



Welcome to The **Gate** – our monthly newsletter. We hope you have enjoyed previous newsletters and especially our quarterly **Park Gate** Spring newsletter.

Just a reminder that we want these newsletters to contain lots of information that's useful and interesting for our

members and therefore we encourage you to submit any articles, information or stories with us and we'll try to include them appropriately in a future edition – just email text or images to us via info@parkinsonsukreigate.org.

We had a great support group meeting in March with two very interesting speakers.

Natalie White from @natnuthc – **Naturopathic & Nutritional Health Care** presented on nutrition and lifestyle tips to help improve Parkinson's symptoms and slow progression. As each person's body is unique and deals differently with medications, and as each person's environmental differences (eg lifestyle, personal preferences, PD stage and progression, other complications such as fatigue, diabetes and gut health) are all unique, Natalie explained that there is no 'one size fits all solution' and thus there is no "Parkinson's" diet. Each person will need a personalised assessment and tailored recommendations to prioritise ways to improve their individual situation and benefit their own health needs. For a FREE 15-minute telephone discussion with Natalie about ways she could help you, please scan the QR code above. Alternatively have a look at her website: www.natnuthc.co.uk.



Jill Beaumont, our **Parkinson's Local Advisor** for Surrey also presented and showcased the many resources that are available to anyone who either has or is linked to Parkinson's (eg carers or family). Jill is one of 112 colleagues who provide support via teams made up of local advisors, the Parkinson's helpline, nurse advisors, benefit, employment and care advisors. Last year over 1 million people accessed the Parkinson's information and support services. The Parkinson's UK website has a multitude of resources available for public access, along with further information shared via Facebook and Youtube. You can call the Parkinson's UK freephone helpline number: **0808 800 0303** or email: hello@parkinsons.org.uk with any specific enquiry – this will then be forwarded on to the appropriate advisor including Jill where an enquiry can be managed locally.



Our next support group meeting is being held on **Thursday 17 April** and we highly encourage you to come along. We are privileged to have **Parkinson's UK Research team** join our meeting along with researchers from **Kings College London** who are undertaking a study on reducing hallucinations and delusions using CBD oils. In addition, if you have wanted to try **pilates** in a gentle way (ie seated), please stay on at the end of the meeting for a taster session. We will be opening this meeting up to other Parkinson's support groups as well as our meeting being publicised in the Parkinson's Research network news .. so we hope to have a good turnout and recommend that you come along early to ensure you have a prime seat to hear from our guests.

You will find information overleaf about all our events and meetings – we hope you will be able to attend some of these. However, please let us have your feedback – it's essential for us to ensure you get the most out of the newsletter, meetings and events in the future. Contact the committee via info@parkinsonsukreigate.org or speak to us at one of the meetings or events.

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

Reigate Support Group

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

17 April	<ul style="list-style-type: none"> Parkinson's UK Research Team Kings College London - CAN-PDP clinical trial Intro to Pilates (seated)
15 May	<ul style="list-style-type: none"> Laura Sweeney – Oxted Occupational Therapy Unit
19 June	Afternoon tea
No meeting July	
No meeting August	
18 September	TBC
16 October	TBC
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 April
19 May
30 June
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
Mobility Class Active exercises	Friday 1000-1100hrs / £5 per class @ The Woodhatch Centre Contact Pam Rodger Ianroger34@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 19 May 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 togethers and also to receive more information on future events

Bereavement Group dates:

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



Parkinson's Reigate

Website:

www.parkinsonsukreigate.org



Scan the QR code to go directly to the Parkinson's Reigate website

We launched our new website in January 2025 to give us a public presence but also to allow us to communicate out about all the activities and benefits that our support group organises or provides.

We continually add information to the website and you can now find a calendar of events on the site to ensure you know exactly what classes and meetings we run, when and where.

What do
you think
of the
website?

World Parkinson's Day – 11 April 2025



We've mentioned World Parkinson's Day in our recent newsletters and we are delighted to advise that we will have a stand in the East entrance of East Surrey Hospital to raise the awareness of Parkinson's. If you are around the area that day, please stop by and have a chat with us.

We have also arranged with East Surrey Hospital's Estates team to have the hospital lit up in blue as this is one of the key initiatives of World Parkinson's Day. To see the footage from previous years' Light Up Blue, visit <https://www.youtube.com/watch?v=2w0ZVgTcUyA>.

If you are doing anything to raise funds on World Parkinson's Day or are planning on "lighting it up blue", please let us know and [send us](#) any photographs that we can include in the next newsletters. [Click here](#) to get more information from Parkinson's UK's website.

Parkinson's Lottery

Did you know that Parkinson's UK have a weekly lottery where you could win up to £25,000. Parkinson's have partnered with Unity Lottery who manage many charity lottery programmes. Entry to the lottery is £1 per play and each week that you subscribe, your personal six-digit lottery number (issued by Unity) will be automatically entered into a draw with the winning number drawn at random. As well as being in with a chance of winning £25,000, for every £1 you play, Parkinson's UK will receive 50p.

For more information or to enter the Unity Lottery, you can sign up online or download a form at www.unitylottery.co.uk/causes/parkinsons-uk or call the Unity Helpline on 0370 050 9240.

Supporting this raffle makes a real difference to the work that Parkinson's undertakes. In the last 10 years, their raffles raised £1.2 million to help fund pioneering research and vital support 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 you can call their helpline on 0808 800 0303 or send an email to hello@parkinsons.org.uk

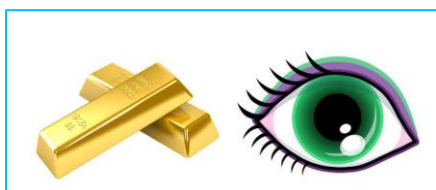
Have you been newly diagnosed with Parkinson's?

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>

A bit of fun

The words you should have found in March's "bit of fun" were Allege, Silent, Celery, Delete, Solemn, Unless – we hope you worked this out.

This month's challenge is to work out the names of three well known films from the following clues:



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).