

Monthly Newsletter September 2025

This Newsletter is routinely sent to all Members and other interested parties by e-mail. If, for any reason, you would prefer a printed paper copy, please let me know (editor@parkinsonsnewforest.org.uk) and I will be happy to add you to the postal mailing list

Your FILM this month is: **Downton Abbey – The Grand Finale**

DATE – **Friday 26th September 2025 starting at 10.30 am.**



Starring - All your favourites! This cinematic return of the global phenomenon, follows the Crawley family and their staff as they enter the 1930s. When Mary finds herself at the centre of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future

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

It is anticipated that demand for this film will be high. You are advised to pre-book your tickets early if you want to see this not-to-be-missed historical drama.

WE HOPE TO SEE YOU ALL THERE!



LUNCH CLUB

On **Thursday 4th September** from **1.30 pm**, you are invited to join current and future friends at the **Lunch Club** being held at the **Lyndhurst Baptist Church Hall** in Chapel Lane, Lyndhurst.



THE DONUT CAFÉ

Join with friends, old and new, for free doughnuts, cakes and endless tea. **Wednesday 17th September from 10.30-12 noon from 10.30 am** at the **Baptist Church Hall, Chapel Lane, Lyndhurst SO43 7FG**





COFFEE MORNING

Our **Coffee Morning** this month is on **Monday 8th September** and will be held at **Otter Nursery**. It will start, as always, at 10.30 am. We look forward to seeing you there.

AFTERNOON TEA

Afternoon Tea this month will be at the **Otter Nursery** on **Wednesday 17th September** from **2.30 pm**.



Branch Meeting



Thursday 18th September from **2.00 pm**

Our Speaker for this month will be: **Amanda Bishop**, from “**The Princess Royal Trust for Carers**”

Exercise and Movement sessions



Our ever-popular Exercise and Movement sessions continue every **Tuesday morning, from 10.30am** and most **Thursday afternoons, from 2.00pm** at the **Boldre Memorial Hall** (excluding the third Thursday of each month). £3 per person, (Carers/Spouses free)

Singing and Voice Training

Friday 12th September at **2.30pm**

If you haven't tried it yet, please do come along this month and see what it's all about. Only then can you possibly say “I don't think it's for me” but, I assure you, once tried, you will be happy to come back every month. £4 per person, (Carers/Spouses free)



Branch Outing on the Watercress Line Steam



Railway

This exciting ‘first’ for our Branch takes place on **Wednesday 3rd September**, but is now fully booked. A full report on our adventures will appear next month

Alison McGregor



The sailing at **10.30am on Saturday 20th September** currently has **SIX** available places so, if you would like one last chance to go out on the water this year, please contact Martin (Chairman) as soon as possible. Strictly first come, first served.

Sailings resume in March 2026

Christmas Lunch at the South Lawn Hotel

Yes, I know it's only September and I apologise for mentioning the 'C' word so early, but I want to give you the chance to book the date in your diary, before all those other pesky seasonal events get in the way.

Friday 19th December; 12.30 for 1.00 pm.

Menu choices and booking forms will be circulated nearer to the date. As usual, this event will be subsidised from Branch funds as a 'Thank you' for your continued support of our efforts on your behalf.



Summer Garden Party

On Thursday 21st August, we held our annual Summer Garden Party and, this year, it was a corker!

In recognition of their recent generosity in awarding us a £500 grant, we invited various dignitaries from New Milton Town Council and we were delighted to welcome The Mayor, Councillor Alvin Read and his wife, Vivian, along with Town Clerk, Graham Flexman.

Also present were representatives from Lymington Community Centre, the Malt Cinema and Hartwood House Care Home (Lyndhurst).



Most delightful, however, was the fact that nearly 70 of our Members came along to enjoy the excellent music supplied by local band The Rambling Men, followed by tables groaning under the weight of the amazing spread of home-made sandwiches, sausage rolls, cakes, and other delicacies supplied exclusively by volunteers from among our own numbers. Thank you, Ladies

(and Terry), your efforts were very much appreciated by everyone present.

The afternoon was spent amid a steady buzz of conversation and laughter, with games in the garden being well utilised and, speaking on behalf of all your Committee, it was a truly pleasant opportunity to see you all having such a pleasant time together.



Thank you, again, to everyone involved in making this such an enjoyable day.

Lymington Market Tombola Saturday 23rd August



The ever-willing team of volunteers started arriving in **Lymington High Street** at 7.00 am on Saturday morning and it did not take long to have everything set up and ready to go. We had a steady stream of visitors to our stall all through the day, not only trying their luck on the Tombola, but also surveying the various items of hand-made arts and crafts and other items that we had for sale

At about lunch time, with another three, or four, hours to go, we started to run out of prizes, so Gill had to make a dash for home to collect another boxful.

The weather all day was perfect, clear skies, warm sun and just enough shade to stop us boiling over and, at the end of the day, we were tired, but elated with a job well done.

Then, Gill sent out the results, after counting the cash.

On the Tombola stall, we made **£625.22p** (some people just handed over the contents of their purses as donations) and the Sales table made a staggering **£112.50**; bringing the total for the day to a staggering **£737.72p**.

80th ANNIVERSARY
VJ DAY FREE EVENT
CELEBRATIONS

SATURDAY 6TH SEPT
11AM - 4PM NEW MILTON RECREATION GROUND

**New Milton Commemorates – The Homecoming
A Shared Moment of Celebration**

Lions Club of New Milton & District - Charity No. 1177005

- Large Display of Vintage & Classic Cars
- VJ Day Ceremony 1PM
- Live Entertainment 40's style
- Commercial & Community Stalls
- Children's Amusements
- Refreshments
- BBQ & Licensed Bar

1 PRIZE FOR BEST DRESSED 40's STYLE

For more Information contact
Daniel Ratcliff danielratcliff546@gmail.com
or call Alan Watson 07771 754025

Thank you enormously to everyone who has made this possible, from those who so generously donated everything from bars of soap to bottles of whiskey, to those who turned up on the day and presented such a positive and united display of support for everyone affected by Parkinson's in the New Forest area. Without you, we could not achieve what we do achieve. Embarrassingly, I am frequently on the receiving end of praise and positive comments from all directions for the vibrancy and busyness of our Branch and it is all down to you and the efforts you put in to keep us going. Thank you again.

Our next (and final for this year) big fundraising push comes on **Saturday 6th September**, when we will have a Tombola stall at the **New Milton Lion's Club VJ Day celebrations** (see poster)

It would be really great to see you there on the day; come along and enjoy all the fun and activity, meet new people and have a great day out.

Join us for

Living well with Parkinson's

Whatever your journey with Parkinson's, we're here for you. We have organised a series of informative sessions with guest speakers to help you better understand your Parkinson's diagnosis and live well with the condition.



romseyparkinsons.eventbrite.co.uk
or for further information contact: Leigh Stroud
lstroud@parkinsons.org.uk / 07955 267 385
Full programme details overpage



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (268197) and in Scotland (SC037654).



Venue: Crosfield Hall, Broadwater Road, Romsey SO51 8GL

Book your free place today:
romseyparkinsons.eventbrite.co.uk

Understanding Parkinson's Medication

Wednesday 24 September
11am-12pm
Speaker: A presentation via Zoom by Linda Moss, our Parkinson's UK helpline Nurse Specialist.

Wellbeing for Parkinson's

Wednesday 28 January 2026
11am-12pm
Speaker: Gillian Ward mindful-medicine.co.uk

Parkinson's Research

Wednesday 25 February 2026
11am-12pm
Speaker: Parkinson's UK Research Team.

Parkinson's Living Aids

Tuesday 21 October
11am-12pm
Speaker: Sue Mills, Parkinson's UK Trading Manager

Importance of Physical Activity

Wednesday 25 March 2026
11am-12pm
Speaker: Anna Castiaux, Parkinson's UK Physical Activity Programme Lead

Spotlight on Parkinson's UK Local Support

Wednesday 26 November
11am-12pm
Speakers: Parkinson's UK Local Support Team.

Parkinson's UK helpline

Phone: 0808 800 0303
Email: hello@parkinsons.org.uk

JOIN OUR TEAM

WALK THE TEST WAY

28TH SEPT 2025

In aid of

Parkinson's UK

CHOOSE YOUR DISTANCE

(MILES)

5 | 8 | 11 | 16 | 25.5

Help raise much needed funds to support Parkinson's UK
Contact us to find out more...

REGISTRATION OPENS 1ST MAY 2025
www.walkthetestway.org.uk

Rotary CLUB OF ROMSEY TEST

Fancy a walk?

Parkinson's UK are looking for volunteers to sign up to **Walk the Test Way** on **Sunday 28th September**.

If you are interested, or you know anyone who is, please could you register at:
www.walkthetestway.org.uk

And / or contact: **Katherine Stephenson**

Community Fundraiser – South; Parkinson's UK

✉ kstephenson@parkinsons.org.uk

☎ 020 7963 3844

☎ 07815 607 459

Thank you

SEPTEMBER		
Tues 2 nd Sept from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 3 rd Sept 1.00 pm	Watercress Line Steam Railway, Alresford Station, SO24 9JG	Branch outing on Steam Railway £19.80 (Carers Free) FULLY BOOKED
Thurs 4 th Sept from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Thur 4 th Sept from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Sat 6 th Sept 11.00 – 4.00	New Milton Recreation Ground	New Milton Lions Club VJ Day Celebration TOMBOLA
Mon 8 th Sept from 10.30 am	Otter Nursery, between Lymington & Everton	Morning Coffee Free event Everybody welcome, no booking required
Tues 9 th Sept from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 11 th Sept at 2.00 pm	Hythe Marina Village	Sailing on the Alison Mc Gregor NOW FULLY BOOKED Free event, Everybody welcome (subject to booking)
Thur 11 th Sept from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 12 th Sept from 2.30 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Singing & Voice Training Session with Lucy Kelleher (£4, Carers & Partners free)
Tues 16 th Sept from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Wed 17 th Sept 10.30 – 12.00	Lyndhurst Baptist Church Hall, SO43 7FG	Donut Café Free event Everybody welcome, no booking required
Wed 17 th Sept 1.30 – 3.30 pm	All Saint's Church Memorial Hall, Hordle Lane SO41 0FB	Hordle & Tiptoe carers' cafe
Wed 17 th Sept from 2.30 pm	Otter Nursery, between Lymington & Everton	Afternoon Tea Free event Everybody welcome, no booking required
Thur 18 th Sept from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Branch Meeting ,, Speaker: TBA Free event Everybody welcome, no booking required
Sat 20 th Sept at 10.30 am	Hythe Marina Village	Sailing on the Alison Mc Gregor Please BOOK IN ADVANCE (07595 927 299) Free event, Everybody welcome (subject to booking)
Tues 23 rd Sept from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thur 25 th Sept from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Fri 26 th Sept from 10.30 am	Malt Cinema, Lymington Community Centre	Film 'Downton Abbey: The Finale', followed by lunch, if required. Film £7; Film + Lunch £15.50 (payable to Lymington Community Centre)
Tues 30 th Sept from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
OCTOBER		
Thur 2 nd Oct from 2.00 pm	Boldre Memorial Hall, Pilley SO41 5QG (Small Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)
Thurs 2 nd Oct from 1.30 pm	Lyndhurst Baptist Church Hall, SO43 7FG	Lunch Café Free event Everybody welcome, no booking required
Tues 7 th Oct from 10.30 am	Boldre Memorial Hall, Pilley SO41 5QG (Main Hall)	Chair-based Exercise and Movement Session (£3, Carers & Partners free)

Useful Contacts

Parkinson's UK Helpline Mon-Fri 9 am to 6 pm Sat 10am to 2 pm	0808 800 0303 (Freephone)
Parkinson's Nurse Practitioners Jennie Meadway & Carly Fricker And Lymington Hospital Parkinson's Clinic	01590 663446
Parkinson's UK Local Adviser: Angella Duffy	aduffy@parkinsons.org.uk 0207 963 3837

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
Events, Fundraising and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe; Angie Lilley, Pam Hollingsbee
Committee Members	Alison Bolton; John Naish
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
Branch e-mail	chairman@parkinsonsnewforest.org.uk OR info@parkinsonsnewforest.org.uk



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 at the Boldre War Memorial Hall, Pilley, SO41 5QG. The meetings are from 2.00pm to about 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, 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: 50 Broadway, London, SW1H 0DB. A charity registered in England and Wales (258197) and in Scotland (SC0.7554)