



Welcome to **The Gate** – our monthly newsletter with updates about our own activities as well as those of our members and Parkinson's UK.

Now that we are officially in Autumn, here's some interesting information that the Met Office has released.

- ❖ The Autumn equinox occurs around 22 or 23 September, when day and night are approximately equal in length. This astronomical event signals the official start of Autumn and is celebrated in many cultures. Occasionally, the equinox can fall on 24 September, a rare occurrence that last happened in 1931 and won't happen again until 2303!
- ❖ The vibrant reds, yellows, and browns of Autumn leaves are the result of chlorophyll breaking down. As the green pigment fades, other pigments such as carotene and anthocyanin become visible. The most striking colours occur when a dry summer is followed by sunny Autumn days and cold, but not freezing, nights.
- ❖ A study in the Journal of Aging Research found that babies born during the Autumn months are more likely to live to 100 than those born during the rest of the year.
- ❖ In Greek mythology, Autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking Spring.
- ❖ Autumn is associated with a variety of cultural events and holidays, including Halloween and Thanksgiving. These traditions reflect the season's themes of change, harvest, and preparation for winter.



We continue through Autumn with our programme of events including the monthly meetings shown below, which we hope you can attend. Our September meeting, which focused on Speech and Language had the largest number of attendees (42 in total) that we have had for a number of years, so hopefully we can maintain these numbers and continue to bring you relevant and interesting topics.

- ❖ **15 October:** By popular request, we are delighted to welcome **Iain Wilkinson, Consultant Geriatrician and Parkinson's specialist** from Surrey and Sussex Healthcare NHS Trust. Iain has lots of interesting information to share about the progress of Parkinson's and how new technology can help identify trends and assist with potential remedies.
- ❖ **19 November:** If you like a man or woman in uniform .. this is a meeting to come to 😊. We are privileged to have a team from **Surrey Fire & Rescue Services** join us to give you hints and tips on how to keep safe in your own home. They will bring literature and give you an update on how you can have your home assessed in terms of **fire safety**.

All meetings take place at the Woodhatch Community Centre from 1400-1530hrs on the days shown.

We are now starting to plan our calendar of events for 2027, so if there are any topics or recommended speakers that you feel we ought to cover at our monthly meetings, please get in touch with Hazel via hazel@parkinsonsukreigate.org – thank you.



Support Group Meetings*

Woodhatch Centre, Whitebeam Drive, Reigate, RH2 7LS **(1400-1530hrs)**

15 October

Dr Iain Wilkinson - Consultant Geriatrician Surrey and Sussex
Healthcare NHS Trust

19 November

Fire safety in the home - Surrey Fire & Rescue Service

No meeting December (**Christmas lunch held on 3 December at Woodhatch Centre**)



East Surrey Café*

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

26 October / 30 November / 14 December



Dorking Café*

The Watermill Inn, Reigate Rd, Dorking RH4 1NN

Monthly - First Tuesday of the month - **1100-1230hrs**



Beehive Social Group*

Beehive Pub, 90 Dovers Green Rd, Reigate RH2 8EG

Monthly - Fourth Thursday of the month - from 1930hrs



Bereavement Group Lunch

Beehive Pub, 90 Dovers Green Rd, Reigate RH2 8EG **(from midday)**

Tuesday 17 November

Contact Maggie Ellwood (maggie.ellwood@hotmail.com) if you wish to attend



Extend Exercise Class

Weekly - Tuesday - **1415-1515hrs** - Woodhatch Centre (see above for address)

Contact Margaret Monnery (margaretmonnery@gmail.com) to book a place



Mobility Exercise Class

Weekly - Friday - **1000-1100hrs** - Woodhatch Centre (see above for address)

Contact Pam Rodger (lanrodger34@hotmail.com) to book a place



Choir/Singing Group

Monthly - Second Monday - **1400-1600hrs** - Woodhatch Centre (see above for address)

Contact Rebecca O'Connor (rebeccaconnor@btinternet.com) for more information



Golf Masterclass

Monday - **1100-1300hrs** - Bletchingley Golf Club (see above for address)

Contact David Wallbank (david@parkinsonsukreigate.org) to join a session



Dates may change for months where there is a bank or public holiday

Please refer to the calendar of events available on www.parkinsonsukreigate.org

For more information, contact info@parkinsonsukreigate.org

** no booking needed - just come along. All others, please get in touch with the contact person shown*

Parkinson's Research Event - Basingstoke

Are you interested in the latest advancements in Parkinson's research? Whether you are a dedicated researcher, someone affected by Parkinson's, or simply curious about new discoveries shaping the future of Parkinson's care, this event is for you!



This **free** event brings together researchers and experts from across the South East to provide exciting research updates, alongside interactive taster activities demonstrating the importance of staying active.

Join us for the South Central Research Event!
Discover. Connect. Engage

Tuesday 20 October, 1000-1600hrs
Hampshire Court Hotel & Spa, Centre Drive,
Chineham Basingstoke RG24 8FY
Free parking available

For more information, to see who is presenting and to register for this event, please click [here](https://www.eventbrite.co.uk)
(Go to [www.Eventbrite.co.uk](https://www.eventbrite.co.uk) and search for Parkinson's with Basingstoke as the location)

Par-Con Community Convention



Par-Con is your Parkinson's community convention about living well with Parkinson's. Planned in collaboration with a team of people living with and connected to the condition, Par-Con gives you the chance to learn from researchers, healthcare professionals and the wider community.

Hear directly from trusted experts who can explain the latest research and opportunities, guide you through a new diagnosis or changes in your symptoms, and provide interactive sessions with tips to help manage your condition.

The event takes place on 13 and 14 November and can be attended in person at the Vox Centre, Birmingham (small cost to register for each day) or online (no charge). To register for the event, please click [here](https://www.parkinsons.org.uk/community/par-con)
www.parkinsons.org.uk/community/par-con

Please do let us know if you are attending in person as we have a few members who will be there and would be good to meet up.

National Online Exercise Programme

A Cheshire-based personal trainer has launched a new national online exercise programme to help more people with Parkinson's get active, build confidence and make movement part of everyday life.

The Parkinson's Coach is the work of Katie Thompson, a personal trainer and exercise coach from Wilmslow, who was inspired to help others live well with Parkinson's after her father-in-law was diagnosed with the condition in 2018.

The online programme features a growing library of more than 50 pre-recorded exercise videos designed specifically for people living with Parkinson's.

More information can be found via their website: www.theparkinsonscoach.co.uk

Community Awards 2026

The Community Awards are back for 2026, and we need your help to recognise the individuals who improve life for people with Parkinson's.

We are keen for unsung heroes to have some well deserved spotlight.

From a friendly cup of tea to campaigning for change, we believe that every action deserves recognition. The Community Awards are a wonderful way to celebrate the people who make our mission possible every day. You can nominate someone today using our [online form](#) and in November, every nominee will receive a special certificate and a keepsake pin-badge.



Amsterdam Marathon

Many of you will know Pam Rodger who manages our Mobility exercise class on a Friday as well as serves your refreshments at our monthly meetings.



Pam's granddaughter, Holly Stallard, is running the Amsterdam Marathon on 18 October in aid of our support group as well as Samaritans. Here's what she has to say:

"In October, I'll be taking on the Amsterdam Marathon to raise money for two charities that are incredibly close to mine and my family's hearts.

I am raising funds for Parkinson's Reigate support group after watching my Grandad live with Parkinson's and seeing the impact it had not only on him, but on our whole family. I witnessed the unwavering love, strength and dedication of my Nan, who cared for him every day, and now volunteers for their local charity branch.

I am also fundraising for Samaritans, inspired by my Granny, who has volunteered her time for many years to listen to and support people during some of the hardest moments of their lives.

Running 42 kilometres will be a huge challenge, but it feels small compared to the challenges faced every day by those living with Parkinson's and those struggling with their mental health. Every km I run will be for my grandparents, and every donation will help these incredible charities continue their life-changing work."

If you are able to support Holly in her amazing challenge, please click [here](#) (or go to www.Gofundme.com and type Holly Stallard in the search bar).

Thank you.

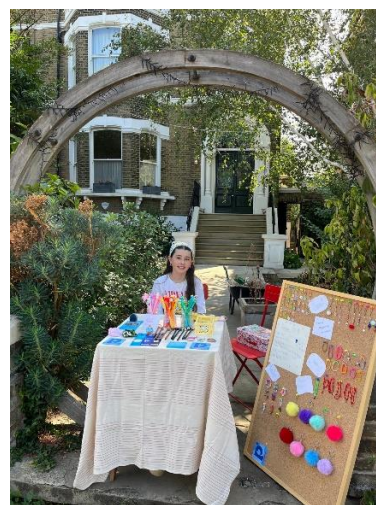
Entrepreneur Extraordinaire

Another granddaughter initiative and one that we think you will find quite humbling.

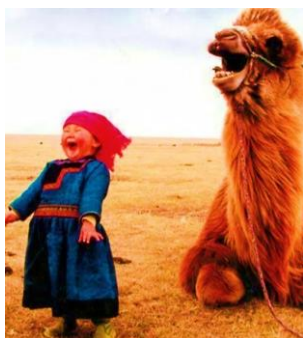
Paul and Mary Cottril's granddaughter, Sophia, does regular "stalls" where she sells handmade items such as bracelets and keyrings. In September, Sophia held her stall targeting the after-church crowd! After review, she's going to specialise in key rings and move to outside Brockley station next time for higher foot-fall 😊

All proceeds go to Parkinson's UK and we think she is quite an amazing young lady.

Thank you



Time to smile



Parkinson's UK, 50 Broadway, London SW1H 0DB

Free confidential helpline: 0808 800 0303
Monday to Friday 0900-1800hrs / Saturday 1000-1300hrs (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).

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.