



The Park Gate

Summer (June) 2026
Reigate & East Surrey
Open the gate to learn more



Welcome to The **Park Gate** – our quarterly newsletter. As a reminder, this is a newsletter for our members and therefore, we encourage you to provide us with any stories or information that we can share with other members of our Group.

As we move towards an anticipated hot summer, we hope that you will be able to get out and about, on holiday, in your garden or just out with friends and family.

Here at the **Reigate & East Surrey Support Group**, we've had a busy Spring season with our regular and ad hoc activities including our exercise classes, golf tuition, choir, cafe socials, evening social, meetings with speakers, fundraising as well as attending events organised by local and national groups. We hope that you have been able to come to one or more of the above – if you want more information on these, please see contact information overleaf.



Our May meeting was super-interesting with **Emily Hubbard** from **Right at Home (Reigate & Crawley)** joining us. The organisation is national and they realise that **choosing care** is one of the most important decisions a family can make. It is not simply about finding support – it is about protecting a way of life. Emily covered several relevant topics to those with Parkinson's including how to prevent or manage falls in the home and ensuring that any walking aids are set at the correct height and well maintained. In addition, Right at Home provide a multitude of care options in your home, ranging from purely companionship and support, to respite, live-in, personal or dementia care. If you wish to contact Emily for a one-to-one follow-up, please email her at reigatecrawley@rightathome.co.uk or call on 01737 906012.

Our next meeting is our **June tea social** – taking place at the **Woodhatch Centre** on **Thursday 18 June**. If you've been to one before, you'll know that we have a lovely relaxing afternoon (1400-1600hrs) with renditions from our Parkinson's choir as well as some yummy homemade baking. Also, there will be a raffle with lovely prizes so bring some small change in order to participate in the fun. There is no need to book your place and the afternoon is free to attend, however, if you are able to bring a homemade cake/biscuits or help us during the afternoon to keep the refreshments flowing, please do let us know to info@parkinsonsukreigate.org.

During July, we continue with all our activities other than the monthly meeting, so please note that there is **no July support group meeting** .. however, we'll continue to produce and send out our newsletters, as well as keep the classes and social events going so .. why not come along to one of the café events or our Beehive social evening? The next Support Group meeting will then take place on 20 August .. with some late summer fun!

Tea Social

THURSDAY
18 JUNE 2026

WOODHATCH
COMMUNITY CENTRE

1400-1600HRS

Join us for:
a cuppa,
cakes, biscuits,
music, raffle and
social chat

No bookings needed and there is no charge to attend but please bring some cash (coins) to enter the raffle



Support Group Meetings*

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

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**)

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**)

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

A round-up in pictures



Mary & Paul Cottrill's daughter Nicci Roffey and son Andy Cottrill completed the London Marathon in April raising an amazing £6,718 for Parkinsons UK ... so lovely to see their family celebrate the event with them.



And our Committee member, Amanda Cuthbert ran the Brighton Trail Marathon early in April, raising another amazing sum of £1400, which will be donated to our support group, allowing us to



consider new events and activities – thank you Amanda.



But it's not just our own events that we celebrate – here's some from Sutton's World Parkinson's Day event held at the Sutton Civic Library and attended by celebrities, Caroline Russell (CEO of PUK) as well as 350 visitors who enjoyed music, exercise as well as hugely informative sessions relating to Parkinson's and the local services and support group.



And also, Sport Parkinson's Try-Athlon event which took place on 10 May at the Stoop rugby ground in Twickenham and included sport, song, information and lots more.



Group financials – donations and fundraising update

2026 has begun strongly with almost £5,000 raised to date in donations and fundraising collections/ events (compared to £3,800 raised for the whole of 2025)!

2026 Donations & Fundraising	Amount
Individual Donations (direct)	£480
JustGiving Page (including £225 in Gift Aid)	£1,160
Sainsbury's World Parkinson's Day Collection	£590
Betchworth Golf Day	£1,360
Brighton Trail Marathon	£1,410
Total	£5,000



A significant success this year has been the setup of a JustGiving page on our website. JustGiving offers the facility for one-off or monthly donations of any amount and the opportunity to add Gift Aid (if appropriate for your circumstance). The page will remain open indefinitely and all funds donated come directly to the Reigate Support Group - <https://www.justgiving.com/page/reigateparkinsonsuk>

Your volunteer team has also been busy organising and supporting collections held on World Parkinson's Day at the Redhill Sainsbury's and the Betchworth Golf Day (for the second year running) and even running a marathon (Amanda)! More fundraising initiatives are planned this year (Sports Parkinson's Walking Rugby and local supermarket collections). We are seeking volunteers (including family/friends) who can help for a few hours at these events – please contact Hazel or email info@parkinsonsukreigate.org if you are interested or know of someone who would like to help.

Lastly, do you have any contacts for local clubs, societies and businesses? We are seeking opportunities for organisations to choose us as their "charity of the year".

THANK YOU to all of our donors (known and anonymous) for your support to date – it is greatly appreciated!

Women and Parkinson's: a quick guide



We know that around 40% of people with Parkinson's are women – and that women wait longer for diagnosis because they often don't have the "typical" Parkinson's symptoms that men do.

But there's a huge amount we don't know: how medication is affected by fluctuating hormone levels, how to dose Parkinson's medication for a female body, or how Parkinson's might affect pregnancy.

That's why we've worked with the Women in Parkinson's group – including people with Parkinson's, researchers and health professionals – to create Women and Parkinson's: a quick guide.

This booklet will help women start conversations with their GP, specialist or Parkinson's nurse about:

- adjusting their Parkinson's medication to stop it becoming less effective just before a period
- other changes which could help, such as HRT
- referral for bone screening, or physiotherapy for pelvic floor problems.

[You can read the guide and download a PDF copy on Parkinson's UK's website now.](#) Or order a free print copy from the [online shop](#).

A few months ago, we had Co-Op Estate Planning join our meeting and here is their follow-up information for anyone who missed it or wants to follow up separately.

Protecting your home and savings - For many people, one of the biggest worries as they grow old is being able to give their family a helping hand and make sure that when they die, what they have worked all their life for goes to the people they love the most. Care fees can have a significant effect on this, and we can explain how it works and what steps you can take to protect your estate.

Inheritance tax - "Only two things in life are certain... death and taxes". We can't help with the former, but when it comes to Inheritance Tax, we can help explain how people can be impacted, and some simple steps to take that may reduce the burden.

'Sideways disinheritance' and blended families - Re-marriage of a surviving spouse can inadvertently result in the new husband/wife inheriting everything, whilst the children from the first marriage get nothing. And with blended families being commonplace today, it's never been more important to take steps to ensure your chosen beneficiaries inherit. We'll explain how.

Lasting Powers of Attorney - No one wants to think about what will happen if they become unable to make decisions themselves through illness, an accident or old age. However, thinking about this now and planning ahead will remove the burden from your family and help reduce the stress and cost to your family at a very difficult time.

If you wish to follow up with Julie Pullinger directly, her contact details are:
Julie Pullinger - Estate Planner, Co-op Estate Planning
Office: 01903 765427 / Mobile: 07960 036309



And in March, Clare Addison joined us to give an update on the Get It On Time campaign. During her talk she read out her poem called "The Invisible Cage" - do you recognise some of the symptoms?

The Invisible Cage

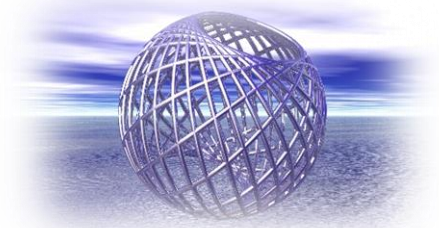
*The invisible cage is built inside the mind.
Not the shaking hand, but the quiet grind.
It's the fog that descends, thick and slow,
obscuring thoughts where clear thoughts used
to go.*

*It's the body weary, weighted down with lead,
the strength that vanishes, leaving dread.
It's the dream that becomes a frantic stage,
kicking and shouting inside the sleep-bound
cage.*

*It's the sadness that comes, a shadow at the
door,
the grief for a self you were before.
The quiet panic, a whisper in the ear,
making familiar spaces feel fraught with fear.*

*The mask on the face that reveals no trace
of the tumult and struggle, the inner race.
It's the forgotten flavour of a favourite meal,
the loss of sense you can't conceal.*

*So, while the world may see the trembling arm,
the greater battle fights another harm.
The motor symptoms speak a public truth,
but the unseen thief steals away your youth.*



Note: this poem was created using ChatGPT

Introducing Terry Keen

Terry Keen recently joined the Parkinson's Reigate and East Surrey support group committee. Below you will find out a little more information about him.



What inspired you to volunteer with Parkinson's UK and more so your local area?

Just to see if I could help in any way.

What involvement have you had with local activities in the East Surrey region and where do you see your volunteering path progressing?

I've been involved in some fitness activities for older people - perhaps I can apply that experience here some time?

Outside of your volunteering role with Parkinson's, what keeps you busy?

Biking in the forest and nature photography are my passions.

What is your greatest personal achievement in life?

Snagging my wife - we have been married for 60 years now.

Who has influenced you the most in either your personal life or career and why?

Peter Wohlleben (German forest scientist and author) - he made me love trees even more.

If you could have dinner with someone who you admire, who would it be and why?

Francesca Albanese, the UN Special Rapporteur on the Occupied Palestinian Territories - she's a courageous lady and would be fascinating to learn more from.

Where in the world is your most favourite place and why?

Egypt. Giza. The Pyramid Mycenirus (Menkaure). Sitting at its base, at night. The feeling!

Quickly getting to know you:

- ❖ Favourite food? **Spaghetti Bolognese**
- ❖ Favourite colour? **Yellow**
- ❖ Favourite song? **Jackson Browne's Our Lady of the Well**
- ❖ Coffee or tea? **Tea**
- ❖ Summer or winter? **Summer**
- ❖ Swimming pool or ski slope? **Pool**
- ❖ Texting or talking? **Talking**
- ❖ Cat or dog? **Dog**
- ❖ Salty or sweet? **Salty**
- ❖ Night in or night out? **Night in**

Get involved

Crawley and East Grinstead branch of Parkinson's UK

Ten Pin Bowling



Are you interested in joining our ten pin bowling group?

We meet Monday at 7pm the second Monday of every month at Hollywood Bowl in Crawley.

Next meet Monday 8th June 7pm

This is open to anyone living with PD plus one carer/friend.

Interested? Contact Ian on: secretary.pukceg@gmail.com or 07766 448095 with your details and mobile number.

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](#)

The Voice Campaign



Parkinson's Steals Voices. Together We Raise Them.



For many of us people with Parkinson's the deterioration of our voice is perhaps the most serious of all the many symptoms. When your friends and family find it hard to understand what you're saying it is more than a irritation: it is an assault on our sense of self, our very identity.

Yet access to specialist speech and language therapy is uneven, underfunded, and too often unavailable. So we're launching a 12-month campaign aimed at increasing public awareness and pushing the government to act.



The Parky Voice



The Parky Voice is a year-long national celebration of vocal creativity within the Parkinson's community, launching in April 2026 and culminating in April 2027. Through singing, speaking, storytelling, poetry, and performance, individuals and groups across the country are invited to take part in a friendly, inclusive vocal celebration.

This campaign seeks to demonstrate that, when people come together, those voices grow louder; and in doing so, it aims to build public awareness and momentum behind the urgent need for proper access to speech and language therapy for everyone living with the condition.

Have a look at the initial launch video from Movers & Shakers "We Will Survive" (The Parky Mix)

<https://www.youtube.com/watch?v=QU6BG1KBP3Y>

for more information on the campaign, click

<https://www.moversandshakerspodcast.com/thevoicecampaign>

Spotlight on our services – Connect with others online

The following are all UK-wide groups that meet online. To find out more click on the links

- **Adult Children of Parents with Parkinson's Online Support Group**
<https://localsupport.parkinsons.org.uk/activity/adult-children-parents-parkinsons-online-support-group>
- **Advanced Parkinson's Online Carers Support Group**
<https://localsupport.parkinsons.org.uk/activity/advanced-parkinsons-online-carers-support-group>
- **Black, Asian, Arab and Mixed Heritage Support Group Meeting**
<https://localsupport.parkinsons.org.uk/activity/black-asian-arab-and-mixed-heritage-support-group-meeting>
- **Deep Brain Stimulation (DBS) Peer Support Group**
<https://localsupport.parkinsons.org.uk/activity/deep-brain-stimulation-dbs-peer-support-group-online-4>
- **LGBTQIA+ Network**
<https://localsupport.parkinsons.org.uk/activity/lgbtqia-network-online>
- **Military Support Group**
<https://localsupport.parkinsons.org.uk/activity/online-military-support-group>
- **Online Working Age / Newly Diagnosed Carers Support Group**
<https://localsupport.parkinsons.org.uk/onlinecarersgroup>
- **Polish Parkinson's Cafe**
<https://localsupport.parkinsons.org.uk/activity/polish-parkinsons-online-cafe>
- **Young Onset Online Tea Break**
<https://localsupport.parkinsons.org.uk/activity/young-onset-online-tea-break>
- **Young Onset Parkinson's Online Group**
<https://localsupport.parkinsons.org.uk/activity/young-onset-parkinsons-online-group>

Talking Point

Over 18,000 people also connect online via our forum. This is a place where people affected by Parkinson's can share experiences, exchange views and support one another. It is there for anyone over 18 affected by Parkinson's. This means people with Parkinson's, families, friends and carers. All are welcome to join.

<https://forum.parkinsons.org.uk/>

AbilityNet reminder

We have a partnership with AbilityNet to help people with Parkinson's get online and boost their digital skills. Whether you're new to the online world, would like to access some of our online groups or simply want to grow your confidence in using digital services and devices, we're here to support you.

The service is free and available to people with Parkinson's and their carers. Full details available on our website [here](https://www.parkinsons.org.uk/about-us/partnerships/abilitynet) (<https://www.parkinsons.org.uk/about-us/partnerships/abilitynet>)

Yellow Card Scheme

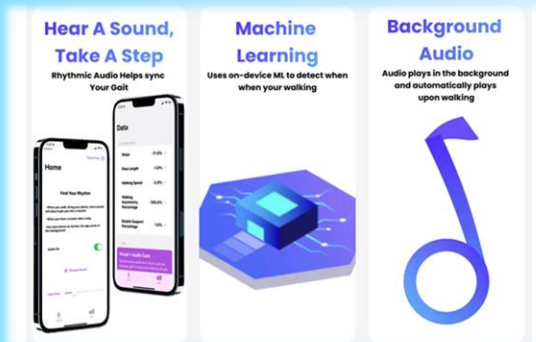
The Medicines and Healthcare products Regulatory Agency (MHRA) monitors the safety of medicines in the UK. They do this before a new medicine is approved for use and after people have started to take them.

It's really important that people using medicines and their health care professionals let the MHRA know about any side effects. That's because the MHRA uses the information to update health care professionals about what warnings to give their patients and to update information leaflets inside medicines packaging. This protects people from unnecessary risk of harm.

If you are experiencing side effects from your Parkinson's medication, please report that to the MHRA. You can do that through their Yellow Card Scheme. It's used to record all reported side effects from medicines as well as issues related to medical equipment and electronic devices. If you, or someone you know, has experienced side effects of dopamine agonists, support them to report to the Yellow Card Scheme:
www.yellowcard.mhra.gov.uk

New products

Rhythm is a smartphone app that uses rhythmic audio to help tackle freezing of gait. The app uses the sounds around you and artificial intelligence (AI) to detect when you're walking. It then plays rhythmic sounds to help you coordinate your movements, step-by-step. You can also adjust the pace to walk faster or slower.



Sleepio is a smartphone app designed to target insomnia using science-backed Cognitive Behavioural Therapy (CBT) methods.



The app uses a questionnaire to assign you a sleep score, then builds a personalised treatment programme that takes into account your specific symptoms, goals and lifestyle.

The treatment uses CBT techniques to help break the cycles of unwanted thoughts and behaviours that often trigger poor sleep. Sleepio is available free of charge on the NHS.

BeechBuddy is a smartwatch app designed to mimic the functionality of the BeechBand device by producing gentle, rhythmic vibrations on the wrist. The company claims the app can help improve a range of Parkinson's and non-Parkinson's symptoms, including gait disturbances, speech difficulties, tics and essential tremor.

New Reviews

Path Finder is a wearable shoe laser designed to help with freezing. The device helped all of our reviewers to some extent and increased their confidence walking indoors. However, the laser doesn't project clearly outdoors and is expensive.

Bounce Back Exercise offers both live and pre-recorded Parkinson's-specific workouts from home. Reviewers liked the friendly instructors and that the recorded sessions gave them flexibility to exercise at any time. However, some reviewers found there were too many notifications from the community group chat.

Whispp is a smartphone app designed to make your voice sound clearer. The technology works in real-time during telephone and video conversations, and can be applied to voice recordings that can be played out loud and shared through instant messaging apps.

The app was developed in 2020 by Joris Castermans. Joris struggled with a stutter throughout his childhood and teenage years which became a major obstacle in expressing himself.

While half of our reviewers said the app improved their voice quality over the phone, others found the app to be a poor fit for their symptoms.

The Tech Guide is available in print or online – visit <https://techguide.parkinsons.org.uk/> for more information.

Funding drug development to help recycling in cells

We're working with EndLyz Therapeutics to fund the development of 2 potential drugs that could clear cells of unwanted materials that contribute to the causes of Parkinson's.

EndLyz Therapeutics is leading the way in developing drugs that aim to boost the recycling process within cells to keep brain cells healthy and protect against the progressive death of brain cells in Parkinson's.

Our latest investment will help the company work on developing new therapies to restore efficient cell recycling, which may have the potential to slow or stop Parkinson's.

What's happening to the cell recycling process in Parkinson's?

Research suggests that lysosomes, packets of digestive chemicals that help to break down and recycle unwanted material inside cells, may be central to the development and progression of Parkinson's. When lysosomes don't work properly, brain cells can't get rid of old and damaged proteins, so these build up and clump together, slowly clogging up cells and leading to their death.

We have been funding research exploring lysosomes through EndLyz Therapeutics since 2021. So far, we've invested almost £850,000 to support EndLyz. Now, we've committed a further £390,000 to help researchers take the next steps in developing 2 potential drug options, aiming to bring them closer to clinical trials for people with Parkinson's.

Read more about this research project via <https://www.parkinsons.org.uk/news/2026/funding-drug-development-to-help-recycling-cells>



Gut microbiome changes may occur in early Parkinson's

New research shows changes to microbes in the gut can be detected before Parkinson's symptoms appear.

How does the gut microbiome change in Parkinson's?

The gut microbiome is a complex ecosystem of over 100 trillion microbes that live in the gut. Together, these microbes play a vital role in many processes in the body. Such as digestion, fighting infection, making vitamins, breaking down medication, and even mental health.

Changes in the balance of gut microbes may be linked to a number of conditions, including Parkinson's. Previous studies have shown that the gut microbiome might differ between people with and without Parkinson's. But so far, studies haven't considered the differences between those who are at a higher risk of the condition.

One risk factor is a change in a gene that is known to be linked to Parkinson's, called GBA1. Not everyone with a change in the GBA1 gene will get Parkinson's, but it increases their risk.

This study aimed to see whether changes in the gut microbiome might offer an early clue as to whether someone might develop the condition.

What did they find?

The researchers found that people with Parkinson's have a distinctive makeup of gut microbes compared to people without the condition. They found similar changes in people who had a change in the GBA1 gene, but had not developed symptoms of Parkinson's.

The 'Parkinson's pattern' of gut microbe changes was most consistently found in people with more advanced symptoms.

What does this research show?

The researchers believe their findings could pave the way for new tests to identify an individual's risk of developing Parkinson's, enabling early support.

What is AI?

The term 'AI' refers to a computer's ability to perform advanced tasks typically associated with human intelligence. Examples include learning, reasoning, decision-making and problem-solving.

Scientists applied complex maths to a huge amount of data they took from the web. Using this data, they created systems that could produce entirely new text and images comparable to that they were trained on. This makes them better at producing text that feels 'human' than ever before. The systems are called Large Language Models due to the fact they're based on a large amount of data about language, and because they imitate or 'model' human language. Other similar systems are trained on images, and can produce new pictures that imitate real ones. Because all of these systems generate new content, they're called 'generative' models.

These days, it can feel almost impossible to find an app or service that hasn't integrated AI in some way – and healthcare apps are no exception.

How can AI help if you have Parkinson's?

There are several apps in our Tech Guide catalogue that leverage AI in their services. Some examples include:

ParkBot: A chatbot designed specifically to answer questions about Parkinson's.

PD Buddy: A symptom-tracking app with an AI assistant that provides daily advice on how to better manage your symptoms.

StrivePD: A tremor and dyskinesia-monitoring app that features an AI care companion.

Turnto: An app that uses AI to combine the latest medical breakthroughs, tips and treatments from news stories and research papers to keep you up to date on the latest in the Parkinson's world.

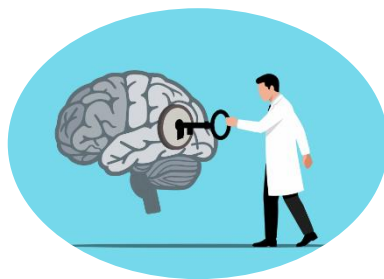
Whispp: An app that uses AI to convert whispered or vocal cord-impaired speech into a clearer, natural-sounding voice during phone calls.

Of course, you can also use chatbots like ChatGPT and Gemini to learn more about the condition, find new ways to manage your symptoms and connect with resources.

That being said, we don't recommend taking any medical advice from AI without checking with more-reliable sources, and, ideally, consulting your doctor or healthcare provider.

Is AI helping Parkinson's research?

Complex computer systems have long been used in medical research. Machine-learning systems can identify cancers in medical scan images as well as doctors. The technology has also been used to diagnose Parkinson's and identify drivers of the condition in recent years – including in Parkinson's UK's own Brain Bank.



In 2022, a team from the Parkinson's UK Brain Bank at

Imperial College London, NHS England, Parkinson's UK, and AI specialists Polygeist set out to investigate if AI could be used to improve the speed and accuracy of Parkinson's diagnoses. They found that, of 300 people with a Parkinson's diagnosis and 50 without, the AI model was able to diagnose Parkinson's with greater than 93% accuracy in just 4 minutes.

[Learn more about that research here](#)

A year later, research published in Nature Machine Intelligence showed that an AI system could identify which of the four altered pathways in the body was the key driver of a person's Parkinson's with 95% accuracy. This is information that could be used to subtype Parkinson's in the future in order to develop more personalised treatments.

[Learn more about that study here](#)

More recently, researchers at University College London have developed a new blood test which they say is 100% accurate in identifying Parkinson's. The team reached this conclusion by using AI to analyse more than 1000 different proteins in blood samples and identifying the subtle changes in eight proteins consistently found in those with Parkinson's.

[Find more information about that research here](#)

To read the full article – click the link below:

<https://techguide.parkinsons.org.uk/learn/what-is-ai>

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

Recycle for Parkinson's

<https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk>



ANNUAL PHOTOGRAPHY EXHIBITION

THE HORTON ARTS CENTRE

Haven Way, Epsom, KT19 8NP
(Sat Nav: KT19 7HA)

2ND - 13TH JUNE

Tuesday - Saturday 9:15 - 16:30
Friday 7th June until 23:00

**100 PRINTS AND
100+ DIGITAL IMAGES
ON DISPLAY**



A bit of fun

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



When in Scotland!



Confusing!



Evidence of global warming (1900-2020)!



Finally the fashion industry shows how the shirt will ready fit my body!

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.

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

Free confidential helpline:

0808 800 0303

Monday to Friday 0900-1800hrs

Saturday 1000-1300hrs

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).