



The Park Gate

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



Welcome to The **Park Gate** – our quarterly newsletter. For those who haven't worked it out, 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. Just email text or images to us via info@parkinsonsukreigate.org and we'll include in a future edition.



We highlighted in our February newsletter that we have some new members who have recently joined the committee to continue the good work that Rebecca and Pam have done over recent years. You'll find out more about the committee team in the coming pages and we encourage you to introduce yourselves if you are able to attend our in-person meetings or events.

Thank you to those who completed our recent survey – the information gained from this was exactly what we wanted and you'll find a summary of some of the responses later in this newsletter. We have already started booking in speakers for our monthly meetings and we are delighted that we have a variety of speakers including a team from Kings College who are doing a study on the use of CBD to ease PD side-effects. We also have a nutritionist joining us to discuss ways that diet and nutrition can help those with PD, and we have a Pilates instructor joining us to do a short demo of exercises that you could do at home to keep mobile. In addition, we are delighted to have secured a session with Laura Sweeney from Oxted Therapies team who will share ways to help you with your day-to-day living at home, and later in the year, Sue Mills from Parkinson's UK will showcase some of the items that you can purchase through PUK's shop. Many of you may already know Jill Beaumont – our Parkinson's Local Advisor – and she will join us this month to ensure you have all the info you need on how she and the PUK Advisor team can help you. Please do come to our monthly meetings – all the info is provided on the following pages.

In the meantime, overleaf is more about our committee members and information on some local events that are taking place or where we have been able to attend. 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.

We encourage members of our Reigate support group to help in lots of different ways:

- Volunteers are always needed to help organise our events
- Fundraising is critical to ensure we are financially viable for the future
- Content for our newsletters will be more than welcome
- Feedback on what you want the committee to do for the group



Contact us via info@parkinsonsukreigate.org to discuss any of the above.



David Wallbank - Chairman

I was born in Maidenhead, Berkshire and went to university in London where I studied

Economics. While there, to supplement my income, I started a small business making framed shiny prints which was so successful that post graduation I bought a campervan and drove all around Eastern Europe and into the Soviet Union in 1980.

I came back and did an MBA in Marketing which led me having an idea that people might want hot meals delivered to their homes. So I started a business called Hotwheels which was a unique concept in those days, and I had customers such as Sebastian Coe, Paul Daniels, Billy Connolly, and Ester Rantzen.

I was offered a job as Senior Lecturer at Kingston University and stayed there for three years teaching marketing and small business management. I then started a business called Success Photography which became the biggest photography company in the country winning a number of awards and having an amazing portfolio including the Queen and Prince Philip, the G20 Summit, all acting Prime Ministers and an array of famous people linked to various universities. I sold the business in 2017 and self-built a large detached house which we now live in. I'm currently building another new house on site.

I have been lucky enough to travel the world in a yacht race which was an incredible experience! I also enjoy cycling, and have cycled from Land's End to John O'Groats. Other pursuits including a long-standing love of fishing and fished for England in the World Carp Cup in France in 2000. I have recently taken up golf which I do badly but I'm working on this but I like being outside and regularly do walks in the countryside.

I have six grown up children and I'm married to Joanna who is a local doctor. I've lived in Reigate for over 30 years. I was diagnosed with Parkinson's two years ago and my main focus is on helping people connect so we can help each other through the troubles and challenges of life.

Margaret Monnery - Treasurer



I first became aware of the Reigate Parkinson's Support Group when my husband was diagnosed with PD in September 2022 and Fiona Watchman, the Parkinson's nurse in Horley introduced us to the Group.

I have lived and worked in or around Reigate all my life. I have two children and three grand-children who also live locally to us. I enjoy gardening, walking and trying to keep myself reasonably fit.

I have worked in Finance for most of my working life but in various industries, starting with a car component company, then a well-known travel operator and more recently a mushroom farm who supply, among other retailers, Tesco, Marks & Spencer and Ocado. I have been fortunate to travel to some beautiful places around the world including New Zealand, Australia, Southern Asia, Africa and the Caribbean.

I am looking forward to taking on the role of Treasurer for the Group and meeting everyone,

Hazel Dawson Communications & Events



If you wanted me to sum up my passion – it has to be travel. I grew up in Hong Kong and have had the privilege of travelling the world throughout my life – for work and pleasure.

I live in Whyteleafe along with my husband Karl, who was diagnosed with PD in 2018, and my adorable rescue cocker spaniel – Nell. Karl fully retired in 2023 and I am working towards my full retirement this year so very much looking forward to being able to support our Parkinson's Group with my added free time.

Other than travel (which I still try to fit in several times each year), I like gardening when the weather allows, swimming (I took up open water swimming in 2024 and love it .. but only when the water is above 18°C!) and in the evening, I enjoy knitting, reading and online shopping!!



Pam Rodger – Committee advisor

I have been involved with our Group for many years now, initially because, like many of you, a member of my family had the diagnosis of PD .. and this was my husband, Ian.

We were lucky enough to have a doctor who knew Kevin and Jean Shergold who set up the Reigate and District group and fundraised £25,000 in order to have our first Parkinson's nurse in the region. They became firm friends of ours and indeed I had lunch with Jean a couple of weeks ago.

Kevin passed away coming up to two years ago after having PD for probably 25 years. He did have DBS previously which made a huge difference to him but it wasn't an easy process to go through and I have at home the paper he wrote on his experiences of having DBS and the processes involved before and after. We'll share some of his insights in future newsletters for our members to absorb.

My hubby passed away five years ago but I wanted to continue helping people with PD and have been on the committee for some years. My experiences as a carer hopefully enables me to be a listening ear to others going through the same process. I organise the exercise group held here on Friday mornings with our wonderful physio Kate and look forward to working with the new volunteers as we are keen to continue to provide a great place for you to share experiences or hear more about topics relating to PD.

Rebecca O'Connor – Committee advisor

Many of you may already know me as I've been a member of the Reigate Support Group since my husband, Steve, was diagnosed over 15 years ago and more recently as Treasurer and Membership Secretary since 2019. I'm now delighted to see some new faces on the committee and although I am stepping down from my day-to-day involvement, I will continue to remain in an advisory role.

I also work part-time and volunteer as Treasurer for a several other organisations so my life is never dull! But my passion is walking and you will often see me training around the roads and hills surrounding our home in Caterham. I've done an annual walk or overseas trek since 2012 to raise money for Parkinson's UK including



Nepal, China, Iceland as well as Oxford, Seven Sisters, Richmond Park, Surrey Hills, Battersea Park, Leeds Castle and Tonbridge (I wonder where I will go in 2025!)

David Bignell – Committee member



I will be 79 in May and was diagnosed with Parkinson's in 2023, although looking back I can see that it was slowly developing before that. My mother had it at 62, so in some ways I am fortunate that it is late onset.

I was born in Dorking, but grew up in Hertfordshire, went to school in Watford and to university in Nottingham. I naturally gravitated to an academic career and have lived and worked all over the world, including Canada, Africa, Malaysia, Australia and Japan. I retired in 2011 and it was natural to move back to Surrey, where I now live in Meadvale.

I am married (twice) and have 3 children and 5 grandchildren. I am qualified in Entomology and Microbiology, and ended my career with a University Chair in London, but Parkinson's is no respecter of persons, so I am putting together a new life focused on adaptation. I still drive but thank goodness for home delivery and a supportive family.

My main hobby was music and I learned to play the double bass as soon as I was tall enough to reach the top of the fingerboard!

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

Reigate Support Group Woodhatch Centre, Whitebeam Drive, Reigate RH2 7LS 1400-1530hrs		East Surrey Café Bletchingley Golf Club, Church Lane, Bletchingley RH1 4LP 1100-1230hrs
20 March	<ul style="list-style-type: none"> Natalie White – Naturopathic & Nutritional Health Care Jill Beaumont – Parkinson's UK Local Advisor 	31 March
17 April	<ul style="list-style-type: none"> Kings College London – CAN-PDP clinical trial TBC: Parkinson's UK Research Team Intro to Pilates (seated) 	28 April
15 May	<ul style="list-style-type: none"> Laura Sweeney – Oxted Occupational Therapy Unit 	19 May
19 June	Afternoon tea	30 June
No meeting July		28 July
No meeting August		18 August
18 September	TBC	29 September
16 October	TBC	27 October
20 November	Sue Mills – Parkinson's UK Shop	24 November
No meeting December	See below for Xmas lunch info	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 17 March 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:

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

Parkinson's Reigate Website:

www.parkinsonsukreigate.org

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.



Improving Lives Together
Parkinson's Reigate

Have you had a look? If so, what do you think?

Monthly Support Group meetings

We had a great attendance at February's Support Group meeting on 20 February and the theme was very much around introducing the new committee members as well as seeking feedback from members on what they want from future meetings etc.

Zoe Sole from Parkinson's UK Head Office joined the meeting to advise her role and how she supports both the group's volunteers and provides the link between members and Parkinson's UK, where needed. More information on Zoe can be found later in the newsletter.

The next Support Group meeting takes place at the Woodhatch Centre on Thursday 20 March 2025, at which we will have presentations and discussions with Nathalie White – Nutritionist, and Jill Beaumont – Parkinsons Local Advisor. Please come and join us at this meeting – 1400-1530hrs.

Survey feedback

We recently launched a survey to our members. Sadly, the response was not as high as we would have liked but those who did respond advised the following:

Meeting Content (top 5 topics requested)

- Coping strategies for living with Parkinson's
- Parkinson's UK support
- Latest research and treatments
- Exercise and physical therapy tips
- Social opportunities and connecting with others

Members are keen to hear from guest speakers as well as have Q&A with professionals

Suggested topics included alternative therapies and technology

Activities (top two categories)

- Social events
 - Group exercise sessions
- Suggestions included gardening, meditation, Tai-Chi, Pilates and activities held locally (outside of Woodhatch Centre)

Suggestion:

'Buddy' set-up for those who are newly diagnosed so that they can discuss issues and learn from existing members



Hello there! My name is Zoe Sole, your Local Volunteer Officer (LVO) at Parkinson's UK covering Buckinghamshire, Berkshire, Oxfordshire and Surrey. I live in Buckinghamshire, and am enjoying getting out and about and getting to know these other parts of South East England. Across this area we have around 150 volunteers giving up their time to run 20 branches. Although I still consider myself as a new member of staff, I have nearly a year of service under my belt since starting in March 2024, so I think it's time to shed the "new" label!

Prior to Parkinson's UK I worked at other charities for over seven years. My journey into this field began as a Psychology graduate, working as a research assistant at Hertfordshire University and as a dance teacher. This unique blend of interests led me to the Dance for Parkinson's Project alongside Dr. Peter Lovatt and Dr. Dawn Rose, combining my love for dance and psychology.

I am passionate about the wellbeing benefits not only of physical activity and the arts, but more generally in people having hobbies and purpose. Wellbeing is not 'one size fits all', so services should reflect this. Something I love about Parkinson's UK is the variety of sessions on offer from Nordic walking to snooker and hydrotherapy – there is something for everyone!

Over the past year, the Reigate Support Group has undergone a significant transformation. Since stepping into my role, I've been deeply impressed by the dedication of existing Reigate volunteers, whose efforts have been instrumental in sustaining the branch's operations. Welcoming new volunteers has been a highlight, as their contributions have not only supported longstanding volunteers but begun to infuse the branch with fresh energy and perspectives. These ideas, including initiatives like this newsletter, underscores the adage that many hands make light work. I'm optimistic about the group's future, energised by the enthusiasm and fresh ideas volunteers bring. My role is to support these volunteers and serve as a liaison with Parkinson's UK, ensuring each branch maintains its unique character while striving towards our collective goal of supporting people with Parkinson's in the local community.

Outside of work I continue to attend dance classes, I love theatre, live music, and crocheting. I also play the drums in a band with friends, playing covers from the 90's and 2000's. It's safe to say I like to keep busy! I look forward to meeting many of you over the course of my visits.

If you, or someone you know is interested in volunteering, you can contact me on zsole@parkinsons.org.uk or give me a call on 07842449295.





Box Fit for Parkinsons

Funded by

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Non contact boxing session followed by coffee & a chat*

Tandridge Leisure Centre, Oxted, RH8 9HT

Thursdays 10.45 - 11.30am
£2 per session

To book a place please call 01883 716717 (option 1)

*Cost of coffee not included but will be offered at discounted price

For any questions, please email:
hctandridge@freedom-leisure.co.uk



freedomleisure
where you matter

Conservatoire Concerts

At

Godalming Baptist Church GU7 1BA

Saturday 22nd March 2025, 7.00-8.00pm

Resilience personified: An event with pianist Nina Schumann



Nina Schumann, is an accomplished South African pianist advancing a brilliant career while dealing with a trio of serious health conditions.

Tonight she'll present a short documentary about her recent performance of Rachmaninoff's Piano Concerto No. 2 and discuss her recovery from breast cancer and ongoing struggles with focal dystonia and Parkinson's disease.

The evening will end with Nina performing works by Bach and Rachmaninoff

Admission Free - Retiring Collection towards musicians' fees
Reservations: Suzanne Cacciottolo 07940013314
Or email suzanne.cacciottolo@gmail.com
www.conservatoireconcerts.org.uk



Fighting Fit Residential Weekends – 2025 dates announced

Designed for individuals recently diagnosed with Parkinson's and their loved ones. Fighting Fit residential weekends focus on exercise, managing symptoms, and building a personal wellness plan, all while connecting with others on a similar journey.

Dates and Locations:

- Cookham: May 16-18, CIM Conference Centre
- Winchester: July 11-13, Sparsholt Conferences and Events
- Canterbury: September 5-7, University of Kent, Keynes College

Cost:

- Single room: £200
- Double room: £370 (Includes accommodation, meals, programme fee, and more. Bursaries available)

Who Should Attend?

- Those who have completed First Steps
- Individuals diagnosed within the last 5 years, seeking to live their best life
- Participants ready for high-intensity exercise
- Priority given to first-time attendees from the southeast UK

How to Join: Complete an online application form to reserve your spot. For assistance or more information, contact us at

hello@fighting-fit.org.uk

YMCA EAST SURREY

Strength and Balance Class

A gentle exercise class to help you feel stronger and steadier, improve your balance, and increase your confidence for everyday activities.

Fridays | 7 February – 29 August 2025
12:00-12:45 | £2.00 (card payments only)
 Merstham Community Hub, 2b Portland Drive, Merstham, RH1 3HY

- ▶ Teas and coffees available in the Café area
- ▶ No booking required
- ▶ Parking available on-site or nearby streets
- ▶ Bus stop opposite (buses 430 & 435)

To find out more
 Please contact Paris Breeden-West, Moving Together Coordinator
 E paris.breeden-west@ymcaeast Surrey.org.uk
 T 01737 779979

YMCA | Here for young people
 Here for communities
 Here for you

Registered charity no. 1075028

Sponsorship appeal

The son of one of our members – Anne Galloway – is running a half marathon in Bath on Sunday 16 March with the proceeds going to Parkinson's UK.

Here's what Sam has to say:

I have been a supporter of Parkinson's UK since my Mum was diagnosed with Parkinson's in 2015. Since then, she has been determined to remain very active with local walks, which I find inspirational. We have enjoyed many walks exploring the beautiful countryside. I am running the Bath Half to raise money for my Mum and others living with Parkinson's.

If you want to help Sam reach his goal of £500 (or more), please visit [Sam Leonard's Fundraising page](#) – thank you!

World Parkinson's Day – 11 April 2025



As the logo shows, World Parkinson's Day takes place on Friday 11 April 2025. The aim of the day is to expand the awareness of Parkinson's and promote the support that both PUK and your local group offers.

Parkinson's ask you to "Light it up Blue" and tell people about Parkinson's – let us know if you have other ways to promote PD or

ways to raise funds. [Click here](#) to get more information from Parkinson's UK's website.

If you happen to like knitting or crocheting, Parkinson's are asking for volunteers to knit or crochet tulips by 11 April – patterns are available – just email hazel@parkinsonsukregiate.org advising if you want the crochet patterns and/or knitting pattern. Once you've produced your lovely creations, send them to Clare Walsh, Parkinson's UK, 50 Broadway, London SW1H 0DB, where they will be displayed along with other submissions and then sold off to raise funds for Parkinson's UK research.





Research

We were recently invited to attend the Richmond and Hounslow Support Group meeting at which they had Dr Becky Jones – Research Communications Manager present on Parkinson's UK

Research activities. Here's some information shared from the meeting:

- Parkinson's UK funds over 50 research projects with £10M committed to research in 2024
- Research takes a number of forms and is not purely focussed on new drugs – it also includes monitoring and self-management of PD, physical activity and physiotherapy as well as devices and gadgets that could help those with PD
- "Predict PD" is a major study of over 10,000 people aged between 60–80 who do not currently have PD but some of who will develop PD over time and therefore early medical history could help identify causes
- Brain Bank and Virtual Biotech are two programmes that exist to analyse brain cells and turn discoveries into new therapies whilst Parkinson's Family Project studies families where PD exists and enables comparisons between siblings or parents etc
- Parkinson's UK needs people to get involved in research – this can take the form of questionnaires and interviews or lead to drug trials or testing of devices
- To find out what research projects exist locally, go to <https://www.parkinsons.org.uk/research/take-part-research> and type in your postcode
- Parkinson's Research Support Network has over 10,000 members who receive regular updates on opportunities to shape research programmes – sign up to receive this update via <https://www.parkinsons.org.uk/research/progress-our-research-magazine>

We have some Researchers from King's College London joining our 17 April meeting to explain their CAN-PDP study which is investigating CBD in people with PD to see if it can help with hallucinations and delusions – please do come and join us at this monthly meeting.

Parkinson's Tech Guide – Read more about how apps, devices and technology can help with the day-to-day management of Parkinson's symptoms, from helping with communication to reminding you when to take your medication. Some people with Parkinson's find that they have difficulties with communication, including their speech and writing. But technology can make this easier.



The Tech Guide is somewhere to discover and understand the devices and apps that are aimed at people with Parkinson's. It's somewhere to work out what to trust with your time, your money and your health.

Parkinson's is different for everyone. So is what you might need to live with the condition. The Tech Guide is here to put technology in context. We can't tell you what's right for your own unique situation, but we can make sure you know your options.

We created the Tech Guide so that people with Parkinson's can make the right decisions for themselves about all the devices and apps that claim to be able to help improve their quality of life. For more information: <https://www.parkinsons.org.uk/information-and-support/apps-devices-and-technology>

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>

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>

Literature

Did you know that Parkinson's UK has a massive library of literature that you can order either in hardcopy or download in PDF format. We have sample copies of many of these leaflets that you can look at during our support group meetings, but to give you a taster of what is available, here's just some of the topics. You can order these via <https://shop.parkinsons.org.uk/> (and select Information)

Symptoms and Side Effects

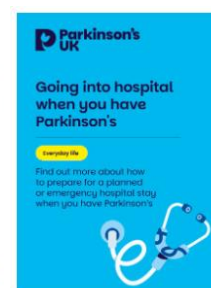
- Diet and Parkinson's
- Driving and Parkinson's
- Fatigue in Parkinson's
- Foot care and Parkinson's
- Insurance and Parkinson's
- Mouth and dental issues in Parkinson's
- Pain in Parkinson's
- Thinking and memory changes in Parkinson's
- Sleep and night-time problems with Parkinson's
- Tremor and Parkinson's

Benefits

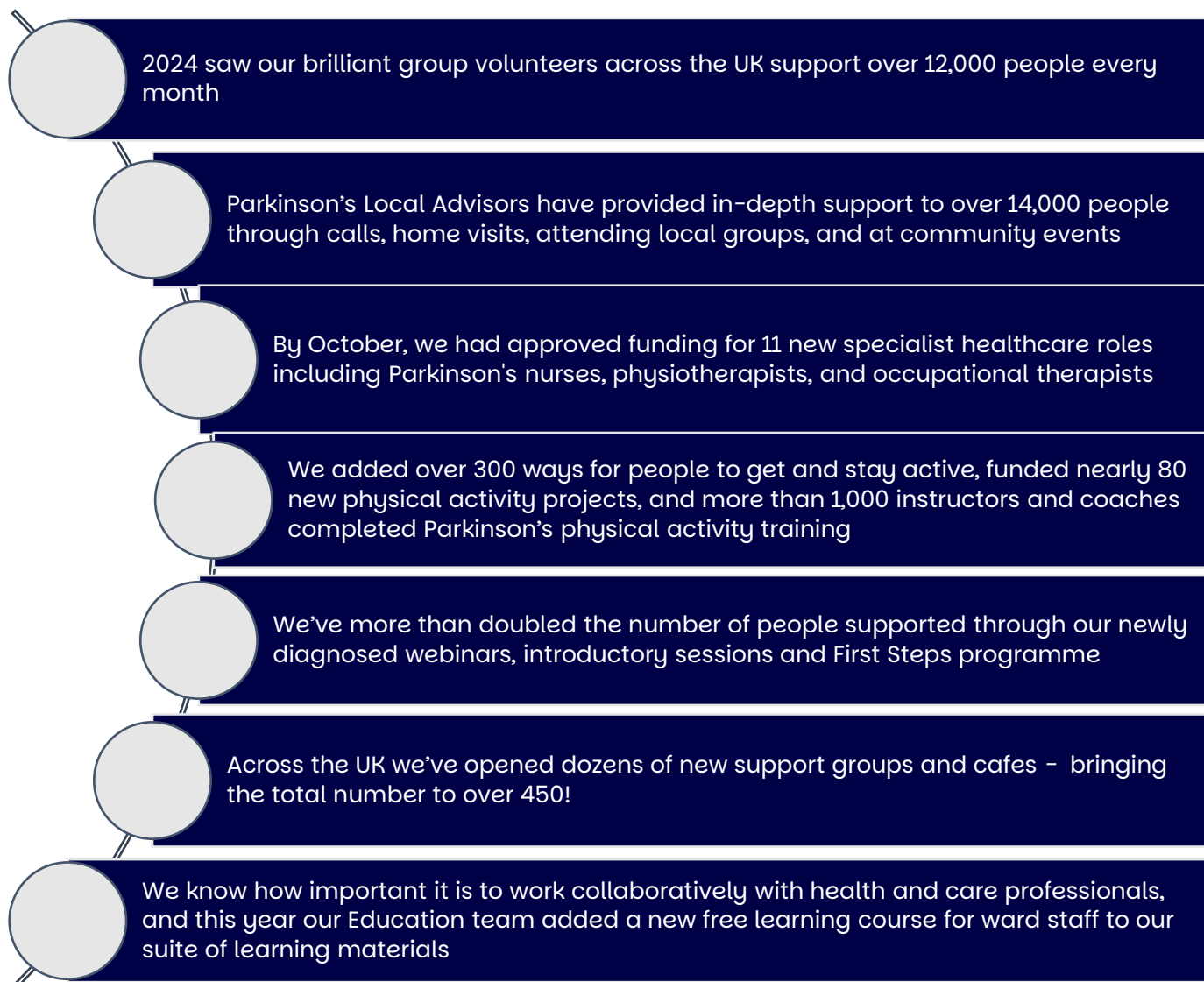
- Attendance allowance
- Carer's Allowance/Carer Support Payment
- Employment and Support Allowance
- Help with council tax
- Pension credit
- Help getting around
- Personal Independence Payment (PIP)

Treatments and Therapies

- Deep brain stimulation
- Occupational therapy and Parkinson's
- Physiotherapy and Parkinson's
- Speech & language therapy and Parkinson's



2024's achievements



Fundraising

- Fantastic fundraisers once again hosted **events and challenges, walked, cycled, ran, swam and more**, raising vital funds and awareness.
- The **Walk for Parkinson's** series united loved ones, friends, carers and supporters across the UK, with **more than 3,930 walkers raising an incredible £425,000!**
- Super supporters and pooches also took part in our new **Walkies for Parkinson's** challenge and raised **£65,000**



Thank you

Research

2024 has been another busy year for Parkinson's research...

- Research we funded at University College London made headlines after identifying [a blood test which may be able to detect Parkinson's earlier, before symptoms appear.](#)
- We're currently investing **over £13m into our research grants programme across 39 projects, and helped 41 studies find participants last year.**
- Through the Parkinson's Virtual Biotech, **we've committed over £30m towards new drug discovery and development projects for Parkinson's.**

Our **Research Support Network** is the main way we share research news and opportunities to join clinical trials and studies.

[Search Research Support Network on our website to sign up for updates.](#)

Campaigns

- As part of our relaunched **Get It On Time** campaign, many of you emailed the Patient Safety Minister. Now, we're delighted that [NHS England has committed to a 3 year Medicines Safety Improvement Programme,](#) helping ensure medication is delivered on time to people with Parkinson's in hospital.
- **Over 20,000 people signed the Movers and Shakers' Parky Charter,** which calls for better support for people living with Parkinson's. The Charter helped us to meet Ministers, and as a result the government has commissioned work to explore funding Parkinson's research.
- In an election year, you helped us raise awareness and advocate for better support. **We met with MPs at party conferences** and in October, **re-launched the All-Party Parliamentary Group on Parkinson's.**

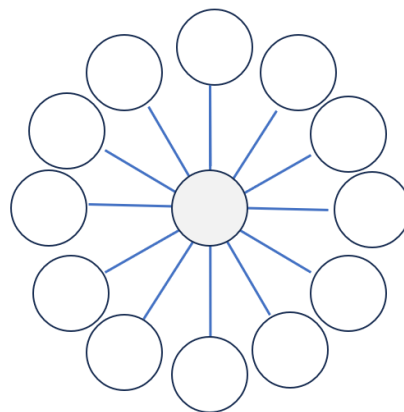
You can join Parkinson's UK [Campaigns Network](#) on our website to receive updates on campaigns and ways to get involved.

A bit of fun

Answer to February's "bit of fun" was 114 – hope you got this right

This month, write the listed pairs of letters into the circles so that each line running through the grid's centre produces a six-letter word. Answers in April's newsletter.

- AL	- RY
- CE	- SI
- DE	- SO
- GE	- SS
- LE	- TE
- MN	- UN
- NT	



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).

The 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.