



The Gate

February 2025
Reigate & East Surrey
Open the gate to learn more



Welcome to Parkinson's Reigate Support Group's new newsletter – The Gate. This will be a monthly update giving you lots of news and information that we hope you will enjoy and learn from. Each quarter, we'll give The Gate a boost and it will become The Park Gate with even more information and enjoyment.



Parkinson's Reigate and East Surrey Group has had a recent boost with new volunteers joining the committee to keep all the existing activities running but also bring you more opportunities. Rebecca O'Connor and Pam Rodger have done an amazing job in recent times to ensure that you have the activities, information and support that you need and they will continue to provide advisory support to the committee. Our new volunteers include:

- ◆ **David Wallbank** who takes over as the new Chair
- ◆ **Margaret Monnery** who takes over as the group's Treasurer
- ◆ **David Bignell** joins to support our existing and new members
- ◆ **Hazel Dawson** joins to manage and support communications and events for the group

More info on each of the above volunteers will be included in our quarterly newsletter in March.

Contact the committee via info@parkinsonsukreigate.org or speak to us at one of the events below

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

Reigate Support Group	East Surrey Café	Activity	When
Woodhatch Centre 1400-1530hrs	Bletchingley Golf Club 1100-1230hrs	Extend Class Seated exercises	Tuesday 1415-1515 / £5 per class Woodhatch Centre Contact Ros Henderson Prhenderson3@live.com
20 February	24 February		
20 March	31 March		
17 April	28 April		
15 May	19 May		
19 June	30 June		
No meeting July	28 July		
No meeting August	18 August		
18 September	29 September		
16 October	27 October		
20 November	24 November		
No meeting December	15 December		
		Mobility Class Active exercises	Friday 1000-1100 / £5 per class Woodhatch Centre Contact Pam Rodger Ianroger34@hotmail.com
		Choir/Singing Group	2 nd Monday 1400-1600 Woodhatch Centre Contact Rebecca O'Connor Rebeccaconnor@btinternet.com
		Christmas lunch	Thursday 4 December 2025 Woodhatch Centre More info to follow

Bookings are not needed for the above – just come along and join us

See page 2 for venue addresses

Contact info@parkinsonsukreigate.org for further info

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

Reigate Group – we are here for you

More information about our regular activities:

Support Group meetings: these take place 8 times a year and have a mix of guest speakers and social time allowing members to learn from professionals as well as each other. There is no cost to attend the meetings, however, we ask for donations to contribute towards the costs that the meetings incur.

East Surrey Café: this is a mainly social event which takes place monthly and allows our members to get to know each other, share best practice or ideas on how to manage life with Parkinson's. There is no cost to attend the café – you just pay for your own refreshments and enjoy the company.

Mobility Class: this is run by our physiotherapist, Kate Galloway who provides exercises to ensure your posture, balance and well-being is maintained.

Extend Class: this is run by our instructor, Linda Cope who provides mainly chair-based exercise routines to music with spirit and fun to ensure that those who are less able can still enjoy and benefit from exercise classes. Beginners welcome and no fancy kit needed.

Choir/Singing Group: this singing group is not exclusive to those with Parkinson's so if you are an aspiring singer, or just want to get your vocal cords moving, Roger Hind, our Choir Director, is the person to give you encouragement and direction.



Venue addresses:

Woodhatch Centre,
Whitebeam Drive, Reigate
RH2 7LS

Bletchingley Golf Club,
Church Lane, Bletchingley
RH1 4LP

Check out our new website – it has information on what's happening within our group – we'd love your feedback on it
www.parkinsonsukreigate.org

We are doing a clear up of our database – so expect a call or an email from the committee just to check your details are still up to date

We are asking for your feedback on what activities and events you would like us to organise – if you haven't provided this, please fill in our survey
[Click here for survey](#)

World Parkinson's Day



James Parkinson's 'Essay on the Shaking Palsy', published in 1817, recognised Parkinson's as a medical condition for the first time. We mark his birthday every 11 April 2025 with World Parkinson's Day, a day to shine a spotlight on Parkinson's and bring the community together.

This is a brilliant opportunity to raise vital funds for research into groundbreaking new treatments and life-changing support services. We're working on ways that we can raise funds and support World Parkinson's Day so let us know if you have any ideas: info@parkinsonsukreigate.org

Local news

Reigate and Banstead Borough Council are currently running IT training sessions that may be of great interest to you. These sessions are designed to provide valuable skills and knowledge in a variety of technology areas, including, shopping online, email communication, social media interaction, browsing news and articles, shopping, streaming media, online banking, online learning, gaming, video conferencing, cloud storage, blogging and content creation, forum participation, online surveys and polls, travel planning and research.



Specialised IT Tuition

Thursdays 10am to 12pm
Must be pre booked

*Running from 6 January - 31 January,
17 February - 28 February and 3 March - 28 March

Woodhatch Community Centre

Reigate & Banstead Borough Council
Reigate • Haslemere • Mole Valley • Dorking

The poster features a yellow background with a large white circle on the left containing the text. On the right, there is a circular inset image showing a person's hands typing on a laptop. Logos for Woodhatch Community Centre and Reigate & Banstead Borough Council are also present.

These sessions are a fantastic opportunity for individuals looking to enhance their digital literacy, whether they're beginners or looking to improve their existing skills. Given the increasing reliance on technology, we believe these sessions can make a meaningful impact in the community.

For more information or to make a booking, contact communitycentres@reigate-banstead.gov.uk or call 01737 276000. Sessions must be pre-booked.

Parkinson's UK news



We're excited to reveal our refreshed brand, developed with the Parkinson's community.

For 55 years we have provided information and support to the Parkinson's community, but not everyone knows we are here for them or what we offer. Our brand refresh means we can be more accessible and relevant to everyone in the Parkinson's community, from people with Parkinson's, family, friends and carers, to scientists and health and social care professionals.

Our new approach brings us back to our roots. Our new logo incorporates a tulip symbol, which represents a tulip variety developed by Dutch horticulturist J.W.S. Van der Wereld. He named the tulip after Dr James Parkinson who published 'An Essay on the Shaking Palsy' in 1817, which recognised Parkinson's as a medical condition for the first time.

Our new strapline, 'For every Parkinson's journey', tells everyone that we are here for them, no matter who they are or where they are in their Parkinson's journey. Together with that community, we're a united movement of people living with Parkinson's across the UK. We share one mission: to make life with Parkinson's better, today.

To reach more people in the Parkinson's community, accessibility influenced how our refreshed brand looks and sounds. Accessibility means removing barriers to accessing information about us, the support we offer and our services.

Useful Parkinson's UK information

Are you a member of Parkinson's UK? If not, we highly recommend that you join – it's free and provides you with a host of support information plus updates on research being undertaken. Join Parkinson's UK via <https://www.parkinsons.org.uk/get-involved/become-member>

Would you like to be a research volunteer? The Take Part Hub is one of the places where you can contribute to Parkinson's research. Find a study to take part in and get your questions answered: <https://www.parkinsons.org.uk/research/take-part-research>

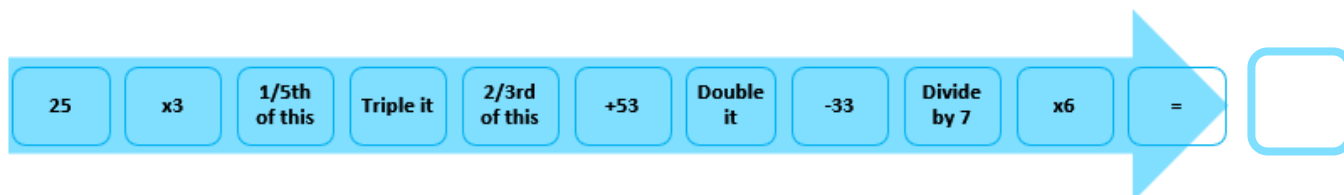
Are you a carer for someone who has been diagnosed with Parkinson's? If so, have a look at the Parkinson's UK Carers Guide: <https://www.parkinsons.org.uk/information-and-support/supporting-someone-parkinsons>

Do you want to talk to someone about Parkinson's? Parkinson's UK have a Helpline for anything Parkinson's related – information can be found on their website: www.parkinsons.org.uk or call their helpline on 0808 800 0303

Have you been newly diagnosed with Parkinson's (or know someone who has been diagnosed)? A new diagnosis can be very scary and we are sure you will want more information and support. Have a look at the Parkinson's First Steps Programme: <https://www.parkinsons.org.uk/information-and-support/first-steps-programme>. There is a full programme of online events available via <https://www.parkinsons.org.uk/information-and-support/newly-diagnosed-online-events>

A bit of fun

Work out the answer by solving the sum below in the direction of the arrows.



Answer in March's newsletter

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).