



Welcome to The **Gate** – our monthly newsletter.

Well, it's been a year since we started these newsletters and we hope that you have found them to be interesting and informative. If you have any suggestions of topics that you would like included in the monthly or quarterly newsletters, please let us know to info@parkinsonsukreigate.org

Sadly the festive season is almost over but we are excited about having a new year ahead of us .. and we are very much looking forward to bringing you a programme filled with activities and opportunities to learn and participate in.

Before we move into what is happening this year, here are some photos from our Christmas lunch in December – we had 50 people attending and the choir did an amazing job in keeping the audience entertained – thank you to everyone who came along and shared in the merriment.



In terms of the **Support Group meetings**, we start our year off with a session showcasing what we did in 2025 and what we plan to do in 2026. We will include a short piece on our finances and how we plan to maintain the support provided to our group. We also have Zoe Sole from Parkinson's UK joining us – Zoe will be telling us more about what has been happening within Head Office and what the current campaigns and key actions are, so that we can align with what PUK are trying to achieve during 2026. The meeting takes place on **Thursday 15 January 2026** at the Woodhatch Community Centre from 1400-1530hrs and we hope to see you there.

Dates for your diary – a reminder of existing events you can join

As a reminder, we have a calendar of events and meetings on our website – please do regularly check this as we'll update it if classes have been cancelled or we'll add anything of interest to this (as well as via our newsletters and email distribution list)

www.parkinsonsukreigate.org



Reigate Support Group

Woodhatch Centre
Whitebeam Drive
Reigate
RH2 7LS
1400-1600hrs

15 January 2026	2025 wrap up and 2026 actions
19 February 2026	Co-Op financial planning
19 March 2026	Clare Addison – educating the NHS
16 April 2026	TBC: Deep Brain Stimulation (DBS)
21 May 2026	TBC: Mark Madell – Movers & Shakers
18 June 2026	Social tea
No meeting in July	
20 August 2026	TBC
17 September 2026	TBC
15 October 2026	TBC
19 November 2026	TBC
No meeting in Dec '26	Date for Christmas lunch to be advised

East Surrey Café

Bletchingley Golf
Club, Church Lane
Bletchingley RH1 4LP
1100-1230hrs

26 January 2026
23 February 2026
30 March 2026
27 April 2026
18 May 2026*
29 June 2026
27 July 2026
24 August 2026*
28 September 2026
26 October 2026
30 November 2026
14 December 2026*

* Earlier than normal due to public holidays

Bookings are not needed for the above – just come along and join us
Contact info@parkinsonsukreigate.org for further details.

We also have a monthly café event in Dorking at the Watermill Inn, Reigate Rd, Dorking RH4 1NN
This takes place on the 1st Tuesday of the month from 1100-1230hrs – feel free to stop by and join the group for a chat and drink.

Activity	When
Extend Class Seated exercises **	Tuesday 1415-1515hrs / £6 per class @ The Woodhatch Centre Contact Margaret Monnery: margaretmonnery@gmail.com
Mobility Class Active exercises **	Friday 1000-1100hrs / £7 per class @ The Woodhatch Centre Contact Pam Rodger: Ianrodger34@hotmail.com
Choir/Singing Group	2 nd Monday 1400-1600hrs @ The Woodhatch Centre Contact David Wallbank: david@parkinsonsukreigate.org

** Bookings are needed for the above – contact the nominated team member to find out more information. Classes are run by qualified tutors.

Golf

Held at Bletchingley Golf Club (Church Lane, Bletchingley RH1 4LP), this lesson-based golfing experience is held on Mondays from 1100-1300hrs and is run by an experienced golf professional. It's a great way of improving your game and meeting new people.

Contact David Wallbank (david@parkinsonsukreigate.org) for more information.



Beehive Social Group

This social event normally takes place on the 4th Thursday of the month, and the first few in 2026 will be on :

- Thursday 22 January 2026
- Thursday 26 February 2026
- Thursday 26 March 2026

Feel free to join us for a drink and very relaxed social chat – it's always great to have a conversation with likeminded people. We meet in the **Beehive Pub**, 90 Dovers Green Road, Reigate RH2 8EG – from 1930hrs. Bring your friends or family and come along on **22 January 2026** and raise a glass to the New Year.



Beehive Group
Monthly social event
Meet, Socialise, Support



Bereavement group

This is an informal get together run by Maggie Ellwood – it's a small group of people who have all lost their partners or friends resulting from Parkinson's. The group meets at the Beehive Pub (90 Dovers Green Road, Reigate RH2 8EG) for lunch, from midday and those who attend chat and discuss anything from politics to Parkinson's!

The next lunch get-together will be held on **19 January 2026** and generally every eight weeks on the third Monday of the month at the same venue and time. Please drop Maggie a note via maggie.ellwood@hotmail.com to let her know if you would like to join this or future get-together's and also to receive more information on future events.

Dates for 2026 lunches are:

- | | | |
|-------------------|----------------|---------------------|
| • 19 January 2026 | • 18 May 2026 | • 21 September 2026 |
| • 16 March 2026 | • 20 July 2026 | • 16 November 2026 |

Local Groups and Events

Introduction to Mindfulness for people affected by Parkinson's

This is a course of three online sessions, introducing Mindfulness. It is open not only to people with Parkinson's but also their family, friends, or people who care for them professionally.

The initial course of three online sessions is offered free of charge and takes place on Mondays, starting 19 January – 2 February 2026, 1900–2000hrs

The aim is to introduce mindfulness and its possible relevance to people affected by Parkinson's, and to give people time to experiment with and absorb a variety of the key mindfulness practices and the thinking behind them. At every point, there will be opportunities for people affected by Parkinson's, to meet and talk about the possible relevance mindfulness training could have for them.

If this interests you, or if you're interested but can't make this date, please get in touch: – Azizë Stirling 01865 790168 communitybasedmindfulness@gmail.com



SPORT PARKINSON'S TRY-ATHLON

SAVE THE DATE – TRY-ATHLON

You may recall Hamish Turnbull showcasing the benefits that Sport Parkinson's offer both to organisations but also to those affected by Parkinson's. Their Try-Athlon event gives you the opportunity to try various activities – sport as well as therapeutic – all in one venue.

This year's Try-Athlon takes place at the Twickenham Stoop Stadium on **Sunday 10 May** – please put it in your diary and more information will be shared about how to get tickets in due course.



Please save the date
Sunday 10th May
2026

and join us at
Sport Parkinson's Try-Athlon
Twickenham Stoop Stadium

A bit of fun

Last month, we had Christmas carols that were coded up – did you manage to work out the code? The answers were:

1. O come all ye faithful
2. Silent night, holy night
3. Deck the halls with boughs of holly
4. Hark! The angels sing
5. The first noel
6. We wish you a merry Christmas
7. It came upon the midnight clear
8. I'm dreaming of a white Christmas
9. Away in the manger
10. Santa Claus is coming to town

This year, we are moving from puzzles to just having a **good laugh** as laughter therapy is as good as physical therapy! If you have a funny story to tell, please let us know (to info@parkinsonsukreigate.org)

The following questions were in an exam. These are genuine answers (from 16-year-olds!)

- Q: Name the four seasons
A: Salt, pepper, mustard and vinegar
- Q: What is a fibula?
A: A small lie
- Q: What is a seizure?
A: A Roman Emperor
- Q: What is a terminal illness?
A: When you are sick at the airport
- Q: What does the word 'benign' mean?
A: Benign is what you will be after you be eight!

Information in The Gate newsletter is correct as of the date of publication. Any views expressed in the newsletter are those of the relevant authors and may contain information, not advice.

Parkinson's UK, 50 Broadway, London SW1H 0DB

Free confidential helpline: 0808 800 0303
Monday to Friday 0900-1900hrs / Saturday 1000-1400hrs (interpreting available)
hello@parkinsons.org.uk / www.parkinsons.org.uk

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (SC037554).