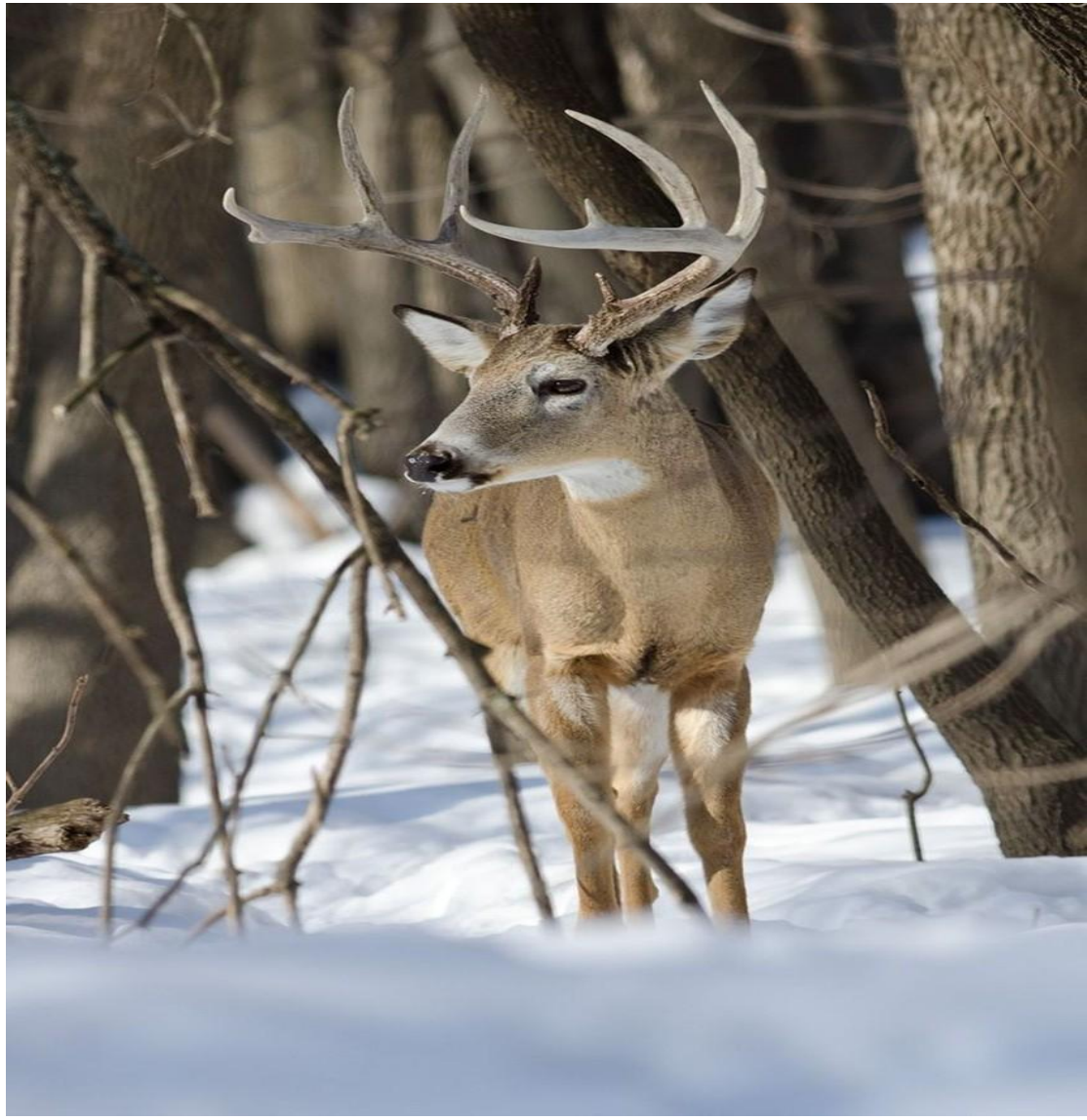


Parkinson's UK

NEW FOREST BRANCH

PARKY NEWS WINTER 2025



In this issue:

RESEARCH NEWS	4
ALICE THROUGH THE LOOKING GLASS	10
CARERS' CORNER	11
PARKINSON'S ADVISERS	11
PARKINSON'S MOVE - YOUR TIPS WANTED!	13
NURSE APPEAL UPDATE	14
CAN YOU HELP US?	17
NAME THE CITY FROM THE CRYPTIC CLUE.....	18
TODAY WAS A DIFFICULT DAY.....	19
CYCLING OPPORTUNITY IN THE NEW FOREST.....	20
NFDC COUNCIL TAX REDUCTIONS	21
MARY & ANDREW'S SAILING ADVENTURE!	23
ANSWERS TO NAME THE CITY:.....	25
PARKINSON'S AWARENESS	27

CHAIRMAN'S PIECE –

It would appear that, somehow, yet another three months has managed to slip by in the blink of an eye. So, now we enter what, for many, can be the doldrum months of winter. This is the time of SAD, or Seasonally Affected Disorder; when it is far too easy to start slipping into a state of mild depression as the skies get darker, the air gets colder and all we want to do is hibernate. Maybe Grizzly Bears and Hedgehogs have got the right idea after all!



My advice? Do everything you can to maintain a Positive Mental Attitude, find something every day to smile or, even better, laugh about; concentrate on the approaching Spring, rather than the miserable weather outside today. Above all, try not to hibernate. Try to get out of the house at least three times a week, if not much more. Get together with friends over coffee at our monthly coffee morning events. Come along to our cinema showings and monthly meetings. All details will be in your regular Newsletters. Anyway, enough of the doom and gloom; life is too short to waste time being grumpy. I am starting to run short of suitable jokes, amusing images and anecdotes, so please could you be on the lookout for anything you think I could slip into Parky News next year? All submissions are gratefully received, though I do, sometimes, have to exercise discretion over what I can, or should not, publish! (sorry if I get it wrong sometimes; I am, after all, only human)

Next year is already shaping up to be busy and entertaining, with four new Information Days planned and lots of social events in the planning stage. If you have any ideas for things we could do, please do let us know.

I hope you have a happy Christmas period and a great New Year.

Martin Hall-Patch

chairman@parkinsonsnewforest.org

Drug aiming to protect brain cells enters clinical trials

Thanks to our crucial funding, a new drug treatment, created by NRG Therapeutics, is moving forwards.

NRG Therapeutics has secured an impressive £50 million to advance their drug, NRG5051, into clinical trials for people with Parkinson's and amyotrophic lateral sclerosis (ALS), also known as motor neuron disease (MND).



NRG5051 is a tablet designed to help repair damage to the mitochondria. Mitochondria are the "batteries" of brain cells, which are known to fail in Parkinson's.

By patching a hole in the wall of the mitochondria, the drug helps keep brain cells healthy and functioning. So it has the potential to slow or stop Parkinson's. The upcoming clinical trials, set to begin in 2026, will focus on assessing the drug's safety and making sure it enters the brain.

We've been crucial to NRG's success

The journey to this point began in 2019. Stevenage-based biotech company NRG Therapeutics was looking for investment to develop their idea for protecting brain cells. Despite promising early data, it was difficult to find investors willing to take a

chance. That's when our Parkinson's Virtual Biotech stepped in, recognising the potential benefit for people with Parkinson's.

Founded by Parkinson's UK in 2017, the Parkinson's Virtual Biotech is now an international programme in partnership with the Parkinson's Foundation.

With an initial investment of £1 million, we provided the funding NRG Therapeutics needed to design tiny but powerful molecules capable of getting into the brain and preventing mitochondrial damage. Without us NRG's idea might not have progressed.



In 2022, NRG Therapeutics attracted £16 million from new investors, alongside further support from the Parkinson's Virtual Biotech. By October 2024, NRG5051 was chosen as the lead molecule for development.

Now, with a further £50 million investment, NRG5051 is ready to take the next step into clinical trials in people with Parkinson's and ALS/MND.

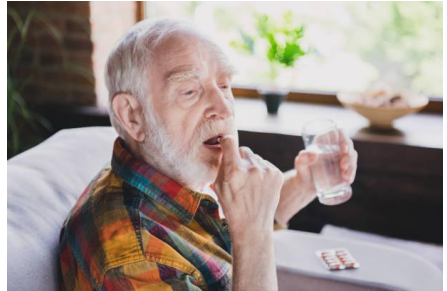
We remain an active founding investor, with an observer seat on their board and will continue to support the company's progress. This achievement highlights the transformative role that our investment has, by supporting ideas at an early stage to then make them less risky for other investors to help take them forward.

Dr Lynsey Bilsland, Managing Director of the Parkinson's Virtual Biotech, said:

“We are thrilled that one of the earliest projects we supported through our drug discovery and development arm, our

Parkinson's Virtual Biotech, is now progressing to clinical trials. It's particularly exciting that initial data will be gathered both in people living with Parkinson's and ALS/MND, for whom there is a significant need for new and improved treatments.

"From our initial investment in 2019 to nurture this idea, to its anticipated entry into clinical trials in 2026, this milestone highlights the vital role of our seed funding. Our innovative approach ensures promising ideas for new treatments are de-risked and accelerated along the research pipeline, bringing them closer to people with Parkinson's, sooner."



Neil Miller, NRG Therapeutics' co-founder and CEO, said:

"The early support we received from the Parkinson's Virtual Biotech was crucial to the success of NRG Therapeutics. It recognised the potential therapeutic value of the novel mitochondrial biology we were pursuing in Parkinson's and importantly, it believed in the NRG founding team. The Virtual Biotech seed funded the company when others perceived the risk as being too high, and its endorsement has helped us secure multiple grant awards and investment from mainstream healthcare investors."

Investors in NRG Therapeutics now include Brandon Capital, British Business Bank, Criteria Bio Ventures, SV Health Investors' Dementia Discovery Fund, M Ventures, Novartis Venture Fund and Omega funds together with our Parkinson's Virtual Biotech.

Edmond J Safra Accelerating Clinical Trials in Parkinson's (EJS ACT-PD)

The trial aims to find one or more treatments for Parkinson's which can slow down or stop symptoms from getting worse.

Who

1,600 people with Parkinson's, who:

- were diagnosed with Parkinson's at age 30 or over
- have been taking dopamine medication to treat Parkinson's for at least the past 2 months before starting the trial
- can commit to taking trial treatment once a day for up to 3 years

You **won't** be able to take part if you have:

- certain Parkinson's gene mutations (PRKN, PINK1, DJ1)
- significantly low blood pressure (checked by the research team)
- had advanced Parkinson's treatments (e.g. DBS)
- a diagnosis of dementia
- or you are breastfeeding, pregnant, or plan to become pregnant while part of the trial

What

First, register your interest by filling in a form and choosing your preferred trial site. You'll be notified on-screen immediately after submitting if you may not be eligible.

When your chosen site is recruiting, the local research team will call you for a pre-screening check. If the trial seems like a good fit, you'll be invited for a 4-hour, in-person screening visit. This includes health checks like a heart scan (ECG) and blood tests.

If you join, you'll be randomly assigned to receive either the trial treatments (telmisartan or terazosin) or a dummy pill. The medication will be posted to your home. You should continue taking your regular Parkinson's medication as normal. You will take one capsule daily for up to three years.

The trial includes 10 appointments and 3 phone calls.

- Your first appointment is in person and will last about 2 hours
- The other 9 appointments can be remote and last between 30 minutes and 2 hours.

You'll be given a blood pressure monitor to use at home, and your travel costs for in person visits will be reimbursed.

You may be invited to join some optional research studies. This is completely your choice and won't affect your place on the main trial. These could include:

- Wearing a sensor to track movement or providing a sample for genetic research.
- A study for your partner or main supporter to share their experiences.
- Providing extra samples, like blood or spinal fluid (at selected sites only).

Please read parts 1, 2 and 3 of [the participant information sheets on the EJS ACT-PD website](#) before deciding whether

you would like to take part. <https://www.ejsactpd.com/for-participants/participant-information-sheet/>

Interested in taking part?

Complete the registration of interest form at:

<https://redcap.nuth.nhs.uk/surveys/?s=s6EovEWRNtla3bm5&instance=1>

The EJS ACT-PD trial will take place at 40 sites across England, Wales, Scotland and Northern Ireland, listed below. The researchers hope to have all sites open and ready to recruit participants by mid-2026.

If you have any questions, we encourage you to read our FAQ

first. [www.parkinsons.org.uk/sites/default/files/2025-](http://www.parkinsons.org.uk/sites/default/files/2025-10/EJS%20ACT-PD%20frequently%20asked%20questions%20Oct%202025.pdf)

[10/EJS%20ACT-](http://www.parkinsons.org.uk/sites/default/files/2025-10/EJS%20ACT-PD%20frequently%20asked%20questions%20Oct%202025.pdf)

[PD%20frequently%20asked%20questions%20Oct%202025.pdf](http://www.parkinsons.org.uk/sites/default/files/2025-10/EJS%20ACT-PD%20frequently%20asked%20questions%20Oct%202025.pdf)

You will also have an opportunity to speak with your local research team after your pre-screening phone call.

Largest ever Parkinson's research trial

We're proud to be supporting and co-funding this revolutionary research trial.

Find out more about why the EJS ACT-PD trial represents an exciting step forward for Parkinson's research.

[Learn more](#)

Deadline

28 September 2029

Funded by

The Edmond J Safra Accelerating Clinical Trials in Parkinson's Disease (EJS ACT-PD) trial is funded by a Medical Research Council (MRC) and National Institute for Health and Care Research (NIHR) partnership, Cure Parkinson's, The Michael J Fox Foundation, Parkinson's UK, The John Black Charitable Foundation, The Gatsby Charitable Foundation and Van Andel Institute.

Locations

Forty One around the country; including:

- **Christchurch Hospital**, Fairmile Road ,Christchurch BH23 2JX
- **University Hospital Southampton**, Tremona Road, Southampton, SO16 6YD
- **Poole Hospital**, Longfleet Road, Poole, Dorset, BH15 2JB

All three of these locations are not open to recruitment yet.

Please **complete the registration of interest form**

<https://redcap.nuth.nhs.uk/surveys/?s=LjA5H2xWSqzmlJhf&instance=1> You will be contacted when your local site opens

ALICE THROUGH THE LOOKING GLASS

In Lewis Carols' iconic book, Alice asks the Cheshire Cat, "Would you please tell me which way I ought to go from here?"

The Cat replied,

"That depends on where you want to get to."

"I don't much care where," Alice replies.

"Then," the Cat responds, "it doesn't much matter which way you go!"

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

Grants or supermarket vouchers for unpaid Carers in Hampshire (Round 7)

Are you an unpaid Carer who lives in Hampshire, or supports / cares for someone in Hampshire (Not including Southampton or Portsmouth)?

You can apply for a supermarket voucher, or a grant for essential household items from this current round, even if you have applied previously from other rounds.

Please contact: **Carers Together** on **01794 519 495**, or email: support@carerstogether.org.uk.

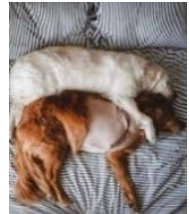
You can also contact the **Princess Royal Trust for Carers** but you can only apply to one organisation per round.

The application form is also available at: www.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

NURSE APPEAL UPDATE

We're delighted to announce that together, we've now raised £5.7 million towards our **Nurse Appeal**, <https://www.parkinsons.org.uk/get-involved/parkinsons-uk-nurse-appeal> which is 63% of our £9 million target. These funds will help to secure new specialist posts around the UK as well as funding our service improvement, education, campaigns and policy work.

To find out more about how Parkinson's UK uses supporter donations to secure more specialists, please visit our pump-priming information webpage.

<https://www.parkinsons.org.uk/get-involved/how-we-fund-new-parkinsons-specialists>

Relaunching our campaign to boost Parkinson's specialist care

Later this month we'll be relaunching our [Can't Wait campaign](https://www.parkinsons.org.uk/get-involved/cant-wait) in **England**. <https://www.parkinsons.org.uk/get-involved/cant-wait>

The *Can't Wait* campaign aims to do two things:

- Firstly, it will provide a clear picture of the existing Parkinson's specialist workforce, highlighting the gaps in provision, which are causing delayed diagnoses, and long waiting times.
- Secondly, it will also apply pressure on the government and local services, asking them to outline how they intend to tackle these challenges and more adequately plan for the future.

The Parkinson's community is playing our part by funding specialist roles in the NHS and educating health professionals about the condition, but we need the government and local health bodies to take action too.

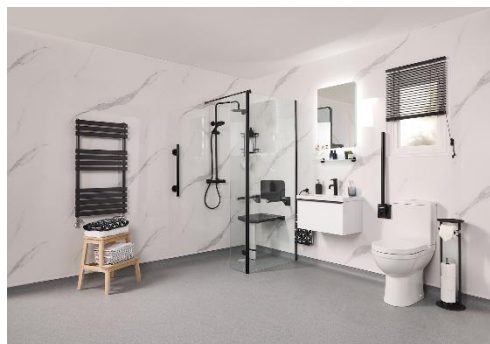
We're asking our supporters in England to [email their MP](https://campaign.parkinsons.org.uk/page/177084/action/1?ea.tracking.id=Vol), <https://campaign.parkinsons.org.uk/page/177084/action/1?ea.tracking.id=Vol> using our simple tool. We'd love it if you also shared it with your friends and family too, as the more emails MPs get the more likely they are to take action.

If you have any questions, please contact your local campaigns officer or Grace Ogden, campaigns engagement lead on gogden@parkinsons.org.uk.



Press release 14 August 2025

EA Mobility becomes official home adaptations partner for Parkinson's UK



EA Mobility, a family-run national company specialising in accessible home adaptations, has partnered with Parkinson's UK to help improve the lives of people living with the condition.

EA Mobility offers safe, functional, and stylish home adaptations - from bathrooms and kitchens to wider accessibility solutions - designed to support people with mobility challenges. The company was founded in 2017 by Kevin Carvell, who was inspired by his father's experience of becoming paralysed from a spinal cord tumour.

Kevin Carvell, founder and owner of EA Mobility, said: "As the founder of EA Mobility, I'm thrilled to partner with Parkinson's UK to empower people living with Parkinson's to become more independent in their own home. This collaboration

is deeply personal to me; after my father became paralysed from a spinal cord tumour, I struggled to find the necessary support, inspiring me to establish this business. We aim to share our expertise and kindness, ensuring functional and aesthetically pleasing adaptations for those in need."

EA Mobility is committed to supporting Parkinson's UK not only through services, but also through ongoing fundraising. Recently, the EA Mobility team completed a 7-million-step challenge, raising £1,000 for the charity. A cheque was presented to Sue Mills, Trading Manager at Parkinson's UK, on 17 July. In addition, the company will donate 10% of its sales to Parkinson's UK for every purchase made by people living with Parkinson's, helping to support vital research and services.

As part of the partnership, EA Mobility is offering to visit local Parkinson's UK support groups to share advice and answer questions about home adaptation options. They also provide a short video guide that highlights key considerations when adapting a bathroom for accessibility, which can be shown at group meetings.

Sue Mills, Trading Manager at Parkinson's UK, said: "At Parkinson's UK, we have a rigorous selection process to partner only with best-in-class companies. We're proud to collaborate with EA Mobility, whose consistently high ratings as a Which? Trusted Trader for over seven years demonstrates their excellence. Their customer-centric approach ensures people living with Parkinson's receive the best support and tailored solutions at every stage of the process."

To find out more about us, please visit eamobility.com/about/. Or phone [0800 955 8810](tel:08009558810) and ask for Rob to book a visit to your Parkinson's UK Support Group.

About EA Mobility

EA Mobility, established in 2005, is a leading provider of accessible bathroom adaptations, dedicated to enhancing independence and safety for individuals with mobility challenges. With over two decades of expertise, our mission is to deliver compassionate, tailored solutions that improve quality of life. Recognised for our commitment to quality and compliance, EA Mobility is trusted by individuals, healthcare professionals and legal teams across the UK. For more information, please visit www.eamobility.com or contact us at enquiries@eamobility.com or phone 0800 955 8810. Follow us on [Facebook](#) and [LinkedIn](#) for updates.

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

CAN YOU HELP US?

If you have any ideas for potential fund-raising opportunities; or if you know someone on the organising committee of your local Village Fete, or a friend, or relative, who is responsible for charitable donations from a business, or grant-giving organisation, please do let us know. We won't always be able to lay on a Tombola, or similar, but even just to have a table offering information and advice about living with Parkinson's is a great benefit to our Branch and the people we meet. If we can talk to just one person who is struggling with living with Parkinson's, or

caring for someone who is, our presence at that event is fully worthwhile.

volunteers wanted

Do you have a bit of spare time on your hands? Do you have useful skills and abilities that might help us to run the Branch more smoothly? If we promise not to 'steal' all your free time, could you consider coming forward, please? (No need to join the 'official' committee, just do your own thing).

At the moment, we are looking for:

- Someone with Copywriting, or Creative Writing skills to compose occasional press releases and other such items and, maybe, help compose articles for Parky News
- Someone to help lay out tables and chairs for our Tuesday Exercise session and / or Branch Meeting (3rd Thursday of each month).
- Anyone else who thinks their special knowledge could be of value to us.

THANK YOU

NAME THE CITY FROM THE CRYPTIC CLUE.

1. Increasing your score by 100%
2. Is this the place to get plastered?
3. Put your father in a paper receptacle.
4. 3 times the 5th letter.
5. Incinerate a sheltered spot.
6. Sounds like the French think that Miss Taylor is good.
7. A Cockney's little pet makes a water barrier.
8. Hades sounds very black.
9. The bare-foot 1984 Olympic distance runner sounds like a nuisance

Answers on page 25

TODAY WAS A DIFFICULT DAY

"Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either."

"But goodness," continued Piglet. "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right."

A.A. Milne

Sending thoughts to those having a Difficult Day today and hope you have your own Piglet to sit beside you.

~A.A. Milne, Winnie the Pooh



CYCLING OPPORTUNITY IN THE NEW FOREST.



I had the good fortune to experience a tester session on a Recumbent Trike, at the New Forest Charity **Pedall** - 'inclusive cycling New Forest'.

Their message is:- '*Off-road cycling experiences that are accessible to all, enabling everyone to experience the beauty of the New Forest National Park*'.

They had a selection of, mostly, electric-powered bikes, including side-by-side tandems. I chose the non-powered Recumbent Trike.

I chose this mainly because of its low centre of gravity, it was very stable. It was glorious to be back on a bike after 2.5 years. There was a group of me, a family of 4, and three instructors. We cycled only on Forest tracks. It was a great experience and I felt very grateful to Pedall for giving me this opportunity and the welcome from the instructors. I would recommend it.

(See:- www.Pedall.org.uk)'

Paul Marshall



**Laughing at
your mistakes can
lengthen your life.
Laughing at your
wife's mistakes
can shorten it.**



NFDC Council tax Reductions

Did you know you might be eligible for one or even two NFDC Council Tax Reductions? Apply now if you think you qualify!

1. Council Tax Reduction for Disabilities

If you or someone living in your home is permanently disabled you may be able to reduce your Council Tax bill.

Eligibility for Reduction

You may be able to get a reduction in your Council Tax if you are disabled or you have a disabled person living with you. Your property must also have one of the following to meet your needs:-

- A second bathroom or kitchen specifically for the use by the disabled person
- **A room, which is not a bedroom, used to meet the needs of the disabled person, for example, dialysis or a downstairs living room made into a bedroom**
- Extra floor space to enable the disabled person to use their wheelchair around the home

Each of these features must be of essential importance to the well-being of the disabled person. Stairlifts, handrails and other fixtures on their own do not qualify for the reduction.

Applying for Reduction

The person who is responsible for paying Council Tax has to make the application.

If you believe you may be entitled to this reduction then you can complete a claim form online at www.newforest.gov.uk or call 02380 285000.

2. Council Tax Reduction for Severe Mental Impairment (SMI)

Anyone who is medically certified as having a severe mental impairment of their intellectual or social functioning, that appears to be permanent, may be eligible to a Council Tax discount.

Conditions that can lead to Severe Mental Impairment include:

- Alzheimer's disease and other forms of dementia
- **PARKINSON'S DISEASE**
- Severe learning difficulties
- A stroke
- Many other conditions may apply

To be eligible, the person must be diagnosed as SMI by a doctor and must provide evidence of entitlement to one of the benefits below (whether receiving them or not)

Attendance Allowance, Personal Independence Payments (standard or enhanced daily living components), Disability Living Allowance, Disabled Persons Tax Credit, Constant Attendance Allowance, Armed Forces Independence Payments, Universal Credit (which includes limited capability for work and/or work-related activity), Employment and Support Allowance, Income Support (which includes the disability premium)

How much is the Reduction—depends on the circumstances

If you have been diagnosed as SMI by a doctor and

- you are living alone or only with others who are SMI, you will be exempt from paying Council Tax
- you live with one adult who is eligible to pay council tax, your household will receive a 25% reduction.
- You live with 2 or more adults who are eligible to pay council tax there will be no reduction

How to apply for a reduction

Online at: www.newforest.gov.uk

E-mail your application to: counciltax@nfdc.gov.uk

Post your application to: Revenues and Benefits Service, Appletree Court, Beaulieu Road Lyndhurst. SO43 7PA

NB: Part C of the form needs to be completed by your Doctor

MARY & ANDREW'S SAILING ADVENTURE!

At the beginning of 2025 Mary's son and wife (Alasdair & Fiona) purchased a yacht in Greece after many years of dreaming and saving their pennies. Their daughters had flown the nest giving them the opportunity to realise their dream. The yacht was called Carla. They had chartered yachts for many years in Greece giving them a good knowledge of the area.



Amazingly in the Spring Alasdair invited us to join them plus Mary's daughter also, called Fiona, and her husband James for a week's sail on Carla in September. What an exciting invitation that was for Andrew and I. Andrew had spent many years sailing in many parts of the world. Mary had also sailed for many years in Kuwait on their family yacht. Not expecting an invitation such as this to come our way with the mobility difficulties we both have in our

later years, this was an exciting adventure indeed.

Off we went to join Alasdair & his wife already in Greece on board the yacht. We travelled with son in law James and daughter Fiona on the long journey to Cheli Porto where the boat was moored. We set off at 0115hrs to Gatwick and arrived at 1700hrs. On route in the hire car we stopped briefly at the Corinth Canal.

Carla was moored alongside a pontoon making it easy for Andrew and I to board. Carla was everything we expected her to be and more. We were given the master cabin with ensuite facilities and a comfortable bed. Following a very delicious Gin & Tonic we went ashore for a celebratory supper at a local taverna. Andrew went in the rubber dinghy with men while we ladies walked round the harbour to the venue.

We sailed the next day to Agios a lovely town where we enjoyed sightseeing. In the evening ate a lovely supper in a very traditional Greek restaurant. The boat was moored stern to as most Greek marinas are arranged. This entails walking along a narrow plank off the back of the boat to dry land. Not easy for Andrew but he did it with help!

Next was a full sailing day to Naphlion, a lovely quiet anchorage where we swam in very clear water. Andrew dived in and managed to climb the boat ladder with help to get back on board. Fiona, daughter in law, prepared a lovely Greek supper while we sipped wine and watched the sun go down.



Next day we sailed to Vivari as we couldn't find a mooring in our marina of choice as it

was a very small marina. We sailed a little further on to an anchorage and used the rubber dinghy to go ashore having 2 make 2 trips ladies first followed by the chaps. At this point Alasdair thought we should use a bosun's chair that he had rigged up on the boom to get Andrew in the rubber dinghy. It worked a treat and gave the men a huge feeling of satisfaction with their engineering skills!! Our supper was served by a Greek family with their beach front garden as the restaurant. We ate what they had in their fridge which was delicious.

On to Poros next morning, weather forecasts were not that accurate and we sailed this leg of journey in high gusty winds. The crew did their stuff and Carla performed magnificently.

On our last day of our adventure we sailed to Agena to enable us to begin our journey home. Starting with a water taxi followed by a ferry to Piraeus where we caught a train to Athens airport. Arriving at Gatwick at 2300hrs and returning to Brockenhurst in the wee small hours, total time 22 hours.

A wonderful adventure in a warm climate, on a lovely yacht with our family. We loved it all, achieved it all and will have these memories forever.

Andrew and Mary Tozer

ANSWERS TO NAME THE CITY:

1. Dublin.
2. Paris.
3. Baghdad.
4. Tripoli.
5. Burnley.
6. Lisbon.
7. Amsterdam.
8. Helsinki.
9. Budapest.



YOU'VE TESTED POSITIVE FOR COVID-19. I NEED A LIST OF EVERYPLACE YOU'VE BEEN.

2025—HARVEST TIME



A BIG THANK YOU

to all members who kindly donated food
to our Harvest Food collection during
October

The food was donated to the New Forest
Basics Food Bank—they were really
pleased to receive our donation and
thanked the Group for their generosity.
All the food will go to help those in need
in our local area—in fact they said our
donation was just in time to make up
food parcels for collection that day!

PARKINSON'S AWARENESS

Parkinson's impacts more than a person's movement and speech. In fact, this disease has more than 50 symptoms – many invisible. These are called non-motor symptoms because they are not related to movement.

Being unseen, non-motor symptoms are often misunderstood and hard to talk about. Yet they can have a greater effect on relationships, social life and overall quality of life than the more obvious symptoms of Parkinson's.

With close to 50 symptoms, the complexity of Parkinson's is severely underestimated. The recognisable symptoms of Parkinson's are just the tip of the iceberg. Beneath the surface there are many more than 20 non-motor symptoms ranging from nuisance to life threatening.



THANK YOU!

FROM THE
SOCIAL
COMMITTEE

OUR 2025 TOMBOLA STALLS

We have held five very successful Tombola Stalls this year!

- * Easter Saturday in Lyminster Market
- * The New Milton Lions VE80 celebrations on New Milton Recreation Ground in May
- * The Western Road Garden Gate Sale in June
- * August Bank Holiday Saturday in Lyminster Market
- * The New Milton Lions VJ80 celebrations on New Milton Recreation Ground in September

Thanks to all the very generous donations from our wonderful members these tombola stalls have raised just over **£2,000** for our Group funds

We couldn't have done it without you—so it is a **BIG THANK YOU** from all of us!

Jackie, Gill, Mary, Angie, Pam & Linda

Own Emergency Numbers

GP:
 Dentist:
 School:
 Day Care:
 Respite:

In Case of Emergencies contact:

Other useful numbers:

Emergency Numbers

Police, Fire, Ambulance and Coastguard 999 or 112
 Police (non-emergencies) 101
 NHS (non-emergencies) 111
 Electricity 105
 Gas Emergency Service 0800 111 999
 Bournemouth Water 01202 590059
 Southern Water 03303 030368
 Environment Agency - Floodline 03459 881188

Hospitals and Hospices

Becton Centre 01425 623802
 Hythe Hospital 02382 318400
 Lymington Hospital 01590 663000
 Melbury Lodge 01962 897700
 Milford-on-Sea War Memorial Hospital 01590 648100
 Moorgreen Hospital 02380 475200
 Mountbatten Hospice 02380 477414
 Oakhaven Hospice 01590 670346
 Princess Anne Hospital 02380 777222
 Romsey Hospital 02382 310350
 Royal Bournemouth 01202 303626
 Royal South Hants 02380 540087
 Southampton General 02380 777222
 Southern Health NHS Foundation Trust 02382 310000
 The Priory, Marchwood 02380 985615
 Western Hospital 02380 540666

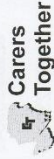
This leaflet was produced by:
 New Forest Carers Friends, in partnership with Carers Together
 Tel: 01794 519495 / 07920 506343
 Email: admin@carerstogogether.org.uk
 Website: www.carerstogogether.org.uk

Are you looking after or giving support to someone who lives in the New Forest?



This signposting leaflet provides a guide to useful information, advice and services for the carers of New Forest residents

April 2024



Charity Number
1197548

Carers Support Workers

Alzheimer's Society 02380 610159
 Andover Mind 01264 332299
 Carers Together 01794 519495
 Mental Health Team -
 New Forest East 02380 668886
 Mental Health Team -
 New Forest West 01425 622922
 Princess Royal Trust
 for Carers 01264 835246

Useful Information

Benefits www.gov.uk/browse/benefits
 Blue Badge 03005 551376
 Citizen Advice New Forest 03003 309009
 Connect to Support Hants
www.connecttosupporthampshire.org.uk
 Hampshire County Council 03005 551375
 HCC Registrar 03005 551392
 HCC Trading Standards 03454 040506
 HCC Transport & Roads 03005 551388
 New Forest Council 02380 285000
 New Forest East MP
 - Julian Lewis 02380 814817
 New Forest West MP
 - Desmond Swayne 02072 194886
 Royal Mail Services 03457 740740
 Royal Mail Preference
 Service 03452 660858
 Solicitors for the Elderly
 New Forest Tourist www.sfe.legal
 Information Centre www.newforest.co.uk
 Talking Newspaper -
 Southampton 02380 333343
 Talking Newspaper -
 National - RNIB 03031 239999

Practical help and advice

Citizens Advice Line 03444 111444
 Community 1st 03005 008085
 Contact A Family 08088 083555
 Dementia Friendly
 Ringwood & Bransgore 07775 908330
 Hampshire Parent & Carer
 Network participation@hpcn.org.uk
 Hampshire Parent 01962 845870
 Partnership Service 03005 551386
 HCC Adult Services
 Mon - Thurs 8.30am-5pm
 Friday 8.30am-4.30pm 03005 551373
 Out of Hours 03005 551390
 Textphone 01962 846601
 HCC Adult Services Text
 Deaf Services 01794 814607
 HCC Adult Service 03005 551386
 Occupational Therapy 03005 551384
 HCC Children's Services
 • Mon-Thurs 8.30am-5pm
 • Friday 8.30am - 4.30pm 03005 551373
 • Out of Hours 03001 240103
 Inclusion New Forest Option 6
 (Drug & Alcohol) 01425 621893
 New Forest Mencap 01425 628750
 New Forest Disability 07595 927299
 Information Service 03000 030396
 Parkinson's New Forest
 Relate 07825 168364
 Silverlinks 02380 366663
 Social Care in Action
 Solent Mind 02382 027810
 Southern Health Carer &
 Patient Hub 02382 311206
 Wessex Cancer Support 02380 672200

Voluntary Transport

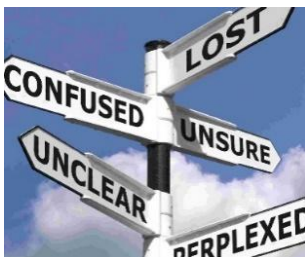
Transport for medical appointments
 Bransgore 01425 673057
 Brockenhurst 08456 435808
 Burley 07922 569965
 Fawley 02380 898756
 Fordingbridge 08458 385902
 Hordle 08453 889063
 Hythe & District 02380 842809
 Lymington 01590 679187
 Lyndhurst 08453 889063
 Milford on Sea 01590 641700
 New Milton 01425 611662
 Ringwood 07933 202112
 Sway 01590 681500
 Totton 03005 008085
 Waterside 02380 843676

Helplines

Age Concern 08000 856625
 Al-Anon for relatives 08000 086811
 Alcoholics Anonymous 08009 177650
 BEAT (Eating Disorders) 08088 010677
 Childline 0800 1111
 CRUSE Bereavement 08088 081677
 Elder Abuse 08088 088141
 Hampshire Fire & Rescue 02380 526751
 Hampshire & IOW Police 0800 555 111
 Huntingdon Disease Assn. 01513 315444
 MND Connect 08008 026262
 Multiple Sclerosis 08088 008000
 Parkinson's UK 08088 000303
 RNIB 03031 239999
 Samaritans 116 123
 Scope Response Line 08088 003333
Carers Active Listening Line
08000 323456 (365 days a year)

Useful Contacts

Parkinson's UK Helpline	0808 800 0303 (Freephone)
Branch Committee general No.	07595 927 299
Lymington Hospital Parkinson's Clinic and Parkinson's Nurse Practitioners Jennie Meadway and Carly Fricker	01590 663446
Parkinson's UK Local Adviser: Angela Duffy	aduffy@parkinsons.org.uk 0207 963 3837
Adult Services. Mon – Thurs. 8:30 – 5:00 pm Fri 8:30 – 4:30 pm	0300 555 1386
Adult Services: All other times	0300 555 1373
Community Physiotherapy Service	0300 121 0175
Occupational Health direct	0300 555 1378
Citizens Advice Bureau New Forest	03444 111 306
Age Concern New Forest	02380 841 199
Community First New Forest	01425 482 773
Disability Info Service New Forest	01425 628 750
Red Cross Lymington	01590 679 529
Red Cross Christchurch	01202 484 074
Blue Badge Hampshire	0300 555 1376
Voluntary Car Group Hythe & District	02380 845 788
Lymington Voluntary Care Group	01590 679 187
Princess Royal Trust for Carers	01264 835 246
Blue Lamp Trust	0300 777 0157
Carers Together / N F Carers' Friends	01794 519 495



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

Branch Contacts

Branch phone No	07595 927 299
Chairman & Magazine Editor	Martin Hall-Patch chairman@parkinsonsnewforest.org.uk editor@parkinsonsnewforest.org.uk
Secretary	Position currently vacant
Treasurer	Gill Naish treasurer@parkinsonsnewforest.org.uk
Website Manager	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); Derek White (Research Interest Rep.)
Coffee Mornings & Afternoon Teas	Jackie Gill
Branch Website	www.parkinsonsnewforest.org.uk
Branch e-mail	info@parkinsonsnewforest.org.uk

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

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

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

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