



# The Park Gate

Winter (December) 2025  
Reigate & East Surrey  
*Open the gate to learn more*



Welcome to The **Park Gate** – our quarterly newsletter. As a reminder, the name of our newsletter refers to **Parkinson's Reigate** and as this is a newsletter for our members, we encourage you to provide us with any stories or information that we can share with other members of our Group.

As we move into our festive season, we have lots to share with you in this 'bumper' quarterly edition.

We had **Sue Mills** from **Parkinson's UK online shop** join us in November to showcase all the fantastic gadgets, gizmo's and general aids that help in the day-to-day lives of those with, or affected by, Parkinson's.



In addition, as we are nearing Christmas, Sue brought with her some lovely items that you can buy from the **shop** and give to your friends and family as stocking fillers or Christmas presents. Don't forget that Parkinson's UK have a whole range of **Christmas cards** so if you want to have a look at what's available and order online, please go to <https://shop.parkinsons.org.uk>

As a reminder, there is **no** support group meeting in December – this is replaced with our **Christmas lunch** taking place on **4 December** – we hope to see you there, for those who have reserved places.

We are now working on the calendar of speakers for our 2026 sessions ... the first of which will be on Thursday 15 January when the committee will provide an update on what we did in 2025 and what we plan to do in 2026 – please do come along – we'd love to hear your input, thoughts and ideas.

Articles you will find in this quarter's edition of **The Park Gate** include some local events that you may wish to get involved in, write-up on the recent PAR-CON conference from some of our own members who attended, plus updates on research, Parkinson's UK campaigns as well as some hints and tips on daily living with Parkinson's. We hope you enjoy reading our newsletters but in the meantime, on behalf of the Reigate Support Group committee, we wish you a great festive season.



## 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 add anything of interest to this (as well as via our newsletters and email distribution list)

[www.parkinsonsukreigate.org](http://www.parkinsonsukreigate.org)



### Reigate Support Group

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

No meeting December	See below for Xmas lunch info
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

15 December 2025  
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](mailto:info@parkinsonsukreigate.org) for further info

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

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

\*\* 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](mailto:david@parkinsonsukreigate.org)) for more information.



### Beehive Social Group

The December Beehive Social Group will be a week earlier on **Thursday 18 December** from 1930hrs at the **Beehive Pub**, 90 Dovers Green Road, Reigate RH2 8EG – please join us for a drink and very relaxed social interaction – it's always great to chat with likeminded people.

This social event normally takes place on the 4<sup>th</sup> 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

Come and join us on **18 December** to raise a glass to the festive season.



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](mailto: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
- 16 March 2026
- 18 May 2026
- 20 July 2026
- 21 September 2026
- 16 November 2026

## Local Groups and Events



**Wednesdays, 11.30am - 12.15pm**  
**£2 per session**



### NEW Neurological Boxfit Class

This non-contact boxing class incorporates gait and balance exercises to support people with neurological conditions such as MS, stroke, or Parkinson's. Most participants have never boxed before but benefit from the repetition, combined with fitness, strengthening, and stretching exercises, to help improve ambulation and overall wellbeing.

This class is in addition to the existing Thursday Parkinson's Box Fit class which takes place from 10:45 – 11:30hrs, both at Tandridge Leisure Centre, Hoskins Road, Oxted, RH8 9HT. To book a place on either class, please call 01883 716717, option 1,. For further information, email [hctandridge@freedom-leisure.co.uk](mailto:hctandridge@freedom-leisure.co.uk).

### Neuro Strength for Parkinson's

Our small-group class (limited to just 10 participants) is led by two specialist neuro physiotherapists, ensuring you get personal guidance and support throughout.

At the start, you'll receive a one-to-one assessment so we can understand your current strength and activity levels. From there, we'll create tailored targets and track your weekly progress to help you achieve your goals.

The weekly sessions will follow a fun, circuit-style format with different stations designed to improve strength, balance, coordination, and flexibility – all in a supportive and encouraging environment. After class, you're welcome to stay for coffee and chat, share experiences, and support each other.

Where and when:

Banstead Community Centre, Bolters Lane,  
The Horseshoe, Banstead SM7 2BQ  
Tuesday mornings at 1015hrs  
Commencing on 6 January 2026

Cost:

One-off assessment: £20

Weekly 45-minute class: £10

Contact:

[Hello@optimise4neurorehab.co.uk](mailto:Hello@optimise4neurorehab.co.uk)

Phone: 07947 811622

### Speech Therapy opportunity

The Guildford Branch offer online monthly Loud and Clear speech maintenance classes to their members. They currently have two classes each month, both the same and with up to 10 members in each class. They are held on the first Monday and Wednesday of the month, at 1530hrs for one hour, delivered over Zoom.

They are led by Celia Bacon who is a trained speech therapist and her website can be found at [www.vox-humana.net](http://www.vox-humana.net)

The Guildford Branch have a number of vacancies at present for these online classes, so have offered the Reigate Group membership the opportunity to take part in these classes. The cost of participation is minimal (£5.00 per class) as the Reigate Group will subsidise those wishing to take part.

Members who join these Loud and Clear classes pay the Guildford Branch directly to participate. These payments are in advance for 4 months at a time.

For more details on participating in these classes and on paying to participate, contact

Steve Heron, their Treasurer:

[sheron@guildfordparkinsons.org.uk](mailto:sheron@guildfordparkinsons.org.uk)



It's great to work together, support each other and share opportunities which might benefit anyone who has, or is linked to someone who has, Parkinson's.

We recently visited the Sutton, Kingston, Epsom and Merton (SKEM) branch to meet their committee and share information about our mutual activities. Here are some that you might be interested in attending (both at St. John's Church, Northdown Rd, Sutton SM2 6DY)

- Tai Chi Presentation – run by Vicky Ahern-Hardiman – Wed 4 February 2026 – 1430–1700hrs
- Bingo Afternoon – held on Wed 4 March 2026 from 1430–1700hrs
- See overleaf for activities run by Sutton United FC specifically for Parkinson's

This branch also works with the Sutton's Mayor's Office who hold regular events, the proceeds of which are donated back to local charities including the Parkinson's SKEM branch. We will share information on these events in future newsletters in case you wish to attend.



The **Parkinson's Horsham branch** recently held a session on **Parkinson's and Sleep**. This was presented by **Dr Eva Bunting**, Consultant Neurologist, BSUH. Below is information from the session along with a link to their website where you can watch the presentation if you weren't able to attend in person.

Dr Eva Bunting's presentation examines how Parkinson's affects sleep, covering both scientific and practical aspects. She discussed the importance of good sleep hygiene—such as maintaining routines, limiting caffeine and screens, and managing anxiety. The talk explained how Parkinson's disrupts normal sleep cycles and the brain's waste-clearing glymphatic system, potentially worsening disease progression. Key sleep disorders in Parkinson's REM Sleep Behavioural Disturbance, Restless Leg Syndrome, and sleep apnoea were described, along with their management through medication adjustments, lifestyle changes, and specific treatments like CPAP. The presentation concluded with practical tips and resources to help people with Parkinson's optimise their sleep and wellbeing.

<https://horsham.parkinsonsuk.group/branch-meetings#branchmeetingarchiveanca>  
(Friday 7 November 2025 meeting)

## Parkinson's Activities

- Fun, friendly, and inclusive sessions for all with neuro or mobility-limiting conditions
- Designed to boost physical, social, and mental wellbeing
- A warm, friendly, and sociable atmosphere
- Free parking at every venue
- First session free, then just £5 per visit



### ACTIVE



Thursdays  
15:00-16:30



SM1 2EY  
SUTTON UNITED  
FOOTBALL CLUB

### BOXING



Thursdays  
17:00-18:00



SM1 2EY  
SUTTON UNITED  
FOOTBALL CLUB

### FOOTBALL



Wednesdays  
11:30-13:00



SM3 9BZ  
GOALS SUTTON

For more info, please email  
[foundation@suttonunited.net](mailto:foundation@suttonunited.net)



Join us for

## Parkinson's Walking Football, Edenbridge

Fridays, 10:30-11:30am  
Edenbridge Leisure Centre, Stangrove Park, TN8 5LU

A new friendly and welcoming walking football session for people with Parkinson's and their family and friends. You don't need to have played before to join us. Initially sessions will be free.



To book call: 01732 442364  
Did you know... Everyone Active also offers free membership to people with Parkinson's.



supported by  
**everyone**  
ACTIVE

# Par-Con 2025

The Parkinson's UK community convention, is our free, 2-day annual event for the Parkinson's community.

We came together on Friday 24 and Saturday 25 October 2025 at the Vox Venue in Birmingham and online to share information, updates and tips on living well with Parkinson's. We had 835 people join us online across the 2 days and around 360 people join us in person at the venue.

The convention was full of positivity, emotion and hope. From sessions on where we're at in the search for better treatments, to an interactive session with Angela Rippon showcasing the benefits of dance. There really was something for everyone.

Our convention was organised by a working group with many different experiences. People living with Parkinson's, newly diagnosed or diagnosed for some time. Young onset or diagnosed later in life. Supporters and loved ones. Health professionals.

The agenda included a variety of topics and speakers including

- Live Parkies in a Pod podcast
- Cutting-edge research
- Get moving and creative
- Managing mental health
- Diet and nutrition
- Movers and Shakers



## Catch up on the sessions

Don't worry if you missed Par-Con 2025. We have a YouTube playlist of Par-Con sessions to catch up on.

See some of our highlights from this year at the Vox Venue in Birmingham.

<https://www.parkinsons.org.uk/get-involved/par-con>

### *A few of our Reigate membes attended the conference and here's what they have to say:*

I attended Par-Con 25 (<https://www.parkinsons.org.uk/get-involved/par-con>) in Birmingham in October. I was one of 360 attending in person, but it was also available online (835 people joined remotely). I saw it online last year because I was too late to book an in-person ticket. Thanks to the event sponsors, attendance was free - also good lunch and refreshments during the programme breaks were provided without charge. My costs were travel, evening meals and hotel.

There were talk sessions and exhibition stands from various organisations ([Take a look at the programme here](#)). Also a 'Discover Research' room with stands where research groups explained their projects to those there in person, and in some cases invited participation. The sessions are now available on YouTube ([Watch the session recordings here](#)).

Two amusing sessions were with hosts from the '2 Parkies in a Pod' (tips on everyday living) and 'Movers and Shakers' (campaigning for improved Parkinson's care) podcasts. We discovered the benefits of dance in a session including Angela Ripon. We heard about diet and research for better treatments. It was also good to chat to other attendees during the breaks.

Overall I was glad that I went, though you would get a good deal of the value online.

*Written by David Penna*

A two day 'conference' at the Vox centre –adjacent to the National Exhibition Centre in Birmingham – arranged by Parkinson's UK for those with Parkinson's, supporters, carers and professionals to inform, assist and provide an opportunity for sharing advice and experience in a friendly and supportive venue.

The event was financially supported by sponsors such as Roche and EA Mobility –who have no influence over content. There were also several manned stands covering research opportunities as well as a number of demonstrating aids for everyday living – both electronic and physical- and practical activities such as nordic walking – all available during the whole two days for consultation and discussion.

The main event was the programme of talks in lecture theatres including these highlights:

1. An update on research and developments by professors including from London, Dundee, Glasgow and Sheffield. Whilst some promising phase three drug hopefuls have had to be discarded, there are several drugs in phase two trials and many more in phase three. The message is not 'if' progress but 'when'.
2. A neurophysiologist giving excellent and practical advice on movement.
3. Promotion of exercise and dance for Parkinson's – promoted in-person by a remarkably athletic 81 year old Angela Rippon – able to high kick a straight leg – '*I want what she's having*' springs to mind.
4. A fascinating discussion of diet and gut health in Parkinson's – bottom line – go for mediterranean diet and yoghurt/probiotics.
5. Humour mixed with advice by 'Two Parkies in a Pod' entertaining so very well.
6. Further humour and repartee from Rory Cellan-Jones and judge Sir Nicholas Mostyn – of the 'Movers and Shakers' fame – giving a history of how the 'Movers and Shakers' podcasts started and news of their petition just handed in to No 10, to request increased help for Parkinson's.

So – hugely friendly and supportive attendees – a general feeling of helpful sharing of experience and practical advice, wonderfully facilitated by excellent catering with seating at round tables for easy conversations over the refreshment breaks and meals. Overall we left with a warm feeling of uplifting support, useful advice together with hope for the future. The two day event (with full catering) is provided at no cost to attendees, however, the tickets for in-person attendance were very much sold out very quickly – those unsuccessful being able to follow on zoom.

*Written by Paul and Mary Cotterill*



**Congratulations to the 2025 Community Award nominees**

[parkinsons.org.uk/community-awards](https://parkinsons.org.uk/community-awards)

## Parky Charter Petition

We're delighted to announce that after the hard work of our community and the Movers and Shakers getting more than 113,000 people to sign a petition, MPs debated Parkinson's in Parliament on 17 November.

You'll can watch the debate via the following link  
<https://www.youtube.com/watch?v=JShKcoB1bqE>



Thank you to everyone who signed the petition for the Parky Charter to be heard in Parliament.

### Nurse Appeal Update

We're delighted to announce that together, we've now raised £5.7 million towards our [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](#).

Thank you to everyone who has shared the appeal and to all of the groups who have been in the position to make a transfer to the Nurse Development Fund.

### Parkinson's Move – your tips wanted

Development of a new app is underway to help people with Parkinson's live well, stay active, and access trusted information, all in one place. One of the app's features will be a "Life Hacks" section – 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.

The team would love to hear from you! Your ideas and experiences could make a real difference. You can share your tips via Parkinson's Move's online survey available at: [bit.ly/4gp0cVp](https://bit.ly/4gp0cVp) or email Julie on [j.c.jones@rgu.ac.uk](mailto:j.c.jones@rgu.ac.uk).

### Relaunching our campaign to boost Parkinson's specialist care

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.

### Nurse Appeal – Big Give Campaign

We are delighted to be participating once again in The Big Give Christmas Challenge, which is the UK's biggest collaborative fundraising campaign.

Through matched funding we have the opportunity to double any donations made by individuals on The Big Give's website from 2nd to 9th December, up to an amazing £43,750 – meaning your gift has twice the impact. The donation will only be matched if made through the [Big Give website](https://donate.biggive.org/) (<https://donate.biggive.org/>)





### **Celebrate Your Will's Powerful Gift**

Have you left a Gift in Your Will to Parkinson's UK? Share Your Story and Help Inspire Others.

You may already dedicate your time and passion to support Parkinson's UK and for that, we are incredibly grateful. Some of you may have taken this commitment a step further by including a gift in your Will. This kind of generosity ensures that your impact will continue to be felt for generations to come.

If you have decided to leave a gift in your Will to us, we would be honoured to hear your story. Sharing your reasons for doing so can inspire others to consider their own legacy. It's an opportunity to celebrate your commitment and show the profound difference that such a gift can make. Your story, shared in your own words, can become a beacon of hope, encouraging others to think about the future of our charity.

Please contact Sophie Jarvis our Stories officer on 020 7963 9351 or email [sjarvis@parkinsons.org.uk](mailto:sjarvis@parkinsons.org.uk)

### **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. Full information here  
EA mobility specialises in;

- Bathroom adaptations
- Kitchen adaptations
- In home door widening
- Outdoor ramp installations

EA Mobility is a family-run company dedicated to providing specially designed bathroom and comprehensive accessibility solutions, including kitchens, hoists, and access ramps. No matter where you are in the UK, our team is committed to delivering innovative designs that improve daily living for individuals with disabilities and mobility challenges.

Contact EA Mobility via  
Freephone: 0800 955 8810  
Email: [enquiries@eamobility.com](mailto:enquiries@eamobility.com)  
[www.eamobility.com](http://www.eamobility.com)

## **Are you newly diagnosed?**

First Steps is a free online programme designed for people recently diagnosed with Parkinson's.

### **About First Steps**

First Steps has been developed by people with Parkinson's and is delivered by volunteer hosts who also live with the condition. The programme will help you take the first steps in processing your diagnosis, find out what information and support is available, and start living well with Parkinson's.

We hope that at the end of the programme you will feel more knowledgeable, supported and positive in facing the future.

A diagnosis of Parkinson's has an impact on family and friends, as well as the person with Parkinson's, so a family member or friend can take part with you if you'd like.

### **Does this sound like it's for you?**

Please contact the First Steps team on 020 7963 9831 or email [firststeps@parkinsons.org.uk](mailto:firststeps@parkinsons.org.uk). Parkinson's UK has recently created a new information pack for people recently diagnosed, you can order it for free from the online Parkinson's shop.

<https://www.parkinsons.org.uk/information-and-support/newly-diagnosed-support-services>



## We've awarded over £1 million to 5 high priority research projects

As the leading funder of Parkinson's research in Europe, we're pleased to announce that we're supporting new projects that hope to bring us closer to better treatments to transform the lives of those affected by Parkinson's.

### New research to understand freezing in Parkinson's.

Described as feeling stuck to the floor and unable to take a step forward, freezing of gait can reduce a person's independence and quality of life. Currently, little is known about why it occurs.

We're funding Dr Jennifer Davies and her team at Cardiff University to better understand what happens in the brain before and during a freeze. Using a technique called transcranial magnetic stimulation (TMS), magnetic fields will stimulate brain cells in an area of the brain that's involved in generating movements, to see if these cells are functioning differently in people who experience freezing. The findings hope to uncover how brain activity is altered in people with Parkinson's during a freeze, to help develop better treatments.

### Funding from cause to cure

Finding better solutions to manage symptoms of Parkinson's is critical. But we're also committed to supporting research that will unlock new treatments. This includes exploring the causes of Parkinson's, and identifying effective ways to diagnose the conditions faster and earlier.

Read a summary of our other newly funded research projects below.

### Using brain imaging to detect Parkinson's early University of Oxford / Cost: £320,978

Summary: Changes in the brain start years before Parkinson's symptoms become obvious. This study hopes to develop new ways to spot these changes, detecting Parkinson's earlier to transform Parkinson's research, diagnosis and care. The research team will assess brain scans from over 1000 people who either have a high risk of developing Parkinson's, have early Parkinson's or don't have Parkinson's.

They will also compare memory and movement tests, hoping to identify patterns that show who might develop Parkinson's and identify early clues in symptoms.

### Taking steps towards a blood test for Parkinson's University of Cambridge / Cost: £48,075

Summary: There's currently no single or definitive test that can diagnose Parkinson's. Researchers are hoping to address this challenge by taking steps towards a possible blood test for Parkinson's. The study aims to create a molecule that can successfully 'stick' to alpha-synuclein, a small protein strongly linked to Parkinson's. The molecule should 'glow' brightly, making it possible to detect alpha-synuclein clumps in the blood. In the future, this could lead to the development of a blood test which can detect the protein and diagnose Parkinson's.

### Communication between brain cells in Parkinson's King's College London / Cost: £129,288

Summary: Previous research has suggested that communication between brain cells doesn't work as well as it should do in Parkinson's. This study will explore how the site of communication between brain cells, called synapses, are affected in the earliest stages of Parkinson's. They'll use cutting-edge technology to study molecules inside synapses to understand what might go wrong and how it impacts their function. The findings could pave the way to identify the synapse as a potential target for new drug treatments.

### How is energy production affected by Parkinson's? University of Bristol / Cost: £330,903

Summary: All cells in the body need energy to function. This energy is produced by small structures called mitochondria, which are found in all cells. In Parkinson's, mitochondria can stop working properly, which causes brain cells to die. This study aims to understand what happens to the mitochondria in Parkinson's and learn how to keep them healthy in the brain. The findings will help understand how this damage might be prevented or even reversed in people with Parkinson's.

## Eating out with Parkinson's

Having a meal out with friends or family is an enjoyable activity. But some people with Parkinson's have told us they find the experience more difficult.

We share some tips for dining out when you have Parkinson's.

### 1 Location

Choose a restaurant that serves your meal at your table. Or if you're going to a buffet-style restaurant, make sure there's someone who can help you carry your tray back to your table.

### 2 Timings

If you can, time your meal for when your medication is working most effectively, so your symptoms will be well controlled. I tend to avoid things that need cutting like steak or chops. I find it easier to cope with meals that I can eat with just a fork, like curry and rice.

### 3 Menu choices

Some people find protein can interfere with the effects of their levodopa medication. Protein can be found in foods, such as meat, fish, eggs, cheese, yoghurt, nuts, beans and pulses.

If this affects you, you may find it helpful to look at a restaurant menu ahead of your meal – most menus are available online. And if you will be eating a protein-heavy meal, you should take your Parkinson's medication at least 30–45 minutes before eating.

## 4 Symptoms

Bladder and bowel problems are common in people with Parkinson's. If you experience these symptoms and are worried that they might affect you during your meal, ask for a table closer to the toilets.

## 5 Being comfortable

If you find it more comfortable to sit in a seat with arms for example, or it makes it easier for you to get into and out of a chair, call ahead to the restaurant and ask if they can accommodate your needs.

## 6 Serving suggestions

You may find it easier to eat food from a bowl than a plate for example, or soup from a mug rather than a bowl. Don't be afraid to ask the waiting staff if that's possible when you order your food.

## 7 Specialist equipment

Don't forget to bring any specialist items that help you eat and drink with you. For example, you may use specially designed cutlery if you have reduced grip or a tremor, or a place mat made of a tacky material that you use under a plate or bowl to stop them moving around.



## Daily living hints and tips for Parkinson's

If you have Parkinson's, you may find it more difficult to do some of the everyday tasks you used to, but there are lots of things that can help make life easier. Here, people living with the condition share hints and tips that have helped them.

Occupational therapy can also help people with Parkinson's continue to carry out everyday activities when they become difficult to do. [Click here](#) to read more some hints and tips from other readers, including ways to chop food easier, managing belts, buckles and zips, putting socks on and adding grab rails.

## Useful Parkinson's UK information

Become a member of Parkinson's UK

[www.parkinsons.org.uk/get-involved/become-member](http://www.parkinsons.org.uk/get-involved/become-member)

Volunteer for Research projects

[www.parkinsons.org.uk/research/take-part-research](http://www.parkinsons.org.uk/research/take-part-research)

Need help, support or advice?

Helpline: 0808 800 0303 / [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk) / [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

Stay active

[www.parkinsons.org.uk/information-and-support/physical-activity-and-exercise](http://www.parkinsons.org.uk/information-and-support/physical-activity-and-exercise)

Recently diagnosed?

[www.parkinsons.org.uk/information-and-support/first-steps-programme](http://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

Here are some **Christmas carols** whose titles have all been written in the same **secret code**. Can you figure out what the titles are?

**(Hint: replace the letter P with a C.)**

- 1 . Q PQOR WYY VR JWFNSJBY
- 2 . AFYRUN UFTSN, SQYV UFTSN
- 3 . IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
- 4 . SWXZ! NSR WUTRYA AFUT
- 5 . NSR JFXAN UQRY
- 6 . DR DFAS VQB W ORXXV PSXFANOWA
- 7 . FN PWOR BLQU NSR OFIUFTSN PYRWX
- 8 . F'O IXRWOFUT QJ W DSFNR PSXFANOWA
- 9 . WDWV FU NSR OWUTRX
- 10 . AWUNW PYWBA FA PQOFUT NQ NQDU

In the November newsletter, we played "Letter Sudoku" – it was similar to the normal Sudoku but we asked you to place letters

A-I in the grid instead of 1-9  
– here's the answer.

D	A	I	H	F	G	C	B	E
E	F	C	B	D	I	G	A	H
G	B	H	C	E	A	I	D	F
F	C	E	A	B	H	D	G	I
I	H	B	E	G	D	A	F	C
A	D	G	F	I	C	H	E	B
B	I	D	G	C	E	F	H	A
C	E	A	D	H	F	B	I	G
H	G	F	I	A	B	E	C	D

information in The Park 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](mailto:hello@parkinsons.org.uk) / [www.parkinsons.org.uk](http://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).