



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

Hopefully you are still enjoying the summer weather, getting out and about with friends and family .. or maybe just enjoying being in a garden. We didn't have a monthly meeting in July but continued with our classes and social activities which have been well attended.

We had the largest number of members join us at the **Beehive social** at the end of June and with the amazing weather, we sat outside and enjoyed some great discussions as well as sharing information and stories. Thank you to those who came along .. and to anyone who would like to join one of our future Beehive social events – these take place on the **fourth Thursday of the month** at the Beehive Pub (see over for address) from 1930hrs. The pub has a good menu for food and lots of choice for drinks – we hope to see you at a future event.



In the past, we have not run a monthly meeting in August, but we have found that for some, it's a long gap between our May and September meetings (albeit we have our tea social in June). We will therefore be re-introducing an August meeting but we are planning on having some social fun whilst we assess the numbers attending. Please do come along – we'll be playing **Bingo**, having a **quiz** and generally enjoying the **social side of our group**. This takes place on **Thursday 20 August** at the Woodhatch Centre from 1400-1530hrs (bring a couple of pound coins with you to contribute to the prizes which will be given out during the session – thank you).

We are now planning the Autumn schedule for speakers at our monthly meetings and we are delighted to advise that we will have:

- **17 September:** This meeting will focus on **Speech and Language** and we are pleased to have **Eve Samson** from NHS' First Community Healthcare join us to talk about general problems in speech for those who have Parkinson's, what help is available and how to get support, as well as some exercises that you can do at home to help yourselves. Eve will also be joined by **Philippa Clay** who is a research fellow at University College of London and who has recently conducted a study on how conversations are affected by Parkinson's.
- **15 October:** By popular request, we are delighted to welcome **Iain Wilkinson, Consultant Geriatrician and Parkinson's specialist** from Surrey and Sussex Healthcare NHS Trust. Iain recently presented at a local support group's meeting and has lots of interesting information to share about the progress of Parkinson's and how new technology can help identify trends and assist with potential remedies.
- **19 November:** If you like a man or woman in uniform .. this is a meeting to come to 😊. We are privileged to have a team from **Surrey Fire & Rescue Services** join us to give you hints and tips on how to keep safe in your own home. They will bring literature and give you an update on how you can have your home assessed in terms of **fire safety**.

All meetings take place at the Woodhatch Community Centre from 1400-1530hrs on the days shown. We hope that you will find our programme of events of interest and look forward to seeing you at these meetings.



Support Group Meetings*

Woodhatch Centre, Whitebeam Drive, Reigate, RH2 7LS **(1400-1530hrs)**
20 August Bingo, quiz and fun
17 September Speech & Language - Eve Samson (NHS First Community Healthcare) & Philippa Clay (University College of London)
15 October Dr Iain Wilkinson - Consultant Geriatrician Surrey and Sussex Healthcare NHS Trust
19 November Fire safety in the home - Reigate Fire Brigade
No meeting December (Christmas lunch on 3 December)



East Surrey Café*

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



Event details:
Saturday 15 August 2026
 Registration 1000hrs - Games begin 1100hrs
 Prizes and close 1630hrs
 Reigate RFC, Colley Lane, Reigate, RH2 9JB
 Parking available



Act Now, Age Better campaign

Getting older is a privilege, but one that can have many challenges. While we can't prevent ageing, we can all take action to help us age in the best way possible.

That's why Age UK launched **Act Now, Age Better**. We want to get people thinking, talking and taking actions that are going to help them in the years to come. But we also know that ageing well is a team sport. So, for [our 2026 campaign](#), we've brought the world of sport, physical activity and movement together to help you make your next move towards a stronger and healthier later life.

The Age UK website - <https://www.ageuk.org.uk/get-involved/act-now/> has loads of inspirational tips, leaflets and opportunities to get involved .. so have a look for yourself and get active.

Nurse Appeal reaches £7 million

We're pleased to report, thanks to our generous partners, groups and supporters, we've now raised 78% of our £9 million nurse appeal target. Thank you if you've shared or donated to the appeal.

We've been putting the donations we've received so far into action by working with NHS organisations to create 34 new specialist roles around the UK - 19 new nurse roles and 15 new AHP roles. These new specialists could support up to 11,700 more people living with Parkinson's.

Par-Con Registration

Par-Con, the Parkinson's UK community convention, is returning on Friday 13 and Saturday 14 November 2026 at The Vox Venue, Birmingham.

Par-Con is our 2-day in-person and online event for the Parkinson's community to connect with others and learn more about living well with Parkinson's. Whether you're living with Parkinson's or supporting someone who is, everyone is welcome to attend.



Hear from researchers, healthcare professionals and the wider community on topics such as:

- Why does Parkinson's affect people differently?
- Why is sleep so important for Parkinson's, and how can we improve it?
- How can we tackle the hidden symptoms of Parkinson's?
- And many more!

Tickets will be available from 3 August!

Look out for updates on our webpage

www.parkinsons.org.uk/parcon.

Want to know more about what Par-Con is all about? Catch up on 2025's highlights and sessions on our [YouTube channel](#).

RHS Chelsea impact continues

Following our sensational People's Choice win at RHS Chelsea we wanted to share that we've had more than 700 pieces of media coverage and 1.1 million chances to see our content on our social media during show week, reaching hundreds of thousands of people.

So what's next for the garden? The John Radcliffe Hospital (Oxford) is the new home of the garden. Work has started at the site to prepare for the garden's arrival at the hospital, where it will be open to everyone, with local Parkinson's UK Groups helping to tend to the space. They are just awaiting planning permission for the larger structures like the night shelter, before construction starts. All the items from the garden including the night shelter and hand-rail which featured so prominently in the BBC coverage, have been transported to storage ready to start the final build.

Arit Anderson and her team are busy overseeing the reimagined Chelsea garden for the site at The John Radcliffe Hospital (Oxford), making the most of the space available and ensuring that the planting will give year round interest.

Get gardening

You don't need to be an expert or have a big garden to get started. Whether you have a balcony, patio or just a sunny windowsill – you can enjoy the benefits in lots of different ways. And if you've never gardened before, you can start small, and give it a go. Download or order the new guide from the Parkinson's website.

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

Free confidential helpline: 0808 800 0303
Monday to Friday 0900-1800hrs / Saturday 1000-1300hrs (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).

Surrey Coalition for Disabled People

Surrey Coalition of Disabled People are a user led charity working to empower Disabled people and those living with a long-term health condition in Surrey to be an active and central part of the community.



We are doing a peer research project to understand more about the type of challenges faced by Disabled people when accessing businesses and services across Surrey.

We hope to make a difference by providing Disability Awareness Training where it is most needed, coproduced by those with lived experience. This research will help us to identify what the main issues are, and where we need to target our resources and funding to make the biggest impact.

Please complete their short survey by 31 August 2026 via the link below – thank you.

<https://www.surveymonkey.com/r/disabilityawarenessinsurrey>

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



- If we're not meant to have midnight snacks, why is there a light in the fridge?
- A baby can drink a bottle, fall asleep and people say it's cute. If I do it, I'm an alcoholic!
- I told my wife she should embrace her mistakes ... she hugged me!
- Time may be a great healer, but it's a lousy beautician.
- The first computer dates back to Adam and Eve. It was an Apple with limited memory, just one byte. And then everything crashed.
- I needed a password eight characters long, so I picked Snow White and the Seven Dwarves 😊

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.