PARKINSON'S UK CHANGE ATTITUDES. FIND A CURE. JOIN US.

PARKY NEWS!

The Magazine of the New Forest Branch of Parkinson's UK

Summer 2022

In this issue:

Alison McGregor 4
Our Queen's Platinum Jubilee Party..... 5
Research Opportunities 6
Sticking plaster for brain could beat Parkinson's disease 8
Hide and Seek 9
Carers' Corner 10
Parkinson's Advisers 12
Get Going Again Project 2022 12
Parkinson's Connect 16
Western Road Donation..... 18
"Lexophile"..... 20
Parkinson's Friendly Cinema Shows 20
Walk for Parkinson's – New Forest 21
The F B Pocket Orchestra..... 23
Parkinson's Dance Class..... 23
L.A.P.S. Exercise Group 23
Senior Sayings..... 24
What's on 26
Useful Contacts..... 27
Branch Contacts..... 28

Chairman's Piece –

This year seems to be going from good to even better, with a busy schedule of events keeping us all busy every month. It is a real pleasure for me to see the growth in Membership we have achieved since the end of Covid restrictions and I look forward to many more months (and years) of activity and support for everyone affected by Parkinson's in the New Forest.

I would like to take this opportunity to say a heartfelt "Thank you" to the active, innovative and hard-working team of volunteers on our main and sub committees. The Entertainment, Advertising and Fund-Raising subcommittee in particular have worked non-stop to come up with ideas for events and then put them into action.. Mary, Gill, Linda and Jackie have certainly kept me on my toes this year and their unstinting efforts promise even more good things to come for next year. Every group, such as ours, relies entirely on the selfless efforts of often unsung heroes in the background to keep it running and I could achieve nothing without the excellent team behind me, doing all the work, whilst I simply try to keep an over-view of everything and make sure that you, our valued Members, receive the best service we can offer.

Looking ahead, we have a Mad Hatter's Tea Party this month, a concert from the FB Pocket Orchestra in October and, of course, our annual Christmas Lunch in December (more details of that to come nearer the time). These are, of course, on top of our regular monthly meetings, our Film Shows, Coffee Mornings, Afternoon Teas and thrice-weekly Zoom sessions. If there is anything else you think we could offer, please don't hesitate to let any Committee member know and we will be happy to look into it for you.

Martin Hall-Patch

(chairman@parkinsonsnewforest.org)

Friendship and support through the toughest of times

ALISON MCGREGOR

Following our two very successful trips on the Alison McGregor over the past two months I have, by popular request, managed to book a third outing. This will take place on FRIDAY 30th SEPTEMBER at 2.00 pm. At the time of going to print, there were a few seats still available, so I urge you to contact me, either in person, by phone on 07595 927 299, or by e-mail (chairman@parkinsonsnewforest.org) as soon as possible to secure your place. I understand that, with Parkinson's, it is rarely possible to guarantee how you will be feeling on any future date, but it is important for me to be able to update Solent Dolphin with expected numbers as soon as I can. If, on the day, you are simply not able to make it, that is no problem and everyone will understand. Please do not let this uncertainty put you off applying for a seat on this not-to-be-missed trip.

OUR QUEEN'S PLATINUM JUBILEE PARTY

We decided that our July monthly meeting should be a bit different this year – there was the Queen's Platinum Jubilee to celebrate!

So we planned the celebrations and, with the willing help of others, our plan of action came together!

We borrowed bunting from various sources, blew up lots of Jubilee balloons, baked cupcakes, obtained large union flags, made table decorations, printed off interesting facts on the Queen's 75 year reign and together we decorated the hall and tables. We think it looked fabulous!

We had a very special visitor too – the Queen had heard about our party and decided to join us! She very kindly stood for hours having her photo taken with members and watched us all celebrate her great achievement!

We all looked fabulous in our red, white and blue outfits – especially our Chairman in his union jack polo top bought just for the occasion!

After our very interesting speaker on the amazing Lusitano horses we all sat down to a delicious Jubilee tea! It must have been delicious as there was very little left!

From the photos it looks like everyone enjoyed themselves – we really hope that you did!

Jackie, Linda & Gill

We're calling on the Parkinson's community to take part in 5 important clinical studies that are currently at risk of closure.

When the pandemic hit back in 2020, a number of active Parkinson's trials had to close their sites, pause their research to keep people safe and redeploy staff to the coronavirus (COVID-19) frontline.
Now, 2 years on, these trials are open and recruiting but their time is running out to recruit all the people needed to ensure they can continue.

What are clinical trials?

Clinical trials are the most costly and lengthy part of the whole research process. They play a vital role in demonstrating new treatments are both safe and effective. The data collected from these studies is required for new treatments to be licensed and made available to people with Parkinson's.
Parkinson's UK spends around £10 million on research each year. With clinical trials being closest to delivering life changing new treatments, we support numerous studies addressing all aspects of Parkinson's, from managing symptoms to slowing the progression of the condition.
Without these trials, important new treatments could be delayed by years, or risk never being made available at all.

Could you take part?

There are 5 Parkinson's UK-supported studies currently behind on their recruitment targets due to the coronavirus pandemic and at risk of closure. We are urging people from the Parkinson's community to come forward.
Each trial is looking for people who meet specific criteria, for instance you may experience anxiety, falls, hallucinations or low mood. But it's not just people with Parkinson's who can take part. The AND-PD study, for example, is also looking for people who do not have the condition.
In total, Parkinson's UK and other funders have invested several million pounds in these trials. If they have to close early, this will be wasted, and will delay the delivery of potentially life changing new treatments for Parkinson's.

Choose a trial to take part in

The studies you can take part in are listed below and sorted by symptom. For full details of each study, what's involved in taking part, and how to register your interest directly with the research teams, please follow the links below.

Balance and falls

A phase 3 clinical trial of a sticky medication patch for falls in Parkinson's (CHIEF-PD). It has 3 months left to recruit around 300 participants. This trial is now closed

Daily living and drooling

A trial of a wrist-worn device assisting daily life of people with Parkinson's as well as seeing if it can manage drooling. We have 4 months left to recruit around 3,000 participants. Find out more about the device and drooling trial at https://www.parkinsons.org.uk/research/trial-wrist-worn-device-assisting-daily-life-people-parkinsons-free-living-study.

Hallucinations

A trial looking at repurposing an existing drug to see if it can help with Parkinson's hallucinations (TOP HAT). It has 20 months left to recruit about 250 participants. Find out more about the TOP HAT trial at https://www.parkinsons.org.uk/research/top-hat-trial-licensed-drug-parkinsons-hallucination-treatment.

Anxiety

A study looking to better understand anxiety in Parkinson's (AND-PD). There are 9 months left to recruit around 130 participants. **The study is looking for people with and without Parkinson's**. Discover more about the AND-PD study at https://www.parkinsons.org.uk/research/and-pd-anxiety-and-without-features-depression-people-parkinsons.

Low mood

A trial to test a potential treatment for low mood in Parkinson's and to see if it can slow the progression of the condition (ADEPT-PD). It has 10 months left to recruit around 300 participants. Learn more about the ADEPT-PD trial

at https://www.parkinsons.org.uk/research/adept-pd-improving-mood-and-slowing-progression-parkinsons.

STICKING PLASTER FOR BRAIN COULD BEAT PARKINSON'S DISEASE

Ben Spencer
, Science Editor
Sunday May 29 2022, 12.01am, The Sunday Times

Parkinson's researchers are looking at mitochondria in the part of the brain that controls the release of dopamine

A scientific breakthrough which promises to protect the "batteries" of brain cells could pave the way for the first treatment to halt the progress of Parkinson's disease.

NRG Therapeutics, a Cambridge start-up, has designed a potential drug to protect the mitochondria, the energy source inside every human cell. The treatment works as a "sticking plaster" to keep closed a hole in the mitochondria that has been identified as a key cause of Parkinson's.

Neuroscientists in the past 15 years have made significant progress in understanding the role the breakdown of mitochondria in brain cells plays in the disease's development.

Michael J Fox was diagnosed with Parkinson's in 1991

But NRG has now worked out how to stop that process happening, a discovery that could see the first patients receive treatments in trials within three years.

The discovery is so promising that it has now attracted a £2.7 million grant from Innovate UK, a government agency, on top of previous charitable investments from the charity Parkinson's UK and the Michael J Fox Foundation. The American actor was diagnosed with Parkinson's in 1991 at the age of 29.

HIDE AND SEEK

By Judy Theobald

I love it with my Grandad
For, although I'm only three,
I go round to his house
And he plays hide and seek with me.
I find a special place to hide, creep into it and then
Wait there, very patiently
While Grandad counts to ten.

Now, Grandad's nearly fifty four,
which makes him old, I know,
but he never seems to guess
exactly where I go.
I leave my trainers sticking out,
or wave my hand behind me,
but Grandad never seems to see,
he simply cannot find me.

He stands there in his sitting room,
performs a little twirl
and says, in his loud Grandad's voice:
"Where is that little girl?"
Or else, I go upstairs
and hide beneath the spare room bed,
but even though I shout and sing,
he only shakes his head.

So, after thirty seconds,
I can't stand it anymore,
I let him have a clue and shout:
"I'm here, down on the floor."
And Grandad jumps in terror,
disbelieving, rubs his eyes.
Oh, he's such a joy to play with;
he's so easy to surprise!

CARERS' CORNER

QUIS CUSTODIET IPSOS CUSTODES?

Who will Care for the Carers?

NEW FOREST CARERS' FRIENDS

C/o Carers Together
9 Love Lane
ROMSEY
Hampshire
SO51 8DE

Carers Listening Line: 08000 323 456
Information & Advice: 01794 519 495 365 days a year
Email: admin@carerstogether.org.uk
Activities Organiser: 07920 506343

CARERS' CAFÉ

Run by Lyndhurst, Minstead and Emery Down Churches Together (but don't worry; no-one will preach at you!)

If you are a Carer and would like to meet with other Carers, do come and join us at the Baptist Church Hall in Chapel Lane, Lyndhurst for an afternoon of informal chat and a very good buffet lunch. The person for whom you are caring is also very welcome indeed.
The café is held on the first Thursday of each month from 1:30 to 3:30 pm and it is FREE. (Except, this year, for June, when it will be the second Thursday due to a Queen's Jubilee event in the Church Hall)
The Café has been running for 15 years and many of the original attenders are still coming. If you are interested, do ring the organisers, Henry and Nuala, on 02380 282 485 or e-mail: nualarosenvinge@hotmail.com. Alternatively, you are very welcome to just turn up and you will be greeted warmly.
We are looking forward to hearing from you.

C.A.M.E.O.
Come And Meet Each Other.

A new social and friendship group has started at the Baptist Church Hall, Chapel Lane, Lyndhurst. Meeting every Friday from 11.00 to 1.00, this is a group for everyone and anyone to come along for chat and a small meal (soup & a bun and cake), intended to help break the cycle of loneliness and isolation. It is completely free (though voluntary donations are always welcome) and there is no obligation to come every week. Simply turn up on Friday, or call David Featch on 07491 683 404.

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
- Carers 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: 01264 835 246 or e-mail :infor@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.

GET GOING AGAIN PROJECT 2022

New Forest.

Are you 60+ and living with a health condition that is holding you back?
If so, then we can help.
MHA Communities Hampshire are launching a project called "Get Going Again," which is being funded by Hampshire County Council in order to support and re-engage people, over the age of 60 who are considered to be clinically vulnerable.
You can be considered clinically vulnerable if you have any of the following conditions: or have been an organ recipient or are taking any immune-suppressant medication.
chronic respiratory disease, inc COPD, cystic fibrosis and severe asthma
chronic heart disease, vascular disease, kidney disease/receiving dialysis or liver disease
chronic neurological disease including epilepsy, Mental ill health including dementia/Alzheimer's and Parkinson's Disease.
Down syndrome or severe and profound learning disability
diabetes, morbid obesity, solid organ, bone marrow and stem cell transplant recipients
undergoing treatment for cancer or taking immunosuppression drugs due to disease or treatment

had spleen removed or disease that significantly increases risk of infections such as SCID or sickle cell

We can provide links to the network of support provided by MHA, as well as supporting you to access other services enabling you to re-engage with your local community.
We accept direct referrals from yourself, you family members/carers or professionals supporting you; so if you, or someone you know would like further information about this Project, please email us at:
Getgoingagain@mha.org.uk
Or alternatively call us on: 01425 476 142
We look forward to hearing from you, so please get in touch.

HAMPSHIRE ALERT

HAMPSHIRE CONSTABULARY

Courier Fraud
Protect your loved ones from callous fraudsters after Hampshire and Isle of Wight residents lose more than £786,000 to courier fraud
Hampshire Constabulary is urging family members and friends of vulnerable people to be on their guard to help protect their loved ones from courier fraudsters.
Typically, courier fraudsters target their victims by claiming to be a police officer or a member of staff from a victim's bank and they often pressure people into making quick financial decisions to assist with fictitious investigations.
In 2021 alone, 110 people in Hampshire and the Isle of Wight were victims of courier fraud, with losses totalling £786,963.
Across the whole of the UK, 3,625 people were victims of courier fraud, with people losing more than £15.2million through scams.

Hampshire Constabulary is now supporting a new campaign launched by the City of London Police to help tackle courier fraud.
To help raise awareness, the City of London Police has released a new list of tactics used by the fraudsters.
An analysis of data from the National Fraud Intelligence Bureau (NFIB) has highlighted four modus operandi (MOs) which are now more commonly being used by fraudsters.

Four common MOs used by courier fraudsters:

Bank card expiry:
Fraudsters claim to be from the victim's bank and say their card is no longer valid. They ask for the pin number and then
send a "courier" to collect the card before using it for fraudulent purposes.
Purchasing high-end items:
The suspects pretend to be police officers and ask the victim to help with an undercover operation by purchasing expensive items like watches, jewellery and gold. Once the item is bought, the victim will hand over the item to the criminal.
Counterfeit cash/bank investigation:
A person claiming to be a police or banking official informs the victim that they need to help with a banking corruption investigation. The victim is told to withdraw a large amount of money and the cash is picked up later by a courier to "check for fingerprints or to identify counterfeit bank notes".
Computer takeover:
The fraudster telephones the victim, purporting to be from their internet service provider, saying that they have had an issue with their internet connectivity and they are due compensation. The victim is persuaded to download a remote access application, giving the suspects access to their home computers. The fraudster persuades the victims into thinking that they have been paid too much compensation and the victims then withdraw cash to pay the money back, which is later collected by a courier.
Detective Inspector Mark Carter, from Hampshire Constabulary's Serious & Organised Crime Unit, said: "These fraudsters are heartless individuals who prey on some of the most vulnerable people living in our area.
"We know that victims of courier fraud are typically aged between 70 and 89, with women more likely to be targeted than men.
"I would like to urge everyone who has an elderly relative, friend or cares for someone in that age bracket to make them aware of this type of fraud.

“We want people to know the tactics used by fraudsters and to be aware of the warning signs to look out for.
“These incidents can often have a huge impact on victims as they come to terms with the fact they have fallen for a scam, and the financial losses that come with it.
“We want to ensure that people do not become repeat victims, so we want to educate them and their loved ones to ensure that fraudsters can no longer take advantage of Hampshire and Isle of Wight residents.
“Our officers are determined to bring an end to offences of this nature and will take appropriate steps to identify and prosecute the individuals responsible.”

Signs of courier fraud:

• Courier fraud usually starts with an unsolicited telephone call to the victim.
• Typically, the suspect will pose as a bank official, police officer or a computer or utility engineer.
• Courier fraudsters will usually request victims to purchase high-value items such as a Rolex watch and gold bullion, withdraw cash or provide a bank card for collection from a courier.
• Fraudsters will instruct victims not tell any family or friends about what they are doing.
• When carrying out courier fraud, criminals will request that the victim hangs up the phone to ring their bank for confirmation while keeping the line open. The suspect then purports to be bank official and provides false confirmation.
• Fraudsters will also make arrangements for a courier to meet the victim to collect the item they have purchased.
Anyone who receives an unexpected call from someone claiming to be one of these officials should verify they are speaking to someone genuine: hang up, wait five minutes and call back on a number they know is genuine

They say every piece of chocolate eaten shortens your life by two minutes.
I've done the maths.
Seems I died in 1537..

PARKINSON'S CONNECT

At Parkinson's UK, we want to be there for everyone, from diagnosis onwards. Parkinson's Connect will build on the services we already offer to deliver personalised support to more people with Parkinson's, and their family and friends.

More and more people are being diagnosed with Parkinson's. In fact it's the fastest growing neurological condition in the world. And everyone's experience is different. We want to be there for everyone, from day one. So, we're transforming Parkinson's support.

"Parkinson's Connect is the new name for our information and support services. But it's much more than just a new name. It's a pioneering new approach to Parkinson's support, building on 50 years of experience.

It's the right information and support. In the right way. For everyone. From day one. And it's personalised to you, whatever your connection to Parkinson's.

Parkinson's Connect has six bold aims:

- We'll connect with you when you're **diagnosed**.
- We'll offer **online and offline** support.
- We'll offer improved support if you have more **complex needs**.
- We'll provide **personalised** advice, information and support in a way that works for you.
- We'll enable and empower you to **live well** with Parkinson's.
- We'll develop tailored support for you if you're a **family member, friend or carer** of someone with Parkinson's.

Why are things changing?

We currently support around 50,000 people every year through our information and support services. But this is less than 20% of people affected by Parkinson's. Our aim is to be there for every one of you.

In the UK alone, two more people are diagnosed every hour. As more and more people are diagnosed with Parkinson's, it's vital that our services grow too.

We're transforming Parkinson's information and support so we can be there for everyone – people with Parkinson's, family, friends and carers. From diagnosis and throughout your life.

The future of Parkinson's support

Parkinson's Connect is an evolution of the trusted and much-needed services we already offer. So you'll always be able to access our helpline and adviser service, online forum, local support and activities, and expert health information.

For the first time ever, NHS healthcare professionals will be able to refer you to Parkinson's Connect when you're diagnosed. This means people with Parkinson's will be able to get the right information and support from day one.

We're offering an online profile so you can get personalised advice, information and support. And a friendly check-in service for people who need it, to make sure you're doing ok.

You'll also be able to opt in to emails with information you're interested in. Family, friend or carer? We're tailoring our support for you, based on what you specifically want to know.

People with Parkinson's, and their family and friends, have helped design Parkinson's Connect from the beginning. And we'll be continually improving and developing the service, based on feedback from the Parkinson's community.

Over time, through Parkinson's Connect, we'll be there for at least 80% of newly diagnosed people with Parkinson's.

In summer 2022, you will hear more about Parkinson's Connect through a widespread marketing campaign.

Helpline/Adviser

To access our Information and support service, please contact our free and confidential helpline on **0808 800 0303 or email hello@parkinsons.org.uk.**

Opening times are: Monday to Friday 9am - 6pm and Saturday 10am - 2pm.

Our trained advisers, including specialist Parkinson's nurses, can provide information and advice about all aspects of living with Parkinson's, including medical issues - symptoms and treatments, benefits and health and social care.
If local information or in-depth support is needed you will be referred to the relevant service whether that is a Parkinson's adviser in your local team or one of our specialist advisers".

It's a five-minute walk from my house to the pub. It's a 35-minute walk from the pub to my house.
The difference is staggering

WESTERN ROAD DONATION

John & I have lived in Western Road, Lymington since May 1995 – we have seen a lot of changes over the years with a lot of people coming and going!

We have watched houses being renovated, decorated, extended, painted, and gardens being remodelled with lawns, flower beds, shrubs, trees, fences, walls and garden gates!

And in all those years there have remained a small core of people who have grown together and kept up the community spirit!

It all started with a Street Party for the Queen's Golden Jubilee in 2002! We formed a committee and planned it all! Fundraising events like Skittles evenings were held and a Garden Gate sale (like a car boot but in your front garden) was organised. On the day we were overrun with dealers who turned up early and customers kept on coming – it was wonderful! We sold Western Road Jubilee T-shirts and mugs too. Out of the money raised we paid for a

brilliant street party – fancy dress, music, a massive cake, a DJ, bales of straw to sit on, tug of war, egg & spoon races, a wonderful spread of food - all opened by the local Mayor at the time! Donations were made to Leukaemia Research & Oakhaven.

Roll on 2012 – the Queen's Diamond Jubilee – another well organised Street Party!
Quite a few of the same people but lots of new ones too. Our 3 year old granddaughter, Evlyn, won the fancy dress competition – dressed as the Queen! Her brother – 7 month old Noah – had his own little crown too! Another massive cake, lots of food and a donation was made to the Hampshire Air Ambulance.

Come 2022 – only a couple of the old guard left in the street now and not so much enthusiasm amongst the neighbours for a big Street Party! So we decided to spend some of the money left over from the previous parties on a Street Meet! A BBQ was arranged between two of the houses and food and drink was provided for all who came! People were also asked to donate to two chosen charities – Pedal & Parkinson's UK New Forest!

We are delighted to say that a donation of £50 has been made to the Group from the Western Road Street Party Committee - and a great deal of fun was had raising it!

Our Garden Gate sale has now been going every year (almost) since 2002 – we have had 20 years of getting rid of our junk and buying someone else's!

John and Gill Naith

People who wonder whether the glass is half empty or half full are missing the point.....The glass is refillable.

“LEXOPHILE"

describes those that have a love for words, such as "you can tune a piano, but you can't tuna fish", "To write with a broken pencil is pointless."
An annual competition is held by the New York Times to see who can create the best original lexophile.

Some samples of submissions.

- I changed my iPod's name to Titanic. It's syncing now.
- England has no kidney bank, but it does have a Liverpool .
- Haunted French pancakes give me the crepes.
- This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.
- I know a guy who's addicted to drinking brake fluid, but he sayshe can stop any time.
- A thief who stole a calendar got twelve months.
- When the smog lifts in Los Angeles U.C.L.A.
- I got some batteries that were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.
- A will is a dead giveaway.
- With her marriage, she got a new name and a dress.
- Police were summoned to a day-care centre where a three-year-old was resisting a rest.
- Did you hear about the fellow whose entire left side was cut off? He's all right now.

PARKINSON’S FRIENDLY CINEMA SHOWS

Our monthly film shows have continued to be well attended and much enjoyed.
In June, we saw ‘Operation Mincemeat’, a well-presented telling of a true story of intrigue from WW11.
In July the film was ‘The Railway Children Return’, a surprisingly emotional and powerful depiction of the evacuation of children to the countryside and the rampant racism and violence towards black American servicemen from their own (white) so-called ‘comrades’.

In August, our treat was 'Top Gun Maverick', with all the thrills and spills expected from Tom Cruise.
After each film, many of us also enjoyed lunch in the Gates Hall, provided by Mahala and her crew, consisting of sandwiches, cakes and endless cups of tea or coffee.
It is regretted that, from this months, the prices for the film and lunch will have to be increased slightly but, I guess, we are all getting used to increasing costs in these difficult times. Even so, I feel that this monthly event will remain good value for money and an excellent opportunity to get out of the house and do something we maybe wouldn't risk doing at any of the bigger Cinema complexes around the area.
We hope to see you there!
If you need more information then contact John and Gill on 01590 679099

WALK FOR PARKINSON'S - NEW FOREST

Explore Bolderwood Deer Sanctuary, taking in the ancient and ornamental woodland and views of the fallow deer herds. Every step you take brings us closer to a cure.

Location

Bolderwood, New Forest

Time and date

10am, Sunday 2 October 2022

Sign up fee

£12 for adults and £6 for under 18s

Sponsorship

Suggested minimum sponsorship target £50
https://events.parkinsons.org.uk/register/walk-parkinsons-new-forest/defaultregistrationform

PARKINSON'S UK CHANGE ATTITUDES. FIND A CURE. JOIN US.
New Forest Branch

2022 Photography Competition

and 2023 Calendar

For 2022 we are holding a photography competition. The subject is

The New Forest

The best entries will be used on the cover of Parky News and to create a 2023 Calendar which will be on sale at the November meeting to raise funds for 2023

(They may also be used at meetings, or on our Website and social media pages)

We live in a beautiful area of the country so get your camera or phone out and get snapping!

Send your entries as soon as possible to admin@parkinsonsnewforest.org or hand prints to any member of the committee.

Closing Date 31 Oct 22

Submission of a photograph grants Parkinson's UK the right to use it in any media

THE F B POCKET ORCHESTRA

Our concert this year will take place on Sunday 2nd October and will, I am sure, be attended by a good selection of our Members.

Between the 'sets' we will be, once again, be enjoying an amazing selection of cakes, baked for us, as always, by Angela Grainger. It has been secretly whispered that the only reason the Band come every year is to sample Angela's cakes! I recommend that you write this date into your diary now, as this regular annual event is one not to be missed.

PARKINSON'S DANCE CLASS

Location: Forest Arts Centre, Old Milton Road, New Milton, BH25 6DS T: 01425 619983 forest-arts.co.uk Parkinson's Dance

Monday ' s 1pm -2pm £4 (careers go free) Free hot drink

Starting 13 September 2021

The Parkinson ' s Dance class provides a creative, fun and social space where dance sparks imaginations, nurtures expression and empowers our bodies and minds to move and invent as the individuals we are, rather than the condition we have. The Parkinson's Dance class is the New Milton Mayors Charity for 2021

L.A.P.S. EXERCISE GROUP

Lymington Area Parkinson's Support

Every Tuesday morning, at 10.30 a happy group gathers at the Boldre Memorial Hall for an hour of fun, laughter and mild, mainly chair-based exercises designed specifically for those with Parkinson's. Everyone's ability is different and each person does as much, or as little, as he or she feels comfortable with. There is no pressure to perform and limitations are fully respected at all times. To find out more, contact Alison on 01590 674 607, or Martin on 07595 927 299

Parky News copy is always welcome from our readers; please give to any member of the committee or send to editor@parkinsonsnewforest.org. 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 one week before the 1st of the publication months: March, June, September and December.**

SENIOR SAYINGS……

"The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us." – Bill Watterson

I'm responsible for what I say, not what you understand.

Common sense is like deodorant. The people who need it the most never use it.

My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously there's a new strain out there.

It's not my age that bothers me, it's the side effects.

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.

As I watch this generation try to rewrite our history, one thing I'm sure of .. it will be poor grammar, misspelled, no punctuations and may not make any sense at all.

Me, sobbing: "I'm not coming back here anymore … I'm not going to let you hurt me again." My Trainer: "It was one sit-up."

As I got older, people think I've become lazy. The truth is I'm just being more energy efficient.

I got nothing done today. I've been in the Produce Department trying to open this stupid plastic bag.

If you find yourself feeling useless, remember it took 20 years, trillions of dollars, and 4 U.S. presidents to replace the Taliban with the Taliban.
Thanks to Alison Bolton.

Turns out it was a marble in the ashtray...

Inside every 60 year old is a 20 year old, wondering what happened

I don't always go the extra mile, but when I do it's because I've missed my exit.

Most people don't think I'm as old as I am until they hear me stand up.

WHAT'S ON

For further details of any of these events, please ring 07595 927 299

Date	Location	Event
Every Tuesday 10.30 – 11.30	Boldre Hall	Parkinson's friendly Exercise Class
Thur 8th Sept 3.30 pm	Lymington Community Centre	Mad Hatter Tea Party + Bingo **please book in advance**
Mon 12th Sept from 10.30 am	Otter Nursery	Coffee morning
Thur 15th Sept start 2.00 pm	Boldre Memorial Hall, Pilley	Monthly meeting. Neil Dunnet Sailing Tall Ships
Wed 21st Sept from 2.30 pm	Otter Nursery	Afternoon Tea
Fri 23rd Sept start 11.00 am	Malt Cinema, Lymington Community Centre	Parkinson's Film show 'Ticket to Paradise'
Fri 30th Sept depart 2.00 pm	Hythe Marina	Alison McGregor boat trip **please book in advance**
Sun 2nd Oct start 2.00 pm	Boldre Memorial Hall, Pilley	FB Pocket Orchestra Concert + Angela's cakes
Thur 6th Oct from 1.30 pm	Lyndhurst Baptist Church Hall	Carers' Café
Mon 10th Oct from 10.30 am	Everton Nursery	Coffee morning
Thur 20th Oct start 2.00 pm	Boldre Memorial Hall, Pilley	Monthly meeting. Laurence Sim A history of Lymington River as a trading port
Thur 3rd Nov from 1.30 pm	Lyndhurst Baptist Church Hall	Carers' Café
Mon 14th Nov from 10.30 am	Redcliffe Nursery Bashley	Coffee morning
Thur 17th Nov start 2.00 pm	Boldre Memorial Hall, Pilley	Monthly meeting. Mark Luis Earp, Queen Victoria on the IoW
Thur 1st Dec from 1.30 pm	Lyndhurst Baptist Church Hall,	Carers' Café
Mon 12th Dec from 10.30 am	Otter Nursery	Coffee morning

USEFUL CONTACTS

Parkinson's UK Helpline	0808 800 0303 (Freephone)
Branch Committee general No.	07595 927 299
Parkinson's Nurse: Sheena Morgan	**01590 663446**
Sharon Atkins Parkinson's Nurse **for New Milton/ Avon Valley**	**01590 663446**
Parkinson's UK Local Adviser: Rosemary Smith	Contact via Helpline above
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 editor@parkinsonsnewforest.org
Secretary	John Naish
Membership Sec.	John Phipps
Treasurer & Website Manager	Paul Smith treasurer@parkinsonsnewforest.org admin@parkinsonsnewforest.org
Events and Speakers	Mary Tozer; Gill Naish; Jackie Gill; Linda Handscombe
Committee Members	Alison Bolton; Derek White;
Coffee Mornings & Afternoon Teas	Jackie Gill & Brian Horne
Branch Website	www.parkinsonsnewforest.org
Branch e-mail	info@parkinsonsnewforest.org

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 magazine articles are not necessarily the views of the Committee Team or Parkinson's UK.

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)