



The Gate

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



Welcome to **The Gate** – our monthly newsletter. We always welcome feed-back – is this newsletter interesting and is it covering the topics that you find of benefit? You can contact us on info@parkinsonsukreigate.org.

Please remember that the **Bletchingley Café** continues to meet for a cuppa and chat each month during the summer, so please do come along. It's held at the Bletchingley Golf Club and is normally on the last Monday of the month from 1100-1230hrs. However, as we have a bank holiday on the last Monday of August, the Bletchingley café will take place on **Monday 18 August 2025**.

The Parky Charter petition

As usual, there's lots going on at Parkinson's UK as well as related organisations ... but the biggest news that we have to share with you is that the **Parky Charter petition**, which we have been promoting for the last couple of months and which was instrumented by the Movers and Shakers has now reached **over 100,000 signatures** and therefore the Government is now scheduling a date to table this debate and hopefully, alongside the potential changes to the Welfare Bill, those already with a Parkinson's diagnosis, along with any newly diagnosed people, will receive more recognition, support via the NHS and benefits from the Government. A huge **THANK YOU** to anyone who signed the Parky Charter petition and especially to those who circulated it to friends and family and encouraged further support via signatures. If you didn't manage to sign it, the petition is still available for you to sign and join – visit <https://petition.parliament.uk/petitions/713714>



Reigate Support Group meeting – 18 September 2025



We are delighted that John Pettigrew – Senior Product Manager at Parkinson's UK – will be joining our September meeting and presenting on the **Parkinson's Tech Guide**. Parkinson's UK created the Tech Guide so that people with Parkinson's, and their families, friends and carers, can make the right decisions for themselves about all the devices and apps that claim to be able to help improve their quality of life.

To do this, the team provides trusted reviews based on the lived experience of people with Parkinson's, and maintain a catalogue of the various products that are on the market. They back this up with information about Parkinson's and evidence-based articles that will help you decide what's right for you, in your unique circumstances. The Tech Guide is available on the web, in print and by email, so you can get the information you need in the way that's right for you. If you are not tech-savvy, this is an ideal way to learn what products are available that could help you in your daily lives.

John will be providing an update on the guide in general and some valuable tips of how to make the most of it at our meeting on **18 September** at the **Woodhatch Centre (1400-1530hrs)** so please do come along and join us.

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

No meeting August	
18 September	John Pettigrew – 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

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	2 nd 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 22 September 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-together's and also to receive more information on future events

Bereavement Group
dates:

- 22 September 2025
- 17 November 2025

Old Reigatian RFC Walking Rugby Festival

Geoffrey Knight Fields, Park Lane, Reigate,
Surrey, RH2 8JX
Saturday 16 August 2025
1000-1600hrs



Come along and experience a day of fun – there will be up to 20 teams playing walking rugby, plus local beers and food stalls. It's a great day out for you and your family plus the Reigate Support Group will be there promoting Parkinson's in general.

If you already participate in walking rugby, why not enter your team into the festival – more information available via
<https://wrfest.oldreigatianrfc.com/>



Join us for

Parkinson's Walking Football, Edenbridge

Fridays, 10:30-11:30am
Edenbridge Leisure Centre, Stangrove Park, TN8 5LU
Starting Fri 12 September

A new friendly and welcoming walking football session for people with Parkinson's and their family and friends. You don't need to have played before to join us. Initially sessions will be free.



To book call: 01732 442364
Did you Know... Everyone Active also offers free membership to people with Parkinson's.



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Par-Con

Par-Con is your Parkinson's community convention about living well with Parkinson's and gives you the chance to hear directly from trusted experts.

Par-Con takes place at the VOX Conference Venue in Birmingham on 24 and 25 October but if you don't want to travel to the venue, you can join online too. It's free to attend (either online or in person) – read more about the event and register to join via www.parkinsons.org.uk.

Parkinson's UK

Walk for Parkinson's

7 September: Battersea Park
1100hrs, £12 per person, 1.5 miles or 6.1 miles

28 September: Henley-on-Thames
1100hrs, £12 per person, 1.3 miles or 6 miles

Register via

<https://events.parkinsons.org.uk/event/walk-parkinsons/home>

Digital Switchover affecting Telecare Alarms

Telephone providers are upgrading the landline network from analogue to digital or IP (Internet Protocol), which means that in the future voice telephone calls will be carried in the same way as data over a broadband connection.

The switchover is happening now and for most the move will be straightforward. Nobody will have to lose their landline service nor change their telephone number and, in most cases, the existing handset will be compatible. However, for anyone who uses Telecare alarms, this switchover *could* stop your alarm from working – PLEASE contact your landline provider as soon as possible to discuss how they will support you in the switchover and what work needs to be completed for your alarm services to continue uninterrupted.

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

Get 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

Magic Squares:

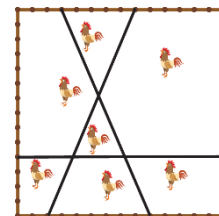
Fill in the grid so that each column, row and diagonal adds up to **34**

Answers in the next edition of The Gate.

The sum is 34.

			1
	11		14
3	10		
	5	9	4

In the July newsletter, we played "Farmer Brown's Brain Bender" – here's the answers of splitting the roosters into their own area using only 3 straight lines.



The 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.

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

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).