



**Parkinson's
UK**

PARKY NEWS

SUMMER 2026



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Chairman's Piece –

At last! The summer is (meteorologically speaking) upon us and that, of course means another issue of Parky News. Unfortunately, it also means you may have to read my ramblings, but never mind.



As always, there is plenty going on in our Parky world and our devoted team of volunteers will be working hard as they organise Tombolas to raise funds and social events / catering for us all.



There hasn't been room to include news of the **Alison McGregor** in this issue. Enough to say that I booked a sailing for Sunday 7th June and it was fully subscribed withing 48 hours! July is already fully booked and I cannot book for

August until the start of June (so I'll have to get in there pretty quick!) I intend to book a day-time and an evening sailing in August and, if required, another in September. Look out for news as it comes in.

Boxing continues to be highly popular, with numbers gradually creeping up (see pages 11 – 13) and a new opportunity (or challenge!) for you is **Pickelball** (see pages 28 – 30). This relatively new in the UK sport is taking off like a rocket and is already proving to be a great hit for those living with Parkinson's. In the background, your Steering and Social Committee are planning and plotting, always looking for new ways to keep you interested and occupied and offer you yet more opportunities to get out and enjoy yourselves. If you have any ideas, or life-long hobbies and interests you would like to share with the rest of us, please do not be shy. Our group is all about you and what works for you may very well work equally well for others.

I hope to see you at our many events over the next few months and that you are keeping as well as you can.

Martin Hall-Patch (ably assisted by Gizmo)

chairman@parkinsonsnewforest.org

Are you aged 55+ and have experienced a major health event in the last 5 years?



The study involves filling in a set of questionnaires, is completely anonymous, takes around 30 minutes, and is conducted entirely online

Take part in a University of Southampton research study exploring how older adults adjust emotionally and psychologically after life-changing health events. These may include (but are not limited to):

Stroke

Cancer diagnosis or treatment

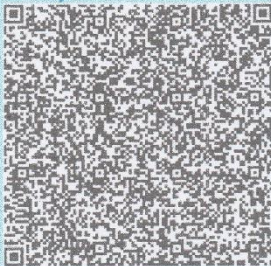
Heart attack or major surgery

Serious accident (e.g., fall, car crash)

Chronic illness (e.g., Parkinson's, COPD, long COVID)

Loss of mobility, or changes in senses like vision, hearing, or touch

Thank you for helping us improve support for older adults around the world



If you require further details, please email: bodymind@soton.ac.uk

Participants can enter a prize draw to win one of twenty £20 Amazon vouchers



University of
Southampton

PD Frontline

PD Frontline is an online study that aims to put people with Parkinson's disease at the forefront of research.

1

What is PD Frontline?

Many of the drugs developed for Parkinson's are targeted at specific genes that influence disease progression. This is why it's important to identify people with gene changes and enrol them in drug trials that test if these drugs work. PD Frontline allows you to undertake genetic testing which may make you eligible for these drug trials.

2

How do I take part?

- 1) Register your details, sign the consent form and login
- 2) Answer some questions
- 3) We'll send you a saliva/blood collection kit in the post
- 4) Return it in the pre-paid envelope

3

Am I eligible?

- Have a current diagnosis of Parkinson's
- Live in the UK
- Be 18-90 years old
- Have no diagnosis of another neurological disorder (e.g., motor neurone disease, stroke)

For more information and to register visit www.pdf frontline.com and #GetTrialReady



@pdf frontline



020 8016 8413 | pdf frontline@ucl.ac.uk



Scan the QR code to register!

HOW CLOSE ARE WE TO A CURE FOR PARKINSON'S?

There's currently no cure for Parkinson's.

We're pushing to deliver new treatments for Parkinson's in years, not decades. And we're determined to develop a cure in the shortest possible time.



We've already made vital discoveries that have improved our understanding of Parkinson's and the brain.

What we know so far

- We've uncovered clues to the causes and genetic involvement in Parkinson's.
- We're figuring out the chain of events that leads to the damage and loss of brain cells.
- We're working to advance new treatments and therapies.
- We're exploring repurposing drugs to help manage some of the more distressing symptoms, like hallucinations and falls.
- And we know that, although people with Parkinson's share symptoms, each person's experience of the condition and response to treatment is different.

Now's the time to keep the momentum going.

Research takes time but if you have Parkinson's, you need better treatments now. That's why we've launched the Parkinson's Virtual Biotech. We're working with national and international partners to speed up the most promising potential treatments. The more we can invest, the sooner we'll get there.

What will a cure for Parkinson's look like?

Parkinson's varies so much from person to person. There are over 40 symptoms of Parkinson's. Tremor. Pain. Hallucinations. Everyone's experience is different.



Because of this, there may not be a single 'cure'.

Instead, we may need a range of different therapies to meet the needs of the individual and their specific form of the condition.

This mix may include treatments, therapies and strategies that can:

- slow or stop the progression of the condition



- replace or repair lost or damaged brain cells
- control and manage particular symptoms
- diagnose Parkinson's at the earliest possible stage.

And this could involve medical treatments, such as drugs and surgical approaches, as well as lifestyle changes, for example to diet and exercise.

What new treatments are being developed?

Thanks to the progress we've already made, there are many different treatments available for Parkinson's. And today new treatments are being tested in clinical trials that have the potential to slow, stop or even reverse Parkinson's.

These include:

- Stem cell therapies. These aim to use healthy, living cells to replace or repair the damage in the brains of people with Parkinson's.
- Gene therapies. These use the power of genetics to reprogramme cells and change their behaviour to help them stay healthy and work better for longer.
- Growth factors (like GDNF). These are naturally occurring molecules that support the growth, development and survival of brain cells.



And we're developing treatments that aim to improve life with the condition, including new drugs that can reduce dyskinesia and a therapy to tackle Parkinson's hallucinations.

How we're speeding up the search for a cure

We believe that new and better treatments are possible in years, not decades. We have a clear strategy for making this happen.

This includes:

- Backing the best and brightest minds to unlock scientific discoveries that will lead to new treatments and a cure. Read more about our current research projects.
- Accelerating the development and testing of new treatments through our Virtual Biotech.



• Collaborating internationally to make clinical trials faster, cheaper and more likely to succeed through the Critical Path for Parkinson's.

- Tracking down drugs for other conditions which have untapped potential for Parkinson's.

We know that the more we can invest, the faster we'll be able to deliver. So we're working hard to raise the funds we need to drive things forward faster.

Join our Research Support Network

Our Research Support Network (RSN) brings together people driven to help find a cure and better treatments for Parkinson's. Whether you have Parkinson's or not, there are many ways to get involved. Join the network today to:

- get connected to research and the scientist carrying it out
- take part in clinical trials and studies
- have your say on what research is needed and how it's done.

If you have any questions, get in touch at rsn@parkinsons.org.uk or call 020 7963 9398.

BOXING FOR PARKINSON'S



**Parkinson's
UK**

**Parkinson's UK and England
Boxing join forces to deliver new
coaching programme**

30 October 2024

We have partnered with England Boxing to coach more instructors and trainers to deliver non-contact boxing for people with Parkinson's.

England Boxing have been awarded £17,000 in funding from Parkinson's UK and St Paul's Boxing Club in Hull to start the new coaching programme.

The programme will give boxing providers and gyms a better understanding of Parkinson's as a condition and how non-contact boxing can help participants to improve their fitness and wellbeing. It will also help instructors accommodate people with Parkinson's in coaching sessions.

Non-contact boxing growing in popularity

Non-contact boxing continues to grow in popularity with the Parkinson's community across the UK. It can have many benefits for people living with Parkinson's including:

- improved balance
- better coordination
- improved muscle strength
- increased energy levels
- improved mood and wellbeing
- better cardiovascular health and bone health.

Making non-contact boxing more Parkinson's friendly

Richard Powers, England Boxing Club and Community Manager, said:

"We are thrilled to be partnering with Parkinson's UK to launch this boxing-specific Parkinson's course. This initiative will provide our coaches with the skills and knowledge to make a real difference in the lives of those living with Parkinson's.

"A huge thank you must go to Parkinson's UK and Richard Longthorp, as this grant will enable us to develop a programme that combines the physical benefits of boxing with tailored support for the community."

Anna Castiaux, Physical Activity Programme Lead at Parkinson's UK, said:

"We have been working with England Boxing on a number of Parkinson's specific non-contact boxing classes to date and we are delighted that more coaches, instructors and boxing trainers will be able to access this coaching opportunity in the future.

"Being active on a regular basis when you live with Parkinson's can be a great way to live well with the condition and can help you to manage some of the symptoms associated with Parkinson's. We hope that this funding will give more boxing clubs and activity providers an opportunity to deliver Parkinson's friendly boxing classes in the future."



Our regular weekly Boxing sessions, in co-operation with our friends at the Lawrence Boxing Club, continue to be well attended; in fact, the numbers are gradually growing.

This un-threatening and non-contact form of exercise is proving, worldwide, to be especially beneficial for those living with Parkinson's; almost regardless of their physical condition and abilities. Even those in wheelchairs are able to take part!

(Try Googling 'boxing in a wheelchair' to see that this goes on at a professional and, even, Olympic, level).



Why not come along and try it for yourself? Every Friday from 2.00 pm at the Lawrence Boxing Club, Marsh Lane, Lymington. The cost is just £5 (cash only, please), payable to the Instructor, Paul Rook.

You never know, you might just find that it's not as awful as you are imagining!



Read what one of our regulars says:-

I was brought up in London, from the 2nd World War to when I left the area in 1976. In my teenage years my father, a professional wrestler, encouraged me to take up a sport so, at the age of 11, I took up Boxing. I joined the local Edgware Boxing Club, which met in the local Drill Hall.

During this time, my fitness excelled and I was encouraged to join another club, in Hendon and I entered many competitions. I became the Middlesex Junior Boxing Champion and won many other cups and shields for my efforts.



By the sixties, I was training on Sunday mornings at the Hampstead Boxing Club, where I met Joe Bugner and had my photo taken with him (I'm the little one on the right of the picture!) Joe travelled from Sandy in Bedfordshire every Sunday to train and help others, like me, at the Club. After marrying for the first time in 1964, I decided to give up Boxing and became a plumber; running my own business until I retired.

I married my second wife, Joan, in 1981 and, in 2016, I was diagnosed with Parkinson's; which affected my body and my whole life. Joan and I joined the New Forest Branch of Parkinson's UK and, in

2026, through the group, we were introduced to the Boxing for Parkinson's program at the Lawrence Boxing Club in Lymington. We have attended there every Friday since and, while I re-discover my old skills, Joan helps out with the tea and biscuits afterwards. Parkinson's affects people in many different ways and to many different degrees, but I, along with several other regular pupils, have quickly discovered that Boxing helps with balance, co-ordination and general fitness; making movement more achievable.



Although I have only been Boxing again for a few weeks, I am really enjoying reliving the skills and memories from my earlier life and I can hardly believe that it is nearly sixty years since I shared a ring with Joe Bugner.

If anyone else is thinking about giving Boxing a go, please do come along. It is really worth it and - the icing on the cake - there is a lovely lady who makes and serves cups of tea afterwards.

Boxing takes place every Friday afternoon, from 2.00pm, at the Lawrence Boxing Club, Marsh Lane, Lymington, SO41 9EW and costs just £5 per session (cash only, please). All are welcome and it's not just for us men. There are already two ladies living with Parkinson's who come along each week and thoroughly enjoy getting fitter and stronger.

Colin Jarvis (Branch Member)



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@carerstogether.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@carerstogether.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

LOST & FOUND

I've put it down – somewhere quite safe

I know that it's not lost

It's not that it's so valuable

(I don't care about the cost)

I can't remember where it is – and that makes me quite sad,

Do other people mislay things?

Or am I going mad.

I've looked upstairs - I am sure it's there

Though I think I've looked before -

Under the bed (just in case), or in that little drawer.

Who is the person people pray to?

(It's St Antony I think)

It's said he'll find a missing item – before you even blink!

I've found some things I'd lost before,

(And some I hadn't missed)

If I could remember what I've got - then I could have made a list!

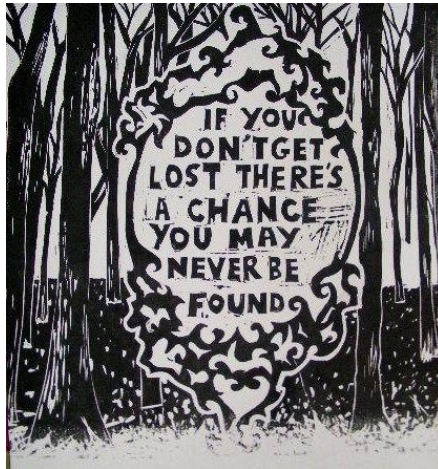
I've decided to stop looking now

For one thing is plain to me –

I've forgotten what I'm looking for

So I'm going to make a cup of tea!

Shirley Leonard (Branch Member)



Scientists applied complex maths to a huge amount of data they took from the web. Using this data, they created systems that could produce entirely new text and images comparable to that they were trained on. This makes them better at producing text that feels 'human' than ever before. The systems are called Large Language Models due to the fact they're based on a large amount of data about language, and because they imitate or 'model' human language. Other similar systems are trained on images, and can produce new pictures that imitate real ones. Because all of these systems generate new content, they're called 'generative' models.

LLMs are also the backbone behind chatbots like ChatGPT and Google Gemini, allowing them to generate detailed bodies of text and making it possible for image generators to paint realistic visuals from scratch.

These days, it can feel almost impossible to find an app or service that hasn't integrated AI in some way – and healthcare apps are no exception.



How can AI help if you have Parkinson's?

There are several apps in our Tech Guide catalogue that leverage AI in their services. Some examples include:

- Turnto: An app that uses AI to combine the latest medical breakthroughs, tips and treatments from news stories and research papers to keep you up to date on the latest in the Parkinson's world.
- Whispp: An app that uses AI to convert whispered or vocal cord-impaired speech into a clearer, natural-sounding voice during phone calls.
- PD Buddy: A symptom-tracking app with an AI assistant that provides daily advice on how to better manage your symptoms.

Of course, you can also use chatbots like ChatGPT and Gemini to learn more about the condition, find new ways to manage your symptoms and connect with resources. You may have already come across Parkibot, a chatbot designed specifically to answer questions about Parkinson's.

That being said, we don't recommend taking any medical advice from AI without checking with more-reliable sources, and, ideally, consulting your doctor or healthcare provider. LLMs take their knowledge from a variety of online sources, and that information can too often be outdated, conflicting or outright wrong.

Is AI helping Parkinson's research?

Complex computer systems have long been used in medical research. Machine-learning systems can identify cancers in medical scan images as well as doctors. The technology has also been used to diagnose Parkinson's and identify drivers of the condition in recent years – including in Parkinson's UK's own Brain Bank.

In 2022, a team from the Parkinson's UK Brain Bank at Imperial College London, NHS England, Parkinson's UK, and AI specialists Polygeist set out to investigate if AI could be used to improve the speed and accuracy of Parkinson's diagnoses. They found that, of 300 people with a Parkinson's diagnosis and 50 without, the AI model was able to diagnose Parkinson's with greater than 93% accuracy in just 4 minutes.

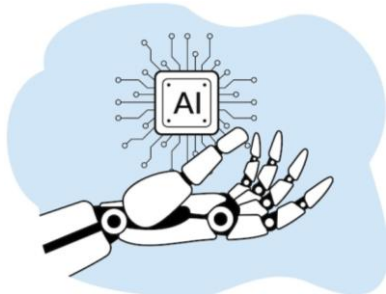
A year later, research published in Nature Machine Intelligence showed that an AI system could identify which of the four altered pathways in the body was the key driver of a person's Parkinson's with 95% accuracy. This is information that could be used to subtype Parkinson's in the future in order to develop more personalised treatments.



More recently, researchers at University College London have developed a new blood test which they say is 100% accurate in identifying Parkinson's. The team reached this conclusion by using AI to analyse more than 1000 different proteins in blood samples and identifying the subtle changes in eight proteins consistently found in those with Parkinson's.

Why might I not want to use AI?

Like the internet itself, there are positive and negative sides to AI. While machine learning and LLMs have the potential to be life-changing for people with Parkinson's, the downsides could be equally catastrophic.



Many people and environmental groups have raised concerns about the impact of AI on the planet. Data centres require vast amounts of electricity to train and run AI models, as well as huge volumes of water to keep them cool. This big increase in demand for electricity to power the

new data centres has led to a big increase in the burning of fossil fuels to create that electricity. Furthermore, manufacturing all those new computer systems also creates electronic waste, which can include hazardous substances, like lead and mercury, according to the UN Environment Programme.

There are also questions surrounding the ethics of AI and the industry remains largely unregulated in terms of sustainability, safeguarding and its development. All LLMs have been trained using content scraped from the web without permission. This means that your writing, artwork or even social media posts have probably been used by large companies to build machines that can generate new text and images like yours, all without your knowledge or consent.

The good news is that the EU passed its Artificial Intelligence Act in 2024. This prohibits certain uses of AI and requires companies to be more transparent if they operate in the EU, which is likely to impact the tech industry outside of the EU too. However, while General Data Protection Regulation (GDPR) touches on the topic of AI in terms of personal data, there is currently no AI-specific regulation in the UK.

Aside from the ethical implications of using AI, the technology is also susceptible to getting things wrong. New health advice and research is published constantly, meaning the training data behind LLMs becomes out of date as soon as a new update is released. The BBC published a study that

examined more than 3,000 responses from ChatGPT, Copilot, Gemini, and Perplexity. This study found that 45% of all answers provided by these chatbots had at least one significant issue. Furthermore, AI models are designed to please you so that you'll keep interacting with them. This means they might not correct you if you present them with an incorrect idea.



INFORMATION DAY, 6TH MAY

We held the second of our planned four Information Afternoons on 6th May but, unfortunately, the turn-out was rather disappointing. This was a particular shame as we had three excellent speakers on offer. We started out with a Speech and Language specialist, who gave us many tips and hints towards maintaining the strength of your voice for as long as possible.

We then heard from an Admiral Nurse from Dementia UK. She explained, in easy-to-understand language, what dementia is, the

many different forms of dementia and how important early diagnosis is in managing the condition.

Finally, we heard from Shirley of HOPE, the New Forest branch of a national charity devoted to Helping Older People. Shirley told us all about the services they offer, ranging from helping to fill in Attendance Allowance forms, to Befriending and many more.

The next Information Afternoon is planned for Wednesday 1st July and will start at 2.00 pm. I look forward to seeing you there.

DATES FOR YOUR DIARY

On **Sunday 7th June** your amazing Treasurer, Gill, will be holding a Tombola in her front garden, as part of the Lymington **Western Road Garden Gate Sale**; from 10.00 – 12.00 am.

At 7.30 pm, on **Wednesday 17th June**, at All Saints Church, Fawley SO45 1DL, the **New Forest Sounds Ladies Choir** and **Intersection** will be presenting a concert. Tickets cost £10 (children £5), including refreshments and a donation from the proceeds will be made to our Branch .

On **Saturday 25th July**, our intrepid band of volunteers will be staffing a Tombola and Information stall at the **Six Villages Together** event, held at **Gangwarily Recreation Ground, Blackfield, SO45 1GA** from 11.00 am to about 5.00 pm.

On **Saturday 29th August**, our intrepid band of volunteers will, once again, be staffing our Tombola and Information stall at **Lymington Market** (outside Moore Barlow solicitors)

And

At 3.00 pm, on **Saturday 28th November**, at St Saviour's Church, Brockenhurst, SO42 7SP, the **Solent Concert Orchestra** will be presenting a concert and, again, proceeds from this event will be donated to our Branch.

We look forward to seeing you there.

Parkinson's UK Leaflets



PUK produce booklets on all aspects of Parkinson's to cover whatever your Parkinson's journey may be. You may have some of these symptoms now and some you may develop in the future.

These booklets cover all the day to day challenges of Parkinson's—from Anxiety, Attendance Allowance, Getting Around/Blue Badge, Falls, Freezing, Mobility, Insurance, Occupational Therapy, Pain, Physiotherapy, Restless Legs, Speech & Language, through to Tremor—and lots more!

We have copies of all these booklets available on tables in the hall at our Thursday monthly meetings. You are welcome to have a look and to take any that you may wish to have.

At any of our other meetings at the Boldre War Memorial Hall you can ask the Chairman to see these booklets and he will make them available to you

If you wish you can order these booklets from PUK—free of charge

Visit—<https://shop.parkinsons.org.uk/collections/parkinsons-uk-information-1>

Ring 0330 124 3250 and tell them your order

E-mail your order to: resources@parkinsons.org.uk

We also have leaflets available on other local organisations plus copies of our own flyers giving information about Care Navigators and local Good Neighbourhood Groups

HCC Blue Badge Scheme



What is a Blue Badge

The Blue Badge Scheme is designed to help people with severe mobility problems, registered blind, and those with severe disabilities in both arms by allowing them to park close to shops, public buildings and other places they may wish to visit.

Who can use a Blue Badge

The Blue Badge is issued to a named person and they can use it in anyone's vehicle in which they travel, they DO NOT need to be the driver, nor own the vehicle.

Qualifying for a Blue Badge

In order to apply for a Blue Badge from Hampshire County Council you must pay your Council Tax

Automatic Qualification

If any of the following apply, you will receive a badge without further assessment:

- **You receive** the Higher Rate of the Mobility Component of the Disability Living Allowance (HMRCDLA), dated in the last 12 months
- **You are registered** severely sight impaired (blind)
- You receive a War Pensioner's Mobility Supplement (WPMS)
- **Have been awarded** a lump sum benefit from Tariffs 1 to 8 of the Armed Forces Compensation Scheme, and certified as having a permanent and substantial disability which causes inability to walk or very considerable difficulty in walking
- **You receive** a Personal Independence Payment (PIP) award that indicates you cannot walk further than 50 metres
- **You receive** a Personal Independence Payment (PIP) award of 10 points with the specific accompanying statement 'where to undertake a journey causes overwhelming psychological stress'

Eligible subject to further assessment

A badge may be issued after further assessment if you either:

- **Regularly** drive a vehicle, have a severe disability in both arms and are unable to operate (or have considerable difficulty in operating) all or some types of parking meter; or
- **Have** an enduring and substantial difficulty which causes you, during the course of your journey:
 - * **To be** unable to walk or have a very considerable difficulty whilst walking—which may include considerable psychological distress
 - * **To be** at risk of serious harm when walking, or
 - * **To pose**, when walking, a risk of serious harm to any other person

You do not qualify for a badge if....

- **You** have a disabling condition that is only temporary, such as a broken leg
- **You** suffer from an Irritable Bowel condition where none of the above qualification criteria are met

Before you apply

Before applying make sure you have the following

- **Personal** Information including National Insurance Number
- **Evidence** of qualification for a Blue Badge as detailed above
- **A photocopy** of one of the following: passport, driving licence, birth certificate, marriage/divorce certificate, civil partnership/dissolution certificate
- **A colour** passport style photograph taken in the last 12 months

Applying for a Blue Badge

A Blue Badge costs £10 and is usually valid for three years

You can apply for a badge directly online or you can download an application form to complete—www.gov.uk/apply-blue-badge

You can e-mail blue.badge@hants.gov.uk and ask for a form to be sent to you or you can contact Hampshire County Council on 0300 555 696

Post completed forms and relevant documents to Blue Badge Unit, PO Box 696, Fareham, PO14 9PD

HOW PICKLEBALL IS HELPING ME WITH PARKINSON'S

JUST ONE



MORE GAME

Every year, our family (all 11 of us) gets together to spend time together, catch up, and just enjoy each other's company.

This year we went to a leisure and sports resort in North Devon, and that's where I tried pickleball for the first time.

Something surprising happened almost straight away. After only two sessions, my tremor noticeably calmed down. When I mentioned it to a specialist, they said the rhythmic, repeated movement in pickleball can help activate motor pathways.

The more I've read and spoken to people about it since, the more it makes sense. For me, pickleball brings together a lot of the things that are often recommended for Parkinson's:

- Balance and footwork
- Hand-eye coordination and reaction time
- A gentle cardio boost
- Strength and flexibility (without feeling like a gym session)
- A brain workout (tracking the ball, planning shots, quick decisions)
- A mood lift from getting out, laughing, and being around other people



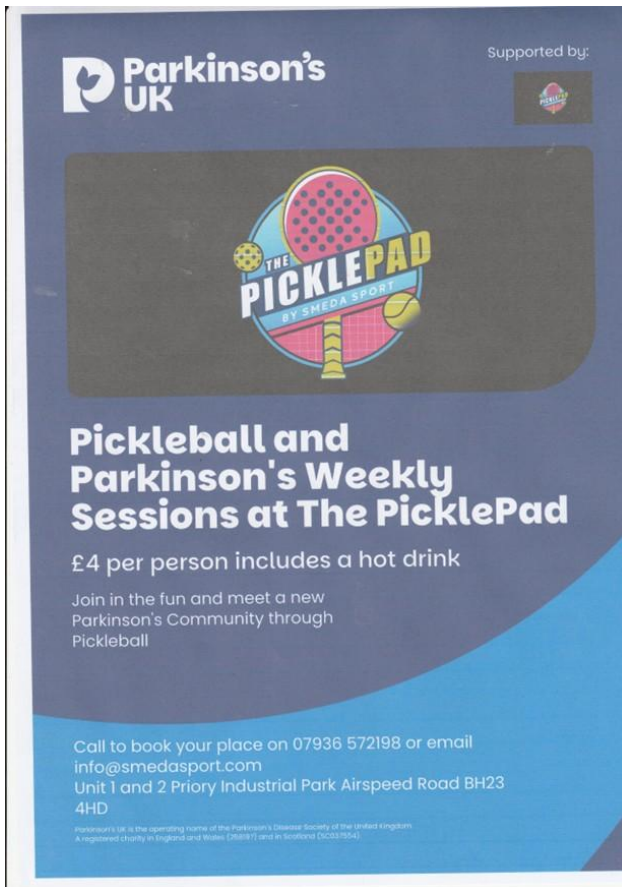
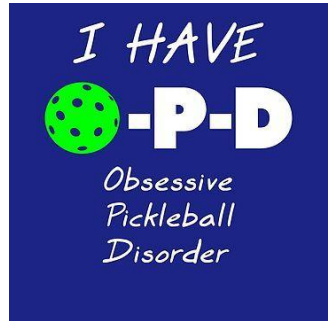
I know Parkinson's is different for everyone, and I'm not saying pickleball is a cure—but for me it's been a really positive reminder that movement still matters. If you're living with Parkinson's (or supporting someone who is), it might be worth asking your

specialist or physio whether a gentle, fun sport like this could be safe for you to try.

Off the back of that, I've joined a local pickleball club so I can keep playing regularly and see what difference it makes over time.

Even if you start small—one short session, a slower pace, plenty of breaks—the combination of light exercise, coordination, and friendly company can be a real lift. I'm cheering you on.!

David Batchelor (Branch Member)



Parkinson's UK

Supported by:

THE PICKLEPAD
BY SMEDA SPORT

Pickleball and Parkinson's Weekly Sessions at The PicklePad

£4 per person includes a hot drink

Join in the fun and meet a new Parkinson's Community through Pickleball

Call to book your place on 07936 572198 or email info@smedasport.com
Unit 1 and 2 Priory Industrial Park Airspeed Road BH23 4HD

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (Charity 11) and in Scotland (SC039444).

In the interests of impartiality,

There are many other venues where Pickleball (a version of badminton) and it's cousin, Padel (a version of squash), can be played in our area. These include, but are not limited to:

New Forest Pickleball

Complete beginner or seasoned pro all welcome!

Location	Highwood Road, Brockenhurst, SO42 7RY
Room/Space	Forest Hall
When	Wednesdays 2:30-4:00pm
Email	newforestpickleball@gmail.com

<https://www.chewtonglen.com/spa-wellness/facilities/tennis-pickleball/>

Hamptworth Padel & Pickleball club is open seven days a week.

Hamptworth Road, Hamptworth, Salisbury, Wiltshire, SP5 2DU,

All enquiries: [01794 390155](tel:01794390155)

Email: info@hamptworthgolf.co.uk

Gang Warily Recreation Centre (Newlands Road, Fawley, SO45 1GA) have four Pickleball courts available to hire in their main hall.. Bats and balls can be hired at reception for an additional fee. Session Time: 55 minutes

Off Peak- £9.00 Peak (Mon-Fri, 5pm-10pm) – £10

Lymington Health & Leisure

Email: lymington.reception@freedom-leisure.co.uk

Call: 02382000299

New Forest Pickleball Club

Session Times Mon 18:00 - 20:00

Most, if not all Local Authority Recreation Centres in our area also cater for this sport

Your Chairman is currently in negotiations with the local Lawn Tennis Association with a view to learning more about this sport and where it can be played.

At present, it would appear that Pickelpad (Unit 1 & 2, Priory Industrial Estate, Airspeed Rd, Mundeford, BH23 4HD; see page 28) is the only venue offering Parkinson's-specific sessions.

NEWS FROM LESLEY; OUR INTREPID TRIATHLONIST:



As you may remember, Lesley, the daughter of one of our Members, bravely undertook the Dorchester

Sprint Triathlon on Sunday 24th May. Despite this being the hottest day of the year; as well as the hottest May day since records began; I am delighted to report that Lesley not only finished the course, but she did so in an amazing time of approximately 2 ½ hours!

At the last count, she has raised well in excess of £500 for our Branch funds; with final donations still rolling in. WELL DONE, LESLEY! And a huge THANK YOU from us all.



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

Branch phone No	07595 927 299
Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org.uk editor@parkinsonsnewforest.org.uk
Secretary	Position currently vacant
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org.uk
Website Manager	Trevor Smith admin@parkinsonsnewforest.org.uk
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.

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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