The Park Gate

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

Welcome to The **Park Gate** – our quarterly newsletter. As a reminder, the name of our newsletter refers to **Park**inson's Rei**gate** and as this is a newseltter for our members, we encourage you to provide us with any stories or information that we can share with other members of our Group.

Thank you to those who were able to join our recent meetings – the May meeting had Laura Sweeney – Specialist **Occupational Therapist** from the Community Health and Care team based in Oxted, join us. Laura has been helping a number of our members with ways to improve their mobility and general wellbeing within their home environment and shared lots of tips on aids and exercises to consider. In order to be assessed by an Occupational Therapist, please speak to your GP or Parkinson's specialist – the service is available via referrals only and may be beneficial to those with PD who need support.

Our June meeting is something a little different! Instead of having a speaker and sitting in rows to listen to the key topic, this is an opportunity to **socialise** with our other members, learn from them, **share** your interests and experiences. We'll have the normal **tea** and coffee available .. but we'll also have home-baked **cakes** for you to enjoy .. plus we'll have a raffle where you can buy tickets for some great prizes. Please do try to come along to this .. it's our last get-together before the summer .. with the next meeting after this taking place on 18 September.

We've been working closely with our local **Parkinson's Nurses** and have had the following from Soumya Philip who works within East Surrey Hospital.

> *Would anyone in the Reigate group be willing to share their experience of living with Parkinson's and their expectations of what the ward staff in the hospital or during the admissions stage should know and consider specifically relating to a Parkinson's patient. I am planning to organise a teaching session for the ward staff – this will take place later in the year and I thought it will be more impactful to learn from direct experience and to hear of member's expectations.*

This request is open to anyone in the group .. and if you are interested in participating and following up on this, please drop us a note to hazel@parkinsonsukreigate.org or speak to us at one of the meetings so that we can pass your details through to Soumya.

Do you know about the **National Open Garden Scheme**? If not, this is where local residents open up their fantastic gardens for the public to visit, have a cuppa, and donate to charity. We are very proud to advise that a couple of our members – Keith and Elizabeth Lewis – are in the Surrey category of this scheme with their beautiful garden in Tadworth being open by appointment throughout the summer. If anyone is interested in visiting this garden on the afternoon of 24 July (or an alternative date early August – subject to confirmation), please let us know to hazel@parkinsonsukreigate.org and if we have enough interest (min 5 people), we'll speak to Keith and Elizabeth about a Reigate group visit.

Please remember that we are always looking out for **volunteers** to help in running the group or help with fundraiser ideas or activities .. and above all, your input to the content of the newsletters and meetings – please contact us via info@parkinsonsukreigate.org to discuss any of the above.

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

We now have a calendar of events and meetings on our website – please do regularly check this as we'll add anything of interest to this (as well as via our newsletters and email distribution list)

www.parkinsonsukreigate.org

Reigate Support Group **Woodhatch Centre** **Whitebeam Drive** **Reigate** **RH2 7LS** **1400-1600hrs**	
19 June	Afternoon tea
No meeting July	
No meeting August	
18 September	TBC – Parkinson's Tech Guide
16 October	TBC – Sport Parkinson's and local events
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**
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 Ianrodger34@hotmail.com
Choir/Singing Group	2nd 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 21 July 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:

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

THE SPORT PARKINSON'S

TRY-ATHLON 2025

A great day out for the whole family
Try a wide range of activities and sports

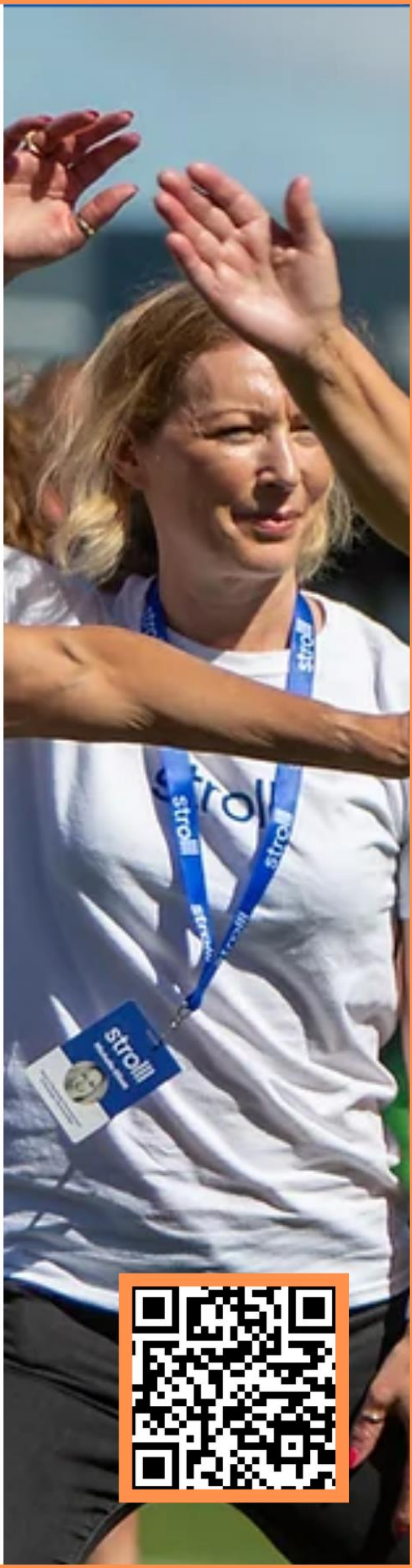
Walking sports:
- netball
- cricket
- tennis
- rugby
- football

Seated/standing sports:
- shadow boxing
- golf
- nordic walking
- table tennis
- rowing
- pilates
- singing
- dancing
- static bike cycling

Expert zone
- tech companies
- dietitians
- reflexologists
- research projects
- Parkinson's specialist nurses
- ... plus lots more

Be part of something extraordinary

Sunday 22 June 2025
The Twickenham Stoop, TW2 7SX
1000-1600hrs
Tickets available from
https://www.sportparkinsons.com



Reigate Support Group – Finance Update (at 1 Jun 2025)

Introduction

Since the Reigate Support Group split from the Guildford Branch 8 years ago in June 2017, we have been privileged to have received two substantial donations totalling £94,000:

- £40,000: Florence Pike Legacy (2017).
- £54,000: Mark Hearn's Tennis Tournament Donation (2019).

When we met Parkinson's UK Head Office staff in early 2020, we presented a spending plan for the remaining donation amounts to be split between:

- Introducing support for your individual interests and needs (via The Reigate Support Group Fund).
- Continuing to support group activities run by your committee held at the Woodhatch Centre.

The Reigate Support Fund

Beginning in September 2021, approximately £13,500 for 49 individual claims was paid to individuals for a variety of activities: Physiotherapy, Acupuncture, Virtual Boxing, Gym Memberships, Taichi, Osteopaths, PEMF Therapy, Hydrotherapy, Equipment and Respite Care. The Fund was then closed in December 2024 to concentrate on funding our group activities only.

Group Activities

In 2024, we spent almost £11,000 to support activities for our members as summarized below. The majority is spent on subsidizing the Mobility Physio and Extend exercise classes (£6,030 or 56%) followed by Speech Therapy (£1,530 or 14%) and our Christmas Lunch and Café Buffet (£1,140 or 10%).

Expense	**No of Sessions**	**2024 Cost**	**%**	**Current Subsidy %**
Mobility Physio Class (net)	39	£3,690	34%	See below
Extend Exercise Class (net)	43	£2,340	22%	See below
Choir	12	£620	6%	100%
Communication Group	12	£910	8%	100%
Loud Crowd	12	£620	6%	100%
Monthly Meetings	9	£680	6%	100%
Christmas Lunch & Café Buffet (net)	2	£1,140	10%	50% (Lunch) 37% (Buffet)
Bletchingley Golf & Guildford Speech Classes	N/A	£300	3%	Variable
Printing/Postage, Speaker Fees, Other	N/A	£450	4%	100%
Pilgrim Brewery Outing (net)	1	£60	1%	33%
Bereavement Group	4	£0	0%	0%
		£10,810	100%	

The cost of running the Choir, Communication Group, Loud Crowd and Monthly Meetings above represent Woodhatch Centre Room Hire and refreshment charges (which are currently 100% subsidized by the Support Group).

Details of the 2025 subsidy for members who attend the Mobility Physio and Extend Exercises classes are show below. If the classes are at lower attendance numbers, then the subsidy % increases and vice versa if the numbers are higher. Cost per class include instructor, room hire and refreshments.

Activity	**Cost per Class**	**Contribution per member per class**	**No of Members**	**Total Contribution per class**	**Subsidy per class**	**Subsidy %**
Mobility Physio	£138	£5	12	£60	£78	57%
Extend Exercise	£103	£5	10	£50	£53	51%

Summary

The Reigate Support Group does not receive any funding from Parkinson's UK (which is the established policy). While we received £420 in Donations and raised £237 in Raffle/Christmas Card sales in 2024, our primary source of funds continues to be from the Tennis Tournament donation (as the Legacy has now been spent). At the start of the 2025, £25,750 is left. This will fund current activities for just over 2 years until the end of 2026/early 2027 (depending on inflation).

Therefore, we need to begin reviewing our current activity offering, understand what our members want and then begin to raise the funds accordingly. For example, review subsidy % targets for each activity, ask members to use personal connections for donations (as in the Rotary Club, Keep Fit Association, QBE Foundation in previous years), recruit fundraising volunteers etc.

As we move to a new phase in our support group, we hope this brief explanation begins to increase transparency and awareness of our financial position. Please do not hesitate to ask any questions to info@parkinsonsukreigate.org.

Support the Parky Charter ... PLEASE!!!

Join the **Movers and Shakers**, **Parkinson's UK**, **Spotlight YOPD** and **Cure Parkinson's** to call on the Government to take action to improve the lives of people with Parkinson's and their loved ones.

The **Movers and Shakers** are a group of public figures who all have Parkinson's and are not afraid to say what they think. And they have been saying it! It started in the pub chatting to each other initially, and then more widely in their podcast about Parkinson's, Movers and Shakers.

They've been listening too, and the content of their podcasts seems to have touched a nerve with thousands of emails and letters supporting their views. The unfortunate conclusion from all this is that the NHS and other public services are failing people with Parkinson's.

So .. they have published **'The Parky Charter'**, describing 5 things that people with Parkinson's need from the Government but are not getting. They've launched a new **petition** which is available on the **Parliament** website but they need 100,000 signatures by 10 Sept to trigger a debate in the **Commons**. It's ambitious, but they're keen to put pressure on the Health Secretary to take Parkinson's seriously.

We need your help – please sign the petition
.. and get all your friends and family to do the same

Click here to sign the petition today

https://petition.parliament.uk/petitions/713714

Introducing Jill Beaumont – Parkinson's Local Adviser

Jill Beaumont is our Parkinson's Local Adviser and a person that is available to offer help and support to you, whether you have Parkinson's or support someone with Parkinson's. She has a wealth of experience in all things relating to Parkinson's so please do get in touch with her if you need assistance (see below for contact info).

Jill joined our March Support Group meeting and presented a lot of great information about her role .. and we thought you might like to get to know her a little better via our interview below:

What is the most common question you get asked as a Local Adviser? I can honestly say that much of my work is based around helping people access and understand the benefits they are entitled to. This, coupled with information about their local Parkinson's Nurses, activities and groups, keeps me very busy!

What is the best element of your role and why? It's you, the people, that I meet and speak to daily. Building relationships, working together and supporting people to live well with Parkinson's is always a joy, fulfilling and fun. The people I meet are consistently friendly, caring and kind and it makes my job so enjoyable.

Should members contact the Helpline or you directly? As a new client I would always suggest calling the helpline on 0808 800 0303 first. They have the time to take all the administrative information we need to get you on the system and often can answer queries there and then. If your enquiry needs input from one of the specialist teams, the helpline will refer you on to the Parkinson's Local Advisers, Nurse Advisers, Benefit and Employment Advisers or Care Adviser team. If your enquiry needs to come to me as a Local Adviser, once we have spoken, you will have all my contact details and you are very welcome to contact me directly if you need support.

If you could grant one wish to Parkinson's UK, what would it be? A cure, but in the meantime funds to do everything we can to support both research and everyone to live well with Parkinson's.

What is your background and what experience do you bring? I worked for Surrey County Council for 20 years prior to joining Parkinson's UK in roles where support and advocacy have been at the forefront of my work. I'm experienced in putting clients at the centre of a team of professionals and ensuring they get everything they need. I also know all the backroads of Surrey when the M25 isn't working!

Being able to juggle multiple enquiries must be challenging - what's the secret behind being able to be out and about meeting people but still get queries answered? It can be a challenge, but the key is staying organised. I also make sure to communicate clearly, setting expectations around response times so people feel supported and informed. It's all about being proactive, managing time well, and making sure no one feels overlooked

Outside of working for Parkinson's UK, what brings you the most pleasure? I care for my mum and do lots of outdoor activities; dog walking, swimming, Zumba classes and then there's DIY … there's always DIY! But my happy place is anywhere with family and friends and particularly if there is sun, sea and sand.

Contact info:
Helpline: 0808 800 0303
Jill Beaumont – Parkinson's Local Adviser – Surrey
jbeaumont@parkinsons.org.uk / 0344 225 9852 / 07955 269719

Parkinson's South East Research Interest Group Conference

Parkinson's UK, along with the **South East Research Interest Group (SERIG)** held their 9th research conference in Sevenoaks on 17 May 2025 which had a sell-out audience and included a variety of hugely interesting and topical presentations. The event had a number of exhibitors but the key speakers included the following:

Rory Cellan-Jones OBE, former BBC Tech Correspondent presented on his three key areas where technology can help those with PD – measurement, therapy and a quest for a cure (possibly using AI). Through his involvement with the BBC, he has seen big developments in new technology that has assisted many with PD such as sensors to measure movement or control tremors with cueing (regular pulse beats). In addition, there are some more bizarre developments such as rechargeable shoes that vibrate to help with a walking gait and a "magic pen" that monitors writing and can detect early tremors when used on a tablet.

David Dextor, Director of Research at Parkinson's UK, followed with a detailed presentation on the developments that PUK Research are involved in with the key aim to get new treatments … faster! The main areas of development include technologies and devices, alongside drug discovery to ensure those with PD live a better life. Following dialogue and interviews, those with PD want: better diagnosis; ways to live better with the condition; effective treatments; improved services; opportunities to be involved.

Parkinson's UK are the largest charitable funder across the whole of Europe – in fact, if you put all the funding groups in Europe together, PUK exceed this in terms of their funding towards research. Key developments include the Virtual Biotech where PUK assess viability of projects first and then get pharma companies involved and they have 12 ongoing projects in 2025 alongside the Michael J Fox Foundation and partnerships with USA Parkinson's Foundation. In addition, Parkinson's are now working in conjunction with Dementia UK to establish a co-relationship where 70-90 researchers will work together to find cures and ways to improve lives of those with one or both conditions. More information about all that PUK Research are undertaking can be found via https://www.parkinsons.org.uk/research

Dr Akila Sekar, a researcher at Queen's Square showcased her PhD topic of using eye movements as a diagnostic tool in Parkinson's. This would entail non-invasive windows looking into brain function and specifically at speed of movement, delays and lags, pupil size, fixation durations, blinks, abnormal movements and reaction times on movement. The trials are run using a smartphone, tablet or laptop and the information fed into a central machine learning software to help detect early diagnosis of PD.

Caroline Rassell, CEO of Parkinson's UK, reminded everyone of the Parky Charter and petition in a relative way – there are currently over 153,000 people with PD in the UK – if everyone signed the petition, it would achieve the 100,000 needed for this to be discussed in Parliament! She also stressed that the current Nurse Appeal campaign is a major task to raise £9million to fund new Parkinson's Nurses as the Government give a negligible amount towards Parkinson's support in the UK.

The final presentation was from **Carl Beech**, who along with his business partners, founded the **Beech Band** – an affordable wearable wellness device that replicates the rhythm of a heartbeat via a pulse pad which has been found to calm anxiety which in turn helps with tremors, speech and freezing. This device has been in beta testing with the initial batch of 1300 Beech Bands selling out within 4 hours of it going on sale. The initial feedback has been extraordinary in terms of success and therefore the next batch of devices is now in production and will be available for sale from 30 June at the price of £49.50. More info on the Beech Band can be found via https://www.beechband.com

Parkinson's UK Nurse Appeal: Great care, everywhere

We estimate that 20% of people living with Parkinson's around the UK have little or no access to a specialist nurse.

We believe great care should be a part of every Parkinson's journey, so we launched a major appeal on **Wednesday 21st May** to raise £9 million for new Parkinson's specialists such as Parkinson's nurses, physiotherapists as well as speech and language therapists.

Not only will the appeal raise funds to seed-fund new specialist posts around the UK, but it will also pay to train the workforce and safeguard vital services through our campaigns and policy work. You'll see us sharing more about our care work with the public via the media, a postal and online appeal, Walk for Parkinson's events, a virtual challenge event and campaigning actions.

We thought that you might be interested in reading this poem written by local group volunteer, 'Happy in Herefordshire', that emphasises the importance of having access to Parkinson's nurses.

Why we need our Parkinson's nurses

It's hard to cope, but could be worse,
At least we have our special nurse
Seeing her just twice a year
means Parkinson's presents no fear.

When she asks "Now, how are you?"
You tell her all that's hard to do
And when you've talked through all your ills,
she'll make adjustments to your pills

She tells us things that we should try
for tricky parts that go awry.
And when you've bits that just won't go
She'll get you to the physio.

She'll also help you get in touch
with others: Parky groups and such.
When we meet there's much to share
I get good tips and comfort there.

I used to find it hard to say
"My walking isn't good today",
Now, easily, I take an arm,
And it really doesn't cause alarm!

I've cut my trips to the GP,
Now that my nurse is there for me.
We talk through problems on the phone
And some I sort out on my own.

Although the future can seem bleak
We keep going week by week,
Thanks to our nurse we know the way
To live and fight another day.

'Critical friend' opportunity with the Newly Diagnosed team

The Newly Diagnosed team are recruiting 'critical friends' to test new online learning materials to make sure that they are relevant, appropriate and accessible to people newly diagnosed with Parkinson's, their families and supporters. We expect the test period to be over roughly four weeks between April and June 2025.

Find out more about this opportunity and how to get involved.

Naturopathic Nutrition and Parkinson's: A Personalised, Holistic Approach

Hello, my name is **Natalie White** founder @natnuthc – **Naturopathic & Nutritional Health Care.** It was an honour to be invited to speak at the Reigate Parkinson's UK support group in March. Meeting members of the group and discussing the powerful role of Naturopathic Nutrition in supporting those with Parkinson's (PD) was a real privilege.

Parkinson's is a complex condition, and as a Naturopathic Nutrition practitioner and functional medicine test expert, my approach goes far beyond symptom management.

While conventional medicine often focuses on replacing dopamine, Naturopathic Nutrition looks deeper; aiming to uncover and address the underlying causes of ill health. These root causes are unique to each individual, even when the diagnosis is the same.

As a Naturopathic Nutritional Therapist, my job is to ask: **Why is dopamine depleting for this particular person and what's driving their symptoms?** I explore dietary and lifestyle habits to understand what may be holding them back from living well and I tailor my guidance accordingly.

Potential root causes of dopamine depletion vary widely. For some, the issue may lie in mitochondrial dysfunction; for others, neuroinflammation or poor gut health may be key. The gut-brain axis plays a crucial role, as does the presence of nutrient deficiencies or imbalanced blood sugar, especially as dopamine tends to mirror the highs and lows of blood glucose levels.

More often than not, several of these factors are at play simultaneously. That's why it's essential to take a comprehensive, individualised view: How has a person's PD progressed? Where is it heading? What are their goals, challenges, and personal daily struggles?

For example, does someone suffer from constipation, sleep issues, or chronic stress? Do they have strong support at home? Have they been exposed to heavy metals or environmental toxins that may require detoxification? Are there other coexisting conditions like cardiovascular disease, depression, diabetes, or even cancer that need to be considered?

Understanding the full picture allows me to prioritise, with the client's input, which areas to target first. From there, we implement personalised dietary and lifestyle strategies that aim to help reduce symptoms and improve quality of life and this is always based on what matters most to that individual.

This is why there's no one size fits all nutritional approach to PD. Every person's journey is unique, as is the support they need.

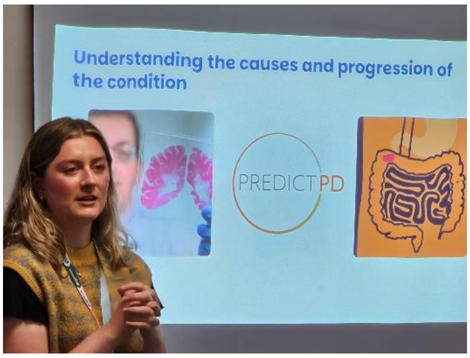
If you're curious to learn more and find some simple tips on how best to support yourself, I've written a detailed blog about Parkinson's and the potential underlying root causes, which you can find here: https://tinyurl.com/NatNutHCPDBlog.

If you'd like to explore how I might support you or a loved one, I offer a FREE 20-minute online discovery call, which can be booked via my website: www.natnuthc.co.uk/book-free-discovery-call. You can also scan the QR code to be taken directly to my diary and pick a time convenient for you.

Contact:
Email: info@natnuthc.co.uk
Web: www.natnuthc.co.uk
Tel: 0208 224 6893

Let's work together to explore how you can live your best life!

Parkinson’s Research – Reigate Support Group meeting - April 2025



Parkinson’s UK Research Communications Officer, **Emma Rodgers**, gave an overview of the latest research, how Parkinson’s UK is driving forward new and better treatments and how the Parkinson’s community can get involved through the organisation’s Research Support Network. With 10 million people worldwide and 153,000 in the UK diagnosed with Parkinson’s, finding what causes Parkinson’s and what causes its progression, is vital. As is finding new treatments for the condition.

Emma highlighted a few of the research projects that PUK is funding, including studies into links with gut bacteria. Studies have shown that the gut bacteria in some people with Parkinson’s differs from the gut bacteria in those without Parkinson’s. Further studies are underway to identify if the gut bacteria can be rebalanced. Mitochondrial structures are also different in people with Parkinson’s compared to people without, and studies are looking into how this can be changed.

Emma added how valuable the ICL Brain bank is to researchers in helping our understanding of what happens in the cells and may help us predict Parkinson’s. Did you know that you can pledge your brain to the ICL Brain bank? And there are in vivo studies too. If you don’t have Parkinson’s but are 60-80 years old, you can take part in this research now. If you go on to develop Parkinson’s in the future, this will enable researchers to see if there are patterns eg digestive problems.

For more information on Parkinson’s UK research visit https://www.parkinsons.org.uk/research

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Professor Sagnik Bhattacharyya from **King’s College London** spoke about his research team’s ongoing clinical trial called CAN-PDP. This aims to understand whether cannabidiol (CBD), part of the cannabis plant, might be useful for treating hallucinations and delusions in people with Parkinson’s. The research is funded by Parkinson’s UK and is sponsored by Kings College London and South London & Maudsley NHS Foundation Trust.

Currently, the drugs that are used to treat hallucinations experienced by people with Parkinson’s Disease Psychosis (PDP) make their symptoms of Parkinson’s worse. And the drugs used to treat their Parkinson’s symptoms makes the hallucinations worse. So, this trial is using CBD - with the THC extracted, hence no risk of causing psychosis - and is seeking to find a well-tolerated CBD treatment.

The trial is in its second stage and the team is looking to recruit more participants. In order to eligible you must have a Parkinson’s diagnosis, be aged 40 years or older and be experiencing symptoms of psychosis (such as delusions or hallucinations). The researchers have already recruited over 70 people out of the 120 aimed at. Half of the participants will get the drug and half will get a placebo. Treatment duration is 12 weeks, with dosage starting at 400mg a day for the first 6 weeks then 800mg a day for final 6 weeks. There are various stages to the trial if you take part, including visits, assessments and follow-up.

If you think you might be interested in getting involved in the trial email canpdp.trialoffice@kcl.ac.uk or call 07936 545178. For more information about the trial visit www.kcl.ac.uk/research/cannabidiol-for-parkinsons-disease-psychosis-can-pdp-trial

Did you know?
King’s College London is ranked ninth in the world for Psychology, according to the Times Higher Education (THE) World University Rankings 2025. The University is also ranked third in the UK for the third consecutive year.

Phase 3 trial of ambroxol is underway
The first participant has begun taking part in the Parkinson's UK co-funded trial of ambroxol. This marks an exciting start to the study, which will see 330 people with Parkinson's trial the drug for 2 years to see if it is able to slow the progression of Parkinson's.

Read the story

Progress towards stem cell treatment for Parkinson's
Recent research studies in Japan and the US have shown promising early results for stem cell therapy for Parkinson's. The treatment aims to **replace** brain cells that are lost in Parkinson's with stem cells engineered to produce the brain chemical dopamine.

Read the story

New funding for research exploring ways to manage Parkinson's symptoms
In our latest round of grants, we've awarded funding for new projects that aim to improve symptoms of Parkinson's, including language difficulties and freezing of gait, without the need for extra medication.

Read the story

Exploring new drugs to boost energy in brain cells
We've awarded Pretzel Therapeutics £200,000 to investigate a new drug which could prevent cells from dying in Parkinson's. The drug aims to boost energy in cells in the brain.

Read the story

Par-Con 2025: save the date
We're delighted to share that we're bringing back Par-Con, our 2-day event about living well with Parkinson's. You'll be able to join us online or in person at The Vox, Birmingham on 24 and 25 October. Tickets will be available later in the summer.

Better Conversations: developing a speech and language therapy tool
Hear from Philippa, Chris and Katie who, over the past 3 years, have been working together to develop a speech and language approach for people with Parkinson's and their loved ones.
Read the blog

Take part in research
The development of new Parkinson's treatments is only possible if everyone is part of the research process. We need your help to push promising research forward. Search the **Take Part Hub** for opportunities, including:

Understanding how reduced facial expression affects communication
Researchers are exploring how communication is affected by problems with facial expressions in Parkinson's. They want to understand how this affects well-being and the impact on people with Parkinson's and their loved ones.
Find out more

More news on Parkinson's Research can be found on the Parkinson's UK website
https://www.parkinsons.org.uk/research

Useful Parkinson’s UK information

Become a member of Parkinson’s UK

www.parkinsons.org.uk/get-involved/become-member

Volunteer for Research projects

www.parkinsons.org.uk/research/take-part-research

Need help, support or advice?

Helpline: 0808 800 0303 / hello@parkinsons.org.uk / www.parkinsons.org.uk

Stay active

www.parkinsons.org.uk/information-and-support/physical-activity-and-exercise

Recently diagnosed?

www.parkinsons.org.uk/information-and-support/first-steps-programme

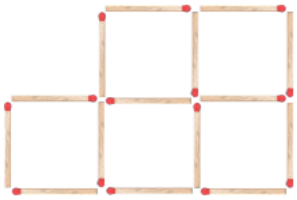
Getting the right Healthcare
Parkinson’s have launched a new ‘Getting the right healthcare’ booklet which can be ordered via the Parkinson’s Shop (Information) or downloaded as a PDF here.

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

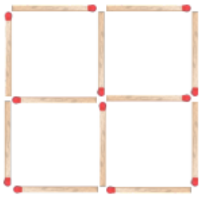
A bit of fun

This month’s puzzle is called Matchsticks

1. Leave just three squares by removing three matchsticks



2. Leave just two squares by removing two matchsticks



In the May newsletter, we had a Sudoku puzzle – did you solve it? Here’s the completed puzzle for your reference.

4	7	2	9	6	8	5	1	3
8	1	3	5	2	7	6	4	9
5	9	6	3	4	1	7	8	2
7	4	8	1	3	6	2	9	5
1	3	5	2	8	9	4	7	6
6	2	9	4	7	5	1	3	8
2	5	1	8	9	4	3	6	7
9	6	4	7	5	3	8	2	1
3	8	7	6	1	2	9	5	4

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

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