



The Gate

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



Welcome to **The Gate** – our monthly newsletter. We are now in our summer break in terms of monthly meetings so this newsletter will continue to give you updates on what's happening at Parkinson's UK and within our group. Please remember to give us feed-back – is this newsletter interesting and is it covering the topics that you find of benefit? You can contact us on info@parkinsonsukreigate.org.



Please remember that the Bletchingley Café continues to meet for a cuppa and chat each month during the summer, so please do come along. It's held at the Bletchingley Golf Club on the last Monday of the month from 1100-1230hrs, with the next one taking place on 28 July 2025.

We've been busy since our last newsletter – here are some photo's from the recent Summer Social event held at the Woodhatch Centre on 19 June with an amazing accompaniment from our Parkinson's Choir. Thank you to everyone who baked or brought cakes and helped with serving as well as running the raffle which raised just under £100.



Sport Parkinson's held their annual TRY-Athlon on Sunday 22 June at the Twickenham Stoop with lots of sports on offer to try as well as information from a large array of support suppliers.



We are also working with Katy Slade – Area Development Manager for Parkinson's UK – to drive a new programme for our group and encourage new joiners into the Regiate family. We'll be starting up an evening social event allowing those who cannot come to the daytime events, an opportunity to share and interact with each other. Any of our members will be welcome to come and share your experiences – more information to follow.

Lastly, if you have heard of the Beech Band product, these are now back on sale in the UK – [click here](#) for more information. We will be testing these out and report on them in a future Gate newsletter.

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

We now have a calendar of events and meetings on our website – please do regularly check this as 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

No meeting July	
No meeting August	
18 September	TBC – Parkinson's Tech Guide
16 October	TBC – Sport Parkinson's and local events
20 November	Sue Mills – Parkinson's UK Shop
No meeting December	See below for Xmas lunch info

East Surrey Café

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

28 July
18 August
29 September
27 October
24 November
15 December

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

Contact info@parkinsonsukreigate.org for further info

Activity	When
Extend Class Seated exercises	Tuesday 1415-1515hrs / £5 per class @ The Woodhatch Centre Contact Ros Henderson Prhenderson3@live.com Note that this class is also having a summer break – next class on 5 August
Mobility Class Active exercises	Friday 1000-1100hrs / £5 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
Christmas lunch	Thursday 4 December 2025 @ The Woodhatch Centre (more info to follow)

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

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 21 July and generally every eight weeks on the third Monday of the month (see table of dates) 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

Bereavement Group
dates:

- 21 July 2025
- 22 September 2025
- 17 November 2025

Parkinson's Sevenoaks Branch

Big Band Party **Bosville Valley Big Band**

Bat & Ball Centre, Cramptons Road,
Off Otford Road, Sevenoaks TN14 5DN

Sunday 14 September

1530-1800hrs

£15 per ticket

Tickets via 0333 666 4466 or

www.ticketsource.co.uk/bosville-bands

ample parking, refreshments on sale, BYO alcohol

Old Reigatian RFC

Walking Rugby Festival

Park Lane, Reigate, Surrey, RH2 8JZ

Saturday 16 August 2025

1000-1700hrs

Put it in your diary and we'll provide more
information as soon as we have it

Parkinson's UK

Walk for Parkinson's

7 September: Battersea Park

1100hrs, £12 per person, 1.5 miles or 6.1 miles

28 September: Henley-on-Thames

1100hrs, £12 per person, 1.3 miles or 6 miles

Register via

<https://events.parkinsons.org.uk/event/walk-parkinsons/home>

New Get Active Stay Active podcast

To help people with Parkinson's stay active!
This 12-episode series features individuals with
lived experience, physical activity experts, and
healthcare professionals.

It covers topics like finding the right activity
and intensity, managing fatigue, and nutrition
for staying active. [Available on You Tube here.](#)

Parky Charter Petition **We need your support!**

Join the **Movers and Shakers**, Parkinson's UK, Spotlight YOPD and Cure Parkinson's to call on the government to take action to improve the lives of people with Parkinson's and their loved ones.

<https://www.parkinsons.org.uk/get-involved/sign-parky-charter>

<https://www.moversandshakerspodcast.com/charter>

The transcript of a recent debate in Parliament about all things Parkinson's can be read [here](#)

In addition, Parkinson's UK are lobbying for fairer benefits (especially PIP) for those with PD and have an open letter to the Work and Pensions Secretary, Liz Kendall MP which needs your support

<https://www.parkinsons.org.uk/get-involved/make-benefits-work-people-parkinsons>

Parkinson's UK Nurse Appeal

PUK's major appeal was launched to the public in May, aiming to raise £9 million for new Parkinson's specialists including Parkinson's nurses, physiotherapists and speech and language therapists. To date, an incredible £4 million has already been raised and pledged from grant-making trusts, commercial partners and donors

There are lots of ways that you can get involved including the Walk for Parkinson's events over the summer. PUK are also building awareness through media and campaign work of how one in five people living with Parkinson's have no, or limited access to a nurse. More information available [here](#).

Become a member of Parkinson's UK

www.parkinsons.org.uk/get-involved/become-member

Volunteer for Research projects

www.parkinsons.org.uk/research/take-part-research

Need help, support or advice?

Helpline: 0808 800 0303 / hello@parkinsons.org.uk / www.parkinsons.org.uk

Stay active

www.parkinsons.org.uk/information-and-support/physical-activity-and-exercise

Recently diagnosed?

www.parkinsons.org.uk/information-and-support/first-steps-programme

Get the right healthcare

Parkinson's have launched a new 'Getting the right healthcare' booklet which can be ordered via the Parkinson's Shop ([Information](#)) or downloaded as a PDF [here](#)

Recycle for Parkinson's

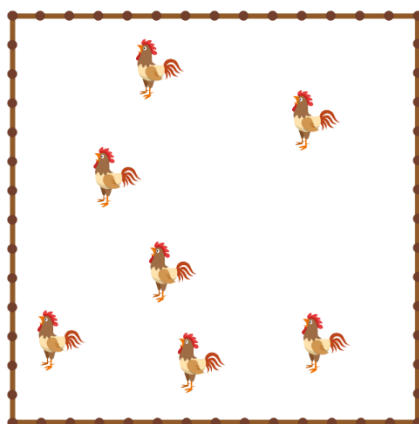
Parkinson's have a recycling scheme where you can help raise funds by recycling items such as stamps, clothes, electricals and even cars! Head to the PUK website to see what you could be recycling and how to do it: <https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk>

A bit of fun

This month's puzzle is called **Farmer Brown's Brain Bender**:

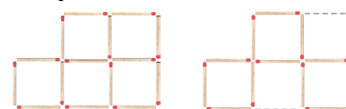
Use three straight lines to separate each of the roosters into their own area.

Answers in the next edition of The Gate.

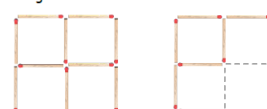


In the June newsletter, we played "Matchsticks" – here's the answers

Leave just three squares by removing three matchsticks.



Leave just two squares by removing two matchsticks.



The 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).