen should think about giving this a go! Simple, but effective exercise, rhythmic movements, a fun and, above all, safe, environment, where nobody

will judge you; what more could you possibly want? Please note: this will be a **beginners class**, so having no previous experience does not count as an excuse not to have a go!

A few ladies have asked Lucy Keleher (our Thursday exercise class and Friday singer class leader) about a beginners tap dancing class. Lucy will begin a class if there is enough interest on **Mondays 1pm at Church Hall, Cowper Avenue (off Mount Avenue) New Milton BH25 6NT**. If you are interested, please call **Lucy 07931 517 162**.



HOME LIBRARY SERVICE

Did you know that Hampshire Libraries offer a Home Delivery Service? No; neither did I! Here is what their leaflet says:

Do you find it difficult to get to the library? Then let the library come to you/

If you, or those you care for, find it difficult to get to the library, due to ill health, disability or



caring responsibilities, you can apply to have library materials delivered to your home on a monthly basis by one of our specially recruited volunteers.

THIS SERVICE IS FREE



We can offer books in standard and large print, as well as audio books in various formats, reminiscence items and more. We will contact you to discuss your needs, before matching you with a volunteer.

If you'd like to use this service, you can apply by postal mail to: Home Library Service, Waterlooville Library, The Precinct, Waterlooville PO7 7DT.

Alternatively, you can apply online by searching for HAMPSHIRE HOME LIBRARY SERVICE.

For more information, please use the phone, or email; or speak to the staff at your local library.

Telephone: 0300 555 1387

Textphone: 0300 555 1390

Email: library@hants.gov.uk

Editor's note

When I was told about this service, I immediately asked if it was likely to disappear as a result of the ongoing cuts to non-essential services currently plaguing all our lives. I was told that this service is 'embedded' in the system and will not be cut, or limited. We can but hope!

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.

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



**Western Road
GARDEN
GATE
SALE**

**Sun 8th June from
10am ~ 12pm**
(like a car boot sale over
your garden gate)

Western Road residents are having a
clear out so come and buy **bric-a-brac**
toys
clothes
plants
furniture
books
and much more

All Stall fees are being donated
by the residents to our Group!
Come and support our Tombola
Stall which is being held in Gill's
front garden at No 58!

WESTERN ROAD GARDEN GATE SALE

**Sunday 8th June
10.00am – 12.00pm**

**Tombola Stall at Gill &
John's house – No 58!**

Way back in 2002 John & I were part of a group of Western Road residents who got together and organised a Street Party for the Queen's Golden Jubilee.

The first Western Road Garden Gate Sale was held as a fundraiser for the event and has been held on and off ever since!

This year the sale is being held on Sunday 8th June from 10.00am to 12.00pm.

It is fun event with a number of different stalls selling all sorts of items – plus those that sell refreshments too!

The idea is that any residents who wish to take part in the event pay a stall fee of £5.00 and the money raised is given to a local charity.

This year the money is being donated to our Group as many of our neighbours are aware that John has Parkinson's and wish to show their support!

We will be holding a Tombola Stall in our front garden – No 58 - to raise money for our funds. So if you are free, and the weather is fine, then please come along and say hello – we would love to see you.



DO YOU STILL WANT TO BE A MEMBER?

**OUR MEMBERSHIP HAS
BEEN GROWING FAST!**

We now have 189 members on our database which shows how much there is a need for our Group in the local community.

HOWEVER there are a great number of you that we haven't seen or heard from for quite a long time!

This could be for many reasons and we want to reassure you that the Group will always be there for you if and when you need it.

Why not keep us updated on how you are doing—we would love to hear from you!

BUT IF YOU NO LONGER WISH TO BE A MEMBER

or to receive our e-mails and post then please could you let us know—call **07595 927 299** or e-mail **chairman@parkinsonsnewforest.org.uk**

This will help us to cut down on our printing and postage costs and to streamline our membership.

THANK YOU

BONNY EASTER BONNETS

EASTER—THEMED MONTHLY MEETING ON THE 17TH APRIL



The Social Committee decided to try having an Easter themed Arts & Crafts meeting in April. It was not something that we had done before so we wondered if Members would enjoy it!

It was fun planning it and putting all the arts and crafts bits together that we would need.

What would the reaction be?

Members on each table were asked to decorate one of the great plain white Easter bonnets that Pam had hand-made—thank you Pam!

A large array of craft items from wreaths to wooden windmill sets were provided and members got busy!

There was a lovely hum of conversation going on around the room and people were hopping up and down to the table to get the items they needed.

People even carried on creating whilst they had their refreshments!

At the end of the afternoon we had a parade of members wearing the Easter Bonnets around the room!

There are clearly a lot of talented members judging by the wonderful items created!

Did members like it—we think so—phew!



OUR PARADE OF EASTER BONNETS



KEEP YOUR IDENTITY WHERE IT BELONGS - WITH YOU

Are you concerned that you might have shared your personal and/or banking information with criminals and may be at risk of identity theft?

Criminals could apply for loans or credit in your name without your knowledge.

Sign up to a reputable credit rating agency. This can identify if someone is using your details without your knowledge.

CIFAS offers a protection registration service. It costs £30 for 2 years and they offer enhanced identity security checks on your personal details to help protect you should anyone try and take out finance agreements in your name.

Please visit www.cifas.org.uk for further information.



Remember your personal information is valuable and needs protecting.

If this isn't relevant to you, please share it with someone who might be interested.

If you've been affected by a crime please contact Victim Care Hub for free, confidential support: [Home - Hampshire Victim Care Hub \(hampshireiowvictimcare.co.uk\)](http://hampshireiowvictimcare.co.uk) or phone 0808 178 1641

If you would like to report a crime anonymously please contact: [Independent UK charity taking crime information anonymously | Crimestoppers \(crimestoppers-uk.org\)](http://crimestoppers-uk.org) or phone 0800 555 111

If you realise you've been scammed and wish to report a fraud that has already happened, please report it to Action Fraud either phone 0300 123 2040 or online at: [Action Fraud](http://actionfraud.com)

If a crime is in progress, and/or you are in fear for yourself or someone else, and/or there is evidence in situ that could be damaged/destroyed, please phone 999 immediately.

Otherwise, report online, or find out about other ways to report a crime at: [Report a crime | Hampshire and Isle of Wight Constabulary](http://report-a-crime.hampshireandisleofwightconstabulary.com)

Thank you – Fraud Safeguarding Team



Message Sent By

Fraud Safeguarding Team
(Hampshire & Isle of Wight Constabulary, Fraud
Safeguarding Officers, Hampshire and Isle of
Wight)

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

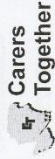
This leaflet was produced by:
 New Forest Carers Friends, in partnership with Carers Together
 Tel: 01794 519495 / 07920 506343
 Email: admin@carerstgether.org.uk
 Website: www.carerstgether.org.uk

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



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
 Lynton 01590 679187
 Lymington 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)
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	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
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 chairman@parkinsonsnewforest.org.uk editor@parkinsonsnewforest.org.uk
Secretary	Position currently vacant
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org.uk
Website Manager	TrevorSmith 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); Derek White (Research Interest Rep.)
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
Branch e-mail	info@parkinsonsnewforest.org.uk

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.

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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