



# The Gate

April 2026  
Reigate & East Surrey  
Open the gate to learn more



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

As we move into Spring (what a soggy Winter we have had!!), we start to get busy with lots of events that will hopefully raise the profile and knowledge of our **Reigate and East Surrey Support Group** as well as of Parkinson's in general.



We continue with our programme of Support Group meetings and March's session was so informative. We had **Clare Addison** join us and tell us all about the "**Get It On Time**" campaign – a Parkinson's led initiative but which relates to any condition where the patient needs to get their medication on time when they are in any kind of care establishment (care home, hospital etc). Clare, along with colleagues in the NHS developed the educational programme with 10 key recommendations to ensure that anyone in medical related organisations (including Ambulance Services, Royal College of Nursing etc) all have the express knowledge about **time critical medication** and how the effects of not getting medication on time can be disastrous to those with key conditions, including Parkinson's. If you would like more information about the "Get It On Time" programme, please look at the pages on Parkinson's UK website - <https://www.parkinsons.org.uk/get-involved/campaign/our-campaigns/get-it-on-time>



Also, please remember that you can order a free **washbag** and insert to take with you, should you have to go into hospital. This allows you to take your personal medication and have a clear record of what you take and when you need to take your tablets. You can order these from the [Parkinson's Shop](#) and search for 'washbag'.

Our next support group meeting is on **16 April (1400-1530hrs** at Woodhatch Community Centre) and our guests at this meeting are **Dee Tomlin**, **Service Improvement** Adviser, and **Jill Beaumont** who is our Parkinson's Local Adviser. Dee and Jill both work for Parkinson's UK and would like to talk to our members about the services that are available both centrally (PUK) and locally, as well as those from your Parkinson's Nurses. The aim of the session is to understand what you need so that these ladies can feed this information back to Head Office in the aim to improve those services that are available to you.

Have you seen the latest Parkinson's commercial on TV – it's called "**Socks**"? If not, it's very thought-provoking and be ready to shed a tear! Please have a look at the version on YouTube - <https://www.youtube.com/watch?v=uTOld91Ax9c>



Lastly, we are approaching **World Parkinson's Day** this month – **Saturday 11 April 2026**. Your committee will be stationed at Sainsburys Supermarket in Redhill from 1000-1600hrs on that day, raising the awareness of Parkinson's as well as hopefully collecting some donations to help us continue the good work that we already provide to our community. There are

also lots of other Parkinson's-related events on that day so please read over to learn more about what our colleagues in the Sutton group are doing.



2026



### Support Group Meetings\*

Woodhatch Centre, Whitebeam Drive, Reigate, RH2 7LS (**1400-1530hrs**)  
16 April Parkinson's local resources - Dee Tomlin & Jill Beaumont  
21 May TBC: Mark Mardell - Movers and Shakers  
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**)  
27 April / 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](mailto: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](mailto: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](mailto: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](mailto:rebeccaconnor@btinternet.com)) for more information



### Golf Masterclass

Monday - **1100-1300hrs** - Bletchingley Golf Club (see above for address)  
Contact David Wallbank ([david@parkinsonsukreigate.org](mailto:david@parkinsonsukreigate.org)) to join a session



For more information, contact [info@parkinsonsukreigate.org](mailto:info@parkinsonsukreigate.org)  
Calendar of events is available on [www.parkinsonsukreigate.org](http://www.parkinsonsukreigate.org)

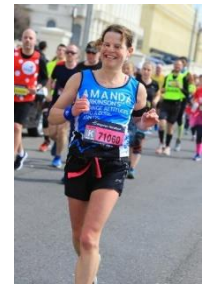
\* no booking needed - just come along



## Parkinson's UK update and local events

There is still time to sponsor some of our amazing friends who are running marathons to raise money for Parkinson's.

**Amanda Cuthbert** is running the **Brighton Trail Marathon** on **Sunday 12 April 2026**. This race is a 42km off-road challenge across the South Downs. You can sponsor her via <https://events.parkinsons.org.uk/fundraisers/amandacuthbert>



Also, Also Paul & Mary **Cottrill's** son (**Andy**) and daughter (**Nicci**) are running the **London Marathon** on **26 April 2026**. They aim to raise £5,600 for Parkinson's UK and you can read more about the reasons that they are running and raising money, plus sponsor them via <https://2026tcslondonmarathon.enthuse.com/pf/cottrill-roffey>

**Sunday 10th May 2026**

A collage of four photographs showing people participating in various sports: boxing, football, and tennis. A circular logo for 'SPORT PARKINSONS TRY-ATHLON 2026' is overlaid on the bottom right of the collage.

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

Early bird tickets are available to buy on the Sport Parkinson's website:  
<https://www.sportparkinsons.com/events/2026-try-athlon>  
Ticket prices: Adult £10, Carers £5, Children £3

**Parkinson's UK**  
Sutton, Kingston, Epsom  
and Merton Branch

## WORLD PARKINSON'S DAY

Join us for **World Parkinson's Day** on Saturday 11<sup>th</sup> April 2026 from 10am to 2pm at the **Public Library, Sutton Civic Centre, St. Nicholas Way, Sutton, SM1 1EA**

Entry is FREE to all.

We're raising awareness of Parkinson's and the local support, advice and friendship available in your area.



We will have lots of representatives from groups within your local community, a live recording of the Movers and Shakers podcast, taster activities to try, free refreshments and it will all be broadcast live on St. Helier Hospital radio.

We hope to see you there.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). registered office: 50 Broadway, London, SW1H 0DB. A charity registered in England and Wales (258197) and in Scotland (SCD37554)

## Are you a motorbike enthusiast?

A local member has kindly shared a fantastic video showing how Parkinson's needn't affect your love of getting out on your motorbike .. altho' maybe with adaptations?

Riding a Can am Ryker bike, allows "Shaken Not Stalled" (his alias!) to get out and about to Boxhill as often as he can – have a look at his YouTube videos via <https://www.youtube.com/@ryker900sport> or here's one that might intrigue you further – <https://www.youtube.com/watch?v=x-aSX4M-TnI>



## Yoga and Parkinson's

### **BWY and Parkinson's UK partner to bring accessible yoga to people with Parkinson's**

The British Wheel of Yoga (BWY), the UK's largest yoga charity and National Governing Body for yoga in England and Wales, has partnered with Parkinson's UK to make yoga more accessible for people living with Parkinson's, their families and carers.

On Friday 10 April, to mark World Parkinson's Day (11 April), the organisations will host a free 45-minute online chair yoga class designed specifically for people with Parkinson's, those who support them, and yoga teachers keen to adapt their classes for this community.

Led by Special Yoga Teacher and BWY Tutor Richard Kravetz, the session will share safe, practical movements and breathing techniques that can be done seated, with or without additional support.

To book your place, visit the event page <https://portal.bwy.org.uk/user/events/1122>



## Connecting Working Age People

**Katy Slade – Parkinson's Area Development Manager for Surrey** is looking at how PUK can help connect those who have Parkinson's but who might be of working age and therefore not able to benefit for activities organised during daytimes.

If you are of working age (those around age 65 or under) and are interested in connecting or meeting with other working-age people, please take a moment to complete a [short questionnaire here](#) or contact Katy directly at [kslade@parkinsons.org.uk](mailto:kslade@parkinsons.org.uk)

## Parkinson's Medication Supply Update

Please remember that you can check if there are supply issues of your Parkinson's medication via the Parkinson's UK website: <https://www.parkinsons.org.uk/news/2026/parkinsons-medication-supply-update>

Alternatively, contact the Parkinson's Helpline to discuss any specific issues: 0808 800 0303

## A bit of fun

Time for a **good laugh** as laughter therapy is as good as physical therapy! If you have a funny story to tell, please let us know (to [info@parkinsonsukreigate.org](mailto:info@parkinsonsukreigate.org))

- My age doesn't bother me; it's the side effects that do!
- Visited my doctor today – he told me that my sugar was too high .. so I came home and moved it to a lower shelf!
- I was lonely until I glued a coffee cup to the top of my car – now everyone waves at me!
- Just spent 45 minutes on the treadmill – tomorrow my goal is to turn it on!
- Got up at 5am, did an 8K run, came back and prepared a smoothie for breakfast ... don't remember the rest of the dream!

*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](mailto:hello@parkinsons.org.uk) / [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

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