



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

We are right in the middle of summer and although we don't have a monthly meeting in July, we continue to run all our other events, such as the cafes, exercise groups (Extend and Mobility), choir and golf tuition. We also have our evening social event called the Beehive Social which is an opportunity for anyone who wants to meet up socially with other members to come along and chat in a relaxed environment! It takes place on the 4th Thursday of the month – see overleaf for more details.

For those who came to our **June tea social**, we hope you had a good time and enjoyed the entertainment as well as the food. For those who were not able to come, we had a great attendance – 43 in total – and were serenaded by the choir for half an hour, followed by the most amazing amount of yummy food – cakes, sandwiches, sausage rolls, biscuits, all washed down with a lovely cuppa. The raffle also proved very popular with many guests donating prizes (thank you to those who donated) and congratulations to those who won! We raised £144 through the raffle and every penny will be reinvested back into the running of the Reigate and East Surrey group – thank you.



As mentioned, there's **no monthly meeting in July** so our next monthly meeting will take place on **Thursday 20 August** and will be another relaxed event with some fun activities for you to participate in. Please do come along and join us at the Woodhatch Community Centre from **1400-1530hrs**.

In the meantime, have a wonderful summer – stay cool!



Support Group Meetings*

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

No meeting July

20 August Bingo, quiz and fun

17 September TBC

15 October Dr Iain Wilkinson

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 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

RHS Chelsea Flower Show 2026

What an amazing show it was this year for Parkinson's UK. The Parkinson's Garden – A Garden for Every Parkinson's Journey was designed by award-winning gardener, Arit Anderson. However, the journey to design the garden started 2 years prior when a group of People with Parkinson's who were also keen gardeners, met to talk about what their garden meant to them and their ideal spaces within the garden area.

This led to the final garden design with key features including:

- The “hand-rill” – a functional handrail made for support but also filled with running water, creating a rhythmic sound to calm and help movement.
- Custom pathways with wider curves rather than straight lines allowing for those with altered gaits or those in wheelchairs to freely move through the garden.
- A “night shelter” with seating and perforations that allow light to filter through as well as gentle illumination to help reflect the night sky whilst not disturbing the local wildlife.

In addition, the garden had gentle, relaxing seating, a natural pond and masses of meaningful plants – including the Resilience Rose which Harkness Roses designed specifically for the Parkinson's Garden (you can buy this from roses.co.uk and £5 from each sale will go to Parkinson's UK).

We're so proud this garden won the BBC / RHS People Choice Award and also a Silver Medal from the RHS judges. The garden is now being relocated to the John Radcliffe Hospital, a Parkinson's Centre of Excellence in Oxford where people with Parkinson's and their loved ones can enjoy it while waiting for outpatient care.

Here are a few photos from the show (attended by Hazel and Karl Dawson)



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



Walk for Parkinson's

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:

- 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](#)

Fix Blue Badges

We want to fix the Blue Badge system. In June we kicked off a national push to do this in England and we want your help.

Across the country you've been sharing with us how people with Parkinson's are being unfairly denied a badge which is essential for their independence. So we're looking for groups and group members to get involved with the campaign.



We'll be asking people to contact their local council to urge them to make changes

to their Blue Badge scheme. Later this year there will be an event in Parliament too! Your help will make a real difference for people with the condition. For more information contact campaigns on 020 7963 9349 or campaigns@parkinsons.org.uk

Wallbank Family Mega Challenge

David Wallbank and his family are doing an amazing charity raising event challenge on



1 August – [please support them](#) with a donation via their JustGiving page – thank you.

David's family are collectively doing the three peaks challenge – that is climbing Ben Nevis, then Scafell Pike, then up Snowden and down all within 24 hours. The challenge covers around 23 miles (37km) of hiking, over 3,000 metres of ascent, plus many hours of driving between mountains, all with very little sleep!!

A bit of fun

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



No money

My 55-year-old co-worker and I were talking about the economy.

I said "I can't afford to pay for anything except bills!"

He replied "I was the same way until I became room-mates with this elderly couple last year. The best part is they're not even charging me rent.!"

"Wow" I said, "What are their names?"

He said, "Mum and Dad" ♥

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).

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.