

Monthly Branch Newsletter

'September 2024

YOUR FILM THIS MONTH IS: WIDOW CLICQUOT

DATE – **Friday 13th September 2024** From 11.00 am, as usual



Starring: Haley Bennett, Natasha O'Keefe and Leo Suter. The true story of the 'Grande Dame of Champagne', Barbe-Nicole Ponsardin who, aged just 20, became Madame Clicquot after marrying the scion of a wine-making family. After her husband's untimely death, she flouts convention by assuming the reins of the wine business they had nurtured together.

She defied her critics and revolutionised the champagne industry!

Tickets cost: £7 per person for the film, or £15.50 per person for the film + lunch

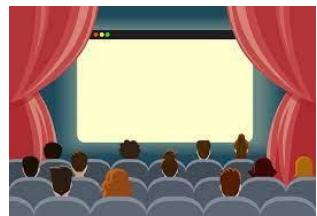
Book in advance or on the day - and do come for lunch!

Online: - lymingtoncommunity.com Phone - 01590 672337

Or In Reception: - Lymington Centre, New Street, Lymington, SO41 9BQ

Car Parks: - 1) Emsworth Road, 2) behind Tesco or 3) next to Tesco in Canon Street - blue badge parking available in all the car parks - free and with no time limit.

WE HOPE TO SEE YOU ALL THERE!



LUNCH CLUB



On **Thursday 5th September**, you are invited to join other like-minded friends at the **Lunch Club** being held at the **Lyndhurst Baptist Church Hall** in Chapel Lane, Lyndhurst. Starting at 1.30 pm everyone is welcome to enjoy a free light lunch and plenty of friendly chat.



Coffee Morning
Everyone Welcome



COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 9th September** and will be held at **Redcliffe Nursery, Bashley**. It will start, as always, at 10.30 am. We look forward to seeing you there.

AFTERNOON TEA

Our Afternoon Tea for May will be on **Wednesday 25th September** at **Otter Nursery**.



BRANCH MEETING THURSDAY 19TH SEPTEMBER FROM 2.00 PM



Our Speaker this month will be: **Annie Cooper**, on the subject of; **“Being a Commoner in the New Forest”** A brief history of the New Forest and how the Commoning system evolved, how it works and its administration. Followed by how Annie became a Commoner and her experiences of the Forest community and farming in this unique part of the country.

Annie is a very entertaining and fun speaker, a farmer's daughter who eventually took over the farm located in Minstead.

After Tea, we will hear from: **James Gavin, PhD, FHEA**; Lecturer in Musculoskeletal Health (for Occupational Therapy) / EULAR HPR Committee; School of Health Sciences, University of Southampton.

EXERCISE AND MOVEMENT SESSIONS

Every **Tuesday morning**, from **10.30** and most **Thursday afternoons**, from **2.00pm** a number of Parkinson's People and their Partners turn up at Boldre Memorial Hall for an hour's mainly chair-based exercises; whilst (on Tuesdays) a group of the Partners and Carers usually wander off to a local Tea Room for coffee and chatter (cake instead of exercise? Sounds good to me!).

Both sessions are then followed by tea, coffee and biscuits and the opportunity to chat, catch up with friends and generally put the world to rights.

If you would be interested in coming along and having a go, please feel free to do so.

We look forward to seeing lots of you there.



ALISON MCGREGOR.



This year, we have had the pleasure of three sailings on the Alison McGregor; with a fourth booked for 2nd September. The first trip we booked, in June, had to be cancelled at the last minute; due to strong winds and heavy rain. The three trips in July and August, however, all went ahead successfully and all involved said that they thoroughly enjoyed their afternoons out on the water.

Solent Dolphin, the charity which runs the Alison McGregor vessel, operates between May–September each year and I will, of course, be seeking to book more excursions during next year's season. This **FREE SERVICE** is becoming very popular indeed and I have to be quick off the mark to book the whole vessel (12 seats) when their online booking page opens each year and, having checked, I will NOT be able to organise another sailing this year.

As soon as I have dates for next year, I will let you know



SINGING AND VOICE TRAINING

We have now enjoyed two sessions of **Singing and Voice Training with Lucy Kelleher** and both have been well attended and much enjoyed.

Lucy is very clever at devising individual voice training exercises that link directly to the next song on her play list and she is very open to including requests. After the first session, in July, I happened to mention the fact that the first record I ever bought, at the tender age of about 7, was Tommy Steel's rendition of 'Little White Bull'. Lo and behold, that very song appeared in August's session; bringing back many very happy memories for me.

Our third session will be held in the small room at Boldre Hall on Friday, 20th September at 3.30 pm and Lucy and I very much look forward to see you there.



PARISIENNE AFTERNOON TEA



With music provided by **Café Mondial**

With great thanks to **Colton Care**, who are organising and paying for everything; with all proceeds being donated to our Branch funds, you are cordially invited to an afternoon of relaxation and entertainment, French-style at Boldre Hall on **Thursday 12th September** from **2.00 to 4.00 pm**.

Tickets cost **£5 per person** and are available in advance from **Gill Naish**. However, we know that it is not always possible to plan too far in advance with Parkinson's, so tickets will also be **available on the door**, if required.

For catering purposes, if you are planning to just turn up, please could you let Gill know **now**, even if you don't actually make it on the day. If the caterers work to the number of tickets sold and 20, or more, people arrive unexpectedly on the day, there simply won't be enough cakes and goodies to go round; and **that** would never do!

OCTOBER CONCERT

Every year, for at least the past ten years, we have been treated to a concert by the **FB Pocket Orchestra** and this

year's offering was to have been on **Sunday 6th October.**



However, thanks to a mis-understanding between your Chairman and the Orchestra, this year the date did not appear in their booking diary and they are unable to join us.

So, this year, our annual concert will be rather different to that which we had planned and we will be introducing to you something new but, we hope, something that you will enjoy just as much.

We hope that you will thoroughly enjoy an afternoon of friendly socialising, indulgent catering (I am hoping that our dear friend Angela will be able to produce her usual incredible assortment of home-baked cakes) and 30 – 40 minutes of foot-stomping, blood-pumping live music, appropriate to this wonderful coastal area in which we all live.

A DATE FOR YOUR DIARY!



Come along to a very entertaining concert of Sea Shanties sung by **'THE SALTY SAILORS'**

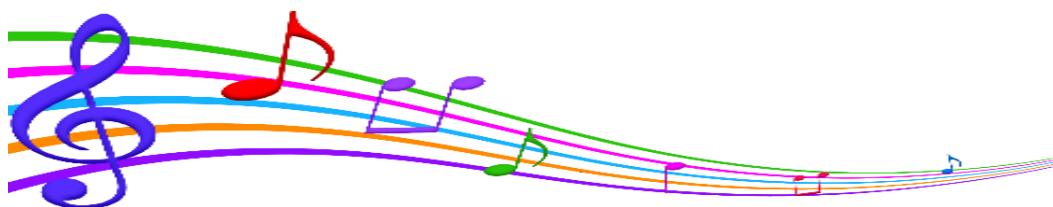
ON SUNDAY 6TH OCTOBER 2024

AT 2.00PM AT

THE BOLDRE WAR MEMORIAL HALL

Refreshments will be served during the afternoon

No charge—just the usual donations if you wish!



A REQUEST FOR INFORMATION OR GUIDANCE

From one of our Members

I am considering installation of a stairlift, or two. If you have any experience with stairlifts, would you please email or WhatsApp me. Your advice is appreciated,

Christian Astheimer

email: c.astheimer@gmail.com

Phone: 07761 067 059

Every Tuesday 10.30 am	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Every Thursday 2.00 pm (except 3 rd Thur of month)	Boldre Memorial Hall, Pilley	Movement and Exercise Session + coffee / tea (£3, Carers free)
Wed 4 th Sept 11.00 – 4.00	Lyndhurst Community centre	Branch Information Stall
Thurs 5 th Sept from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Mon 9 th Sept from 10.30 am	Redcliffe Nursery, Bashley	Coffee Morning Free event Everybody welcome, no booking required
Thur 12 th Sept 2.00pm	Boldre Hall	Tea Dance; courtesy of Colton Care Tickets £5.00 per head; all proceeds to Branch funds
Fri 13 th Sept Start at 11.00 am	Malt Cinema, Lymington Community Centre	Film: "WIDOW CLICQUOT" followed by lunch, if required. Film £7.00 or £15.50 with lunch.
Thurs 19th Sept start 2.00 pm	Boldre Hall	Branch meeting: Speaker Annie Cooper "Being a Commoner in the New Forest" : Free event Everybody welcome, no booking required
Fri 20 th Sept from 3.30pm	Boldre Hall (Small Hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Wed 25 th Sept from 2.30 pm	Otter Nursery	Afternoon Tea Free event Everybody welcome, no booking required
Thurs 3rd Oct from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Sun 6 th Oct 2.00pm	Boldre Hall	Concert ('The Salty Sailors') Free event Everybody welcome, no booking required
Mon 14 th Oct from 10.30 am	Everton Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thurs 17th Oct start 2.00 pm	Boldre Hall	Branch meeting: Speaker Jane Glennie: "Violet's Titanic Escape" Free event Everybody welcome, no booking required
Fri 18 th Oct from 3.30pm	Boldre Hall (MAIN hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Thurs 7 th Nov from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Mon 11 th Nov from 10.30 am	Redcliffe Nursery, Bashley	Coffee Morning Free event Everybody welcome, no booking required
Fri 15 th Nov from 3.30pm	Boldre Hall (Small hall)	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)
Thurs 21 st Nov start 2.00 pm	Boldre Hall	Branch meeting: Speaker Sway Handbell Ringers: Free event Everybody welcome, no booking required
Thurs 5 th Dec from 1.30 pm	Lyndhurst Baptist Church Hall,	Lunch Café Free event Everybody welcome, no booking required
Mon 9 th Dec from 10.30 am	Otter Nursery	Coffee Morning Free event Everybody welcome, no booking required
Thur 12 th Dec 12.00 for 12.30	South Lawn Hotel Milford-on-Sea	New Forest Branch Christmas Lunch Menus & Booking Details to be issued closer to the date.
Fri 20 th Dec from 3.30pm	Boldre Hall (Small hall) PROVISIONAL DATE TBC	SINGING AND VOICE TRAINING with Lucy Kelleher £4 per person (Carers / Partners free)

USEFUL CONTACTS		BRANCH CONTACTS	
Parkinson's UK Helpline Mon-Fri 9 am to 6 pm Sat 10am to 2 pm	0808 800 0303 (Freephone)	Branch phone No	07595 927 299
Parkinson's Nurse Practitioners Jennie Meadway & Carly Fricker	01590 663446	Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org editor@parkinsonsnewforest.org
		Secretary	John Naish
Parkinson's UK Local Adviser: Angella Duffy	aduffy@parkinsons.org.uk 0207 963 3837	Membership Sec.	John Phipps
Adult Services. Mon – Thurs. 8:30 – 5:00 pm Fri 8:30 – 4:30 pm	0300 555 1386	Treasurer	Gill Naish treasurer@parkinsonsnewforest.org
Adult Services: All other times	0300 555 1373	Website Manager	Paul Smith admin@parkinsonsnewforest.org
Community Physiotherapy Service	0300 121 0175	Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley
Occupational Health direct	0300 555 1378	Committee Members	Alison Bolton; Derek White;
Citizens Advice Bureau New Forest	03444 111 306	Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne
Age Concern New Forest	02380 841 199	Branch Website	www.parkinsonsnewforest.org
Community First New Forest	01425 482 773	Branch e-mail	info@parkinsonsnewforest.org
Disability Information Service New Forest	01425 628 750	USEFUL CONTACTS (continued)	
Red Cross Lymington	01590 679 529	Princess Royal Trust for Carers	01264 835 246
Red Cross Christchurch	01202 484 074	Blue Lamp Trust	0300 777 0157
Blue Badge Hampshire	0300 555 1376	Carers Together / N F Carers' Friends	01794 519 495
My Dementia Support Helpline	0344 324 6589		



If in doubt, or if you don't know who to ask, please feel free to contact any member of the committee, or phone 07595 927 299 and we will do our best to point you in the right direction

The New Forest Branch of Parkinson's UK meets every third Thursday of the month (except December) at the Boldre War Memorial Hall, Pilley, SO41 5QG. The meetings are from 2.00pm to 4.15pm and there is tea and usually a Speaker. Anyone with an interest in Parkinson's Disease is welcome. There are no Membership fees; but voluntary donations are always welcome.

The opinions expressed in newsletter articles are not necessarily the views of the Branch Committee Team or Parkinson's UK.

Groups, Organisations, Charities and Companies and individual traders mentioned in this publication do not carry any endorsement from Parkinson's UK or Parkinson's New Forest. They appear here merely on an informational basis.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC0.7554)