



Welcome to **The Gate** – our monthly newsletter with updates about our own activities as well as those of local branches.

Well, April was a busy month with not only our regular activities to manage but also raising awareness in the local community on **World Parkinson's Day**, which was 11 April 2026. We had a very successful day, held at Sainsbury's Redhill, which raised just short of £600 via the kind generosity of



the local community. Many who stopped by our stand were keen to learn more about what we could offer in terms of support as well as know more about Parkinson's in general – it would appear that there are many people locally who are linked in one way or another to someone touched by Parkinson's so we know our efforts were well received.



We would also like to highlight here the amazing achievement that **Amanda Cuthbert**, who is a member of our committee, had this month raising sponsorships through running the **Brighton Trail Marathon**, a 42km off-road challenge across the South Downs.



Amanda raised an amazing £1350 so a huge 'thank you' goes out to Amanda and everyone who sponsored her – a fantastic achievement – well done.



Our April monthly meeting took place as usual and our guests were **Dee Tomlin**, Service Improvement Adviser, and **Jill Beaumont** who is our Parkinson's Local Adviser. The ladies gave an informative summary of their roles and current activities after which we broke into two groups to discuss in-depth areas that members felt needed more support and engagement with

PUK, local NHS Trusts and medical professionals. The key feedback was the need for a structure on when they should be seen by a neurologist and/or Parkinson's Nurse, and how to ensure appointments are established or how to contact these people on an ad hoc basis. Jill Beaumont is always available to help should you have queries about many topics relating to Parkinson's. Alternatively please remember that the Parkinson's main **Helpline** is available for you to speak to a relevant adviser, whether this be about benefits, care, medication, newly diagnosed, exercise or other topics – their number is **0808 800 0303**. This is a confidential helpline and they are open Monday to Friday 0900-1900hrs and Saturday 1000-1400hrs.

Our May meeting takes place on **Thursday 21 May** (1400-1530hrs at the Woodhatch Community Centre). We had planned for Mark Mardell to join us but sadly a change to his engagements abroad have now clashed with our meeting date. However, we are delighted to have **Emily Hubbard** from **Right At Home** join us and she will be talking about falls prevention as well as care that's available for those with Parkinson's, including respite, live-in and other care packages that are available locally. We know this is a topic that many want information on, so we encourage you to come along and meet Emily on the 21st.





Support Group Meetings*

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

21 May Emily Hubbard - Right At Home (falls prevention & care options)

18 June Social afternoon tea

No meeting July

20 August Bingo, quiz and fun

17 September TBC

15 October TBC

19 November TBC

No meeting December (Christmas lunch on 3 December)



East Surrey Café*

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

18 May / 29 June / 27 July / 24 August / 28 September / 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 (NOTE: now changed to Tuesdays - see dates below)

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

19 May 2026 / 21 July / 22 September / 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



For more information, contact info@parkinsonsukreigate.org

Calendar of events is available on www.parkinsonsukreigate.org

* no booking needed - just come along

Sport Parkinson's Try-Athlon



**Sunday 10th May
2026**

and join us at
Sport Parkinson's Try-Athlon
Twickenham Stoop Stadium

Tickets are available via
Sport Parkinson's website:

<https://www.sportparkinsons.com/events/2026-try-athlon>

Walk for Parkinson's

Walk for Parkinson's events are a great way to get out and see your local countryside as well as raise critical money needed to support research and managing ongoing needs of those with Parkinson's.

There are a number of events available but the local ones are:

- Mote Park – Maidstone – 7 June 2026
- Battersea Park – London – 5 Sept 2026
- Alice Holt Forest – Farnham – 13 Sept 2026

And of course, there is the Walkies for Parkinson's during October where you can walk with your pooches and raise money.

All the information for the above is on the [Parkinson's website – Get Involved – Find An Event](#)

RHS Chelsea Flower Show 2026

We have a garden at the world-famous Royal Horticultural Society (RHS) Chelsea Flower Show. It's a unique chance to deepen understanding of Parkinson's, inspire the whole Parkinson's community to feel the benefits of gardening and grow support for our leading research.

Our garden, called Parkinson's UK – A Garden for Every Parkinson's Journey, is designed by award winning gardener and BBC presenter Arit Anderson. It symbolises the journey of living with Parkinson's: the moments of adaptation, challenge, hope and connection.

It's more than just a garden. It's a space for Parkinson's. It tells the changing story of Parkinson's through planting, pathways, hand rails, textures and seating.

After the show, there are plans to move the garden to Oxford's John Radcliffe Hospital, to be cared for by volunteers including the Parkinson's community.

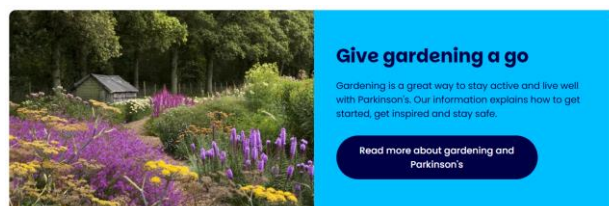


**RHS Chelsea
Flower Show**

19 - 23 May 2026

[View Ticket Options >](#)

Did you know how beneficial gardening and gardens are in general to those with Parkinson's – more information can be found via the [Parkinson's UK website – Community](#) tab.



Give gardening a go

Gardening is a great way to stay active and live well with Parkinson's. Our information explains how to get started, get inspired and stay safe.

[Read more about gardening and Parkinson's](#)



Dementia in Parkinson's

A study, part-funded by Parkinson's UK, has uncovered important insights into why some people with Parkinson's develop dementia, while others don't.

The research used detailed brain imaging to explore the brain changes linked to thinking and memory changes in Parkinson's. This study aimed to understand more about why some people develop dementia by examining the brains of people with Parkinson's with dementia, people with Parkinson's but no dementia, and healthy controls.



What is Parkinson's dementia?

Dementia is when someone experiences a decline in their thinking and memory. In Parkinson's this can occur at different stages of the condition. For some, movement symptoms appear first, followed by cognitive decline – this is known as Parkinson's dementia (PDD). For others, cognitive changes may appear before movement symptoms, a condition called dementia with Lewy bodies (DLB). Together, these conditions fall under the umbrella term Lewy body dementia (LBD).

Read more about this study via <https://www.parkinsons.org.uk/news/2026/new-insights-dementia-parkinsons>

Parkinson's UK launches On the Move

On the Move is a new podcast series from Parkinson's UK and content creators, Soundyard, which offers a mix of seated or standing workouts that anyone can follow.

The podcast series features 8 episodes with host and exercise instructor, Sonia, taking listeners through a variety of movements and activities which are designed to help everyone get active in an accessible and engaging way.

More information is available via <https://www.parkinsons.org.uk/news/2026/on-the-move-podcast>

A bit of fun

Time for a **chuckle** as laughter therapy is as good as physical therapy

Famous quotes about life:

- I intend to live forever. So far, so good!
- You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police.
- I look like a casual, laid-back guy, but it's like a circus in my head.
- Life is a lot like jazz... it's best when you improvise.

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).