



The Gate

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



Welcome to November's edition of **The Gate** – our monthly newsletter containing updates on recent events and activities as well as news on what's happening in the coming few months. We always welcome feed-back and happy to have your content – you can contact us on info@parkinsonsukreigate.org.

Support Group meetings

Our October meeting was very informative and entertaining with **Hamish Turnbull** speaking about his Parkinson's diagnosis in 2016 and how he manages his symptoms and wellbeing. Hamish is a Scot by origin, moving down to the South East with his family and forging a very successful business in Scottish luxury textiles. Prior to being diagnosed, Hamish had a passion for rugby and golf, so he used these two sports to his advantage, and alongside cycling, yoga, badminton and the occasional swim, these activities have become his wellness game-changers.



Through the above sports, Hamish met Charlie Appleyard, founder of **Sport Parkinson's** and alongside two other Directors, they have built up an amazing business, raising over £361K which has gone towards research, £59K to individual grants and have reached over 5,000 participants through its events. Sport Parkinson's run events such as their Four Nations Golf Tournament, with 40 players, all of whom have Parkinson's, along with 20 celebrities and 20 sponsors – all culminating in a couple of days of friendship, laughter and good fun golf. Other activities include their Try-Athlon, where visitors can try different sports, sporting equipment and remedial therapies. Walking Football and Walking Rugby are also key topics for Sports Parkinson's events, all of which bring in sponsorship income as well as therapeutic opportunities for those with Parkinson's to stay active.



Our next meeting takes place on **20 November** (1400-1530hs at the Woodhatch Centre) and we have **Sue Mills** from Parkinson's UK joining us. Sue runs the [Parkinson's online shop](#) and she will bring with her an array of useful everyday living aids for the group to sample. Sue will be joined by **Jill Beaumont** – our Parkinson's Local Advisor, so if you have any issues that you feel you wish to discuss with Jill, please come along to the meeting and have a chat with her over refreshments.

Beehive Social Group

A reminder that we have our recently launched **Beehive Social Group** evenings at the Beehive Pub on **27 November** and then **18 December** – please do come along and have a drink and catch up with your fellow members. Feel free to bring friends or family with you if you want ... it's very relaxed.



Christmas Social lunch

Our annual **Christmas social lunch** takes place at the Woodhatch Community Centre on **4 December** from midday. Overleaf, you will find more information about the cost, how to pay and how to register for places at this event. We hope to see you there.

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

We 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

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

24 November
15 December

Bookings are not needed for the above – just come along and join us
Contact info@parkinsonsukreigate.org for further info

Dates for 2026 meetings will be published in the December Park Gate newsletter but in general, these will continue to take place on the third Thursday of the month for the support group meetings and last Monday of the month for the East Surrey Café.

Activity	When
Extend Class Seated exercises	Tuesday 1415-1515hrs / £6 per class @ The Woodhatch Centre Contact Margaret Monnery: margaretmonnery@gmail.com
Mobility Class Active exercises	Friday 1000-1100hrs / £7 per class @ The Woodhatch Centre Contact Pam Rodger: Ianrodger34@hotmail.com
Choir/Singing Group	2 nd Monday 1400-1600hrs @ The Woodhatch Centre Contact David Wallbank: david@parkinsonsukreigate.org
Christmas lunch	Thursday 4 December 2025 @ The Woodhatch Centre (see overleaf)

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.

Beehive Social Group

The Beehive Social Group takes place on the 4th Thursday of each month from 1930hrs at the **Beehive Pub**, 90 Dovers Green Road, Reigate RH2 8EG – please join us for a drink and very relaxed social interaction – it's always great to chat with likeminded people. The next Beehive Social Group will be on **Thursday 27 November 2025**.

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 **17 November** and generally every eight weeks on the third Monday of the month 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-together's and also to receive more information on future events.



Limited
Tickets!



Christmas Lunch

Thursday 4 December 2025

Midday arrival for lunch at 1230hrs
Woodhatch Community Centre

Cost and Registration:

Members, partners or carers £20 per person
(this is subsidised by the Reigate Support Group)

Menu

Starter:
Tomato and
basil soup

Main:
Traditional
roast turkey with
all the trimmings
(vegetarian option
pre-bookable)

Dessert:
Christmas
pudding with
brandy sauce,
tea & coffee

Wine and soft
drinks are included
and served at the
table

Payment by **Bank Transfer only**

Barclays Bank: sort 20-00-00, account 63981258

Account name: Parkinsons Disease Society

Please add your **Surname** and **XMAS** as reference

Please register for your place(s) by email (see below) with the following information:

- Number of places being reserved
 - Names of all guests attending
 - Is the vegetarian option required? *
 - Are there any allergies to be catered for? *
 - Are there any accessibility requirements or special needs? *
- (* please advise which guest/s these relate to)

You will receive an email confirming your place(s) once the above info is received along with the relevant payment into the bank account provided.

Cancellation policy:

Cancellations before 20 November will be refunded in full.

Cancellations on or after 20 November may incur a £10 charge (subsidised amount) unless your places can be refilled.

**Please send your booking information to:
info@parkinsonsukreigate.org**

