



The Park Gate

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



Welcome to The **Park Gate** – our quarterly newsletter.

We've *weathered* the hot spell and we hope that you were able to enjoy the sunshine, getting out and about with friends and family.

Over the summer, we've had lots going on – a few of which you will read about overleaf, namely our attendance at the **Walking Rugby Festival**, held at Reigate Rugby Club on 15 August ... and earlier in the month, a fantastic effort made by David Wallbank's family who did the **Three Peaks Challenge** in 24 hours. Please spend some time to read our news as well as the information that we feel you will find interesting about Parkinson's nationally as well as our local group.

In August, we also reconvened our monthly meetings but as we didn't know the appetite for an August meeting, we switched this into a social event with **BINGO** and a couple of **quizzes** .. and what fun it was. We had 21 members attend .. and although some were quite serious quizzers or bingo players, the majority just chilled, laughed and learned from the questions and relevant answers. Well done to those who won prizes – they were well deserved.



Our next meeting will be held on **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. We look forward to seeing you then (details overleaf).

Please remember that our group is self-funded (ie we don't get any contributions from Head Office or the Government). There are lots of ways you can help support the group (not just financially):

- If you are able to help us via a **donation**, we would be hugely grateful. There is a donate button on our website: www.parkinsonsukreigate.org, through which you can opt for a Gift Aid contribution.
- It takes a tremendous amount of effort to organize our fundraising initiatives and we continue to **seek volunteers** (including family/friends) who can help for several hours at these events. If you know of anyone who would like to help in the future, please contact Hazel at hazel@parkinsonsukreigate.org
- Lastly, do you have any contacts for local clubs, societies and businesses? We are looking for opportunities for local organisations and businesses to choose us as their "**charity of the year**". Please do email info@parkinsonsukreigate.org if you can help.





Support Group Meetings*

Woodhatch Centre, Whitebeam Drive, Reigate, RH2 7LS **(1400-1530hrs)**
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 - Surrey Fire & Rescue Service
No meeting December (Christmas lunch on 3 December)



East Surrey Café*

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

A round-up in pictures

For the second year running, the Parkinson's Reigate and East Surrey Support Group was invited to be present at the local Walking Rugby Festival which was held on Saturday 15 August at the Reigate Rugby Club in Colley Lane .. and it was a fantastic day.

In conjunction with Sport Parkinson's, Margaret, Karl, Terry, David and Hazel ran the raffle stand as well as promoting both Parkinson's UK and Sport Parkinson's .. and we raised just under £1000 from the raffle alone (split between ourselves and Sport Parkinson's).

The day was hot but everyone came prepared with gazebo's, hats and sun lotion. The matches kicked off around 1100hrs with 4 matches being played simultaneously (4 matches of walking rugby fit into a normal rugby pitch) and a tournament round-robin style where each team played each other team throughout the day.



We were proud to have the Mayor of Reigate and Banstead (Councillor Nick Harrison) join the event in the afternoon to present the prizes and we had the opportunity to showcase the good work that we do for those with Parkinson's in his borough.



Team Wallbank took on the Three Peaks Challenge for Parkinson's UK ... and won!!



This August, we were proud to support a team effort from the Wallbank family as they completed the National Three Peaks Challenge — climbing the highest mountains in Scotland, England and Wales within twenty-four hours — in aid of Parkinson's UK's Reigate & East Surrey branch. Climbers Susannah Wallbank, Francesca Kennedy Wallbank and Samuel Staples took on the peaks, while Emma and Owen Hickey drove them between mountains and kept the whole team on schedule throughout the night and day.

The challenge was personal for the team. Susannah, Francesca and Emma's father, David Wallbank, is Chair of our Reigate & East Surrey branch of Parkinson's UK, supporting people affected by Parkinson's across the local community. David was recently diagnosed with Parkinson's himself, giving this year's climb an added significance for the whole family.

The team began in Fort William after a night in a hostel, setting off up Ben Nevis at 7am and returning to the car park five hours later. From there it was on to the Lake District, where they scrambled up Scafell Pike via the Wasdale entrance, coming back down at around 10pm. After a short turnaround, they started the final peak, Snowdon, at 2.30am, with head torches of course, and completed the climb in around three and a half hours — arriving at the finish at around 6.30am on the Sunday morning, where David Wallbank and his wife Joanna were waiting to greet them.

So far, Team Wallbank has raised an amazing £3,500 for Parkinson's UK's Reigate & East Surrey branch. To support their fundraising further, visit:

<https://www.justgiving.com/page/wallbanks>



Group financials – donations and fundraising update

2026 has continued strongly with an amazing £10,000 raised to date in donations and fundraising collections/events (compared to £3,800 raised for all of 2025)!

2026 Donations & Fundraising		
Donations:	Individual Donations (direct)	£700
	In Memoriam (direct)	£640
	JustGiving Page	£1,390
		£2,730
Fundraising:	Monthly Meeting Collections	£250
	Sainsbury's World Parkinson's Day Collection	£590
	Betchworth Golf Day	£1,120
	Brighton Trail Marathon (Amanda Cuthbert)	£1,410
	3 Peaks Challenge (Wallbank Family)	£3,350
	Walking Rugby Festival	£490
		£7,210
		£9,940
Total		

A huge THANK YOU to:

- Our Volunteer Team who have been busy organising events and collections
- Supporters giving direct donations (many who are anonymous)
- Members taking on some amazing challenges this year (Amanda and the Wallbank family)
- Families who have selected our Support Group for In Memoriam donations

A significant success this year has been the set-up 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>

If you wish to donate and prefer to make this via bank transfer as a one-off, or regular direct debit payment, please contact Rebecca O'Connor (rebeccaconnor@btinternet.com) who will help you set this up. Thank you for your continued support.

Local Surgery Campaign

Over the summer period, we have sent (or hand delivered) a letter, along with a poster and flyers to many GP surgeries in the boroughs of Tandridge, Reigate & Banstead, and Mole Valley.

We asked the surgery team to place the poster on their noticeboard and have flyers available should anyone wish to learn more about the support they can access in the region.

If you visit your local surgery, can you please have a look to see if our poster is displayed on the noticeboard and let us know if it is there .. or not (to info@parkinsonsukreigate.org). We can then gauge the success of our campaign with the aim to then do the same for libraries, community centres, health centres and anywhere that has a community noticeboard. It's vital that we spread the word about the support that is available in the Reigate and East Surrey region for those with Parkinson's.

Thank you for your help.

Parkinson's UK
Reigate and East Surrey

Are you living with Parkinson's?

Support is available in Reigate and surrounding areas of East Surrey!

Connecting with others is key to wellness. We offer support through local groups and activities in Reigate and surrounding areas of East Surrey. We welcome those with Parkinson's as well as their families and carers to our events which are run to improve knowledge and wellbeing as well as connecting people together.

Why not join us at one of our social events in Reigate, Bletchingley or Dorking? You will be made to feel very welcome. Scan the QR code below or visit our website to view our calendar of events.

And if you have any spare time, why not speak to us about volunteering opportunities within our group?

Local support and contact:
www.parkinsonsukreigate.org
info@parkinsonsukreigate.org

National support:
www.parkinsonsuk.org.uk
0800 800 0303
hello@parkinsonsuk.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 (264877) and in Scotland (SC027564).

FR Registered with the Financial Regulator

Parkinson's Nurse Appeal Update

The appeal was launched in 2024 with the aim to raise £9M over 3 years to fund:

- 5 Parkinson's nurses, giving 7,500 more people access to a specialist nurse and giving existing nurses more time to support those they already care for
- 25 specialists, such as physiotherapists and mental health professionals, giving 10,000 more people expert care for specific symptoms
- 10 clinical fellowships to support the brightest and best doctors to become the future leaders of neurology and geriatrics services at a local and national level, making sure people with Parkinson's get the best care
- extra training in Parkinson's care for health professionals, so more people with the condition can feel confident they'll receive great care when they need it

Nationally, 1 in 5 living with Parkinson's have no or limited access to a Parkinson's Nurse. This equates to around 28,500 missing out on the care that they deserve!

To date, the appeal has raised £7.3M (81% of the £9M target) with the aim to raise the remaining £1.7M in the next 5 months through the Parkinson's walks, radio appeals, half Marathon in November and branch donations.

In this region, we currently have 73 Parkinson's nurses working across the South East (some only work part-time whilst others are full-time). We estimate 23,790 people are living with Parkinson's in the South East and 4,111 of those have little or no access to a nurse. In order to support the needs of those with Parkinson's in the South East, we need approximately 14 more full-time Parkinson's nurses to fill the gap!

If you wish to donate the Nurse Appeal – please [click here](#) or go onto Parkinson's UK's website and search for Nurse Appeal. Thank you for your help to get support for more people with Parkinson's.

PAR-CON – Parkinson's UK's annual community convention

Par-Con is your Parkinson's community convention about living well with Parkinson's. Planned in collaboration with a team of people living with and connected to the condition, Par-Con gives you the chance to learn from researchers, healthcare professionals and the wider community.

Hear directly from trusted experts who can explain the latest research and opportunities, guide you through a new diagnosis or changes in your symptoms, and provide interactive sessions with tips to help manage your condition.

Date

Day 1: Friday 13 November, 9.30am to 6pm and Day 2: Saturday 14 November, 9.30am to 3pm

Location

You can join online or in person – being held at The Vox Conference Venue, Resort World, Birmingham B40 1PU (limited spaces)

<https://uk.emma-live.com/par-con2026/tickets>

Sign up fee

To support the running of the event, there will be a nominal charge for in-person tickets: Day 1: £15 / Day 2: £10

Please let us know if you are attending this event in person – would be great for you to meet up with fellow local members.

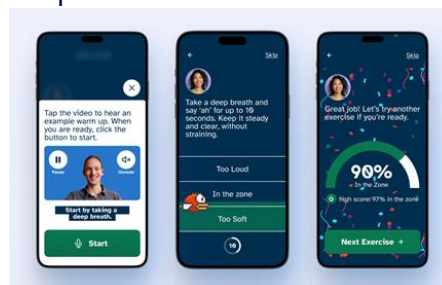
Register
here for
Par-Con
2026

Reviews

Bravo Twist is an electronic anti-tremor utensil that uses advanced stabilisation technology to aid at mealtimes. Reviewers did not like the bulkiness of the device and thought it was very expensive.



Loud and Clear is an app aimed at helping strengthen the voice through daily speech exercises. Reviewers liked how easy it was to use and enjoyed tracking their progress. However, there were issues with the voice monitoring and some found the vocal exercises repetitive.



New Products

BeechBand has released a new version – the 100E. The wearable device uses vibrations to help with a range of motor and non-motor Parkinson's symptoms.

Worn on the wrist, the product's tapping sensation is said to help reduce anxiety, dyskinesia, rigidity, walking problems, and speech difficulties. The new version is said to have a better battery life, now lasting 8 hours rather than the previous 2-4 hours.



Parky is an Apple Watch app designed to offer 24/7 symptom monitoring from your wrist. This includes automatic tracking for tremor (severity and patterns), dyskinesia, physical activity, and medication intake, as well as space to manually log mood, sleep and other motor and non-motor symptoms.

Live Well with Parkinson's Toolkit is a free website created by University College London (UCL). The website is designed to help you manage your Parkinson's on a day-to-day basis by tracking symptoms, medications and daily activities.

ParkinsonKey is an adaptive keyboard app designed specifically for people who have Parkinson's, or have motor skill challenges and hand tremors. The large keyboard includes bigger keys compared to a default phone keyboard, making it easier to tap the right letters. The app also allows you to create one-tap shortcuts for frequently-accessed information, like your email address, phone number and home address.



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

Early results show new drug could reduce damage to brain cells linked to Parkinson's symptoms

iRBD and Parkinson's

A pioneering global clinical trial has published exciting first results showing that a new drug, SNT-4728, can significantly reduce brain inflammation. Developed by Syntara and funded through a partnership between Parkinson's UK and the Parkinson's Foundation, the drug was trialled in 41 participants with isolated REM sleep behaviour disorder (iRBD)—a high-risk sleep condition where 7 out of 10 people develop Parkinson's within 15 years. Over a 12-week period, brain scans revealed that participants taking the daily drug had significantly lower inflammation in the putamen, the brain region controlling key movement symptoms like stiffness and tremors. Crucially, the trial also demonstrated that the drug is safe to use with no major side effects, with full detailed results expected later this year.

What does this mean?

Dr Lynsey Bilsland, Managing Director of the global drug development programme, said: "By targeting Parkinson's symptoms before they appear, we can potentially slow, or even stop, the condition in its tracks. That's why these results from Syntara's phase 2 trial are an exciting milestone and moment for people living with Parkinson's and potentially other neurological conditions. These findings pave the way for further trials that could result in a drug that can slow or stop Parkinson's symptoms progressing, something no drug can currently do. Our drug development programme, funded in partnership with the Parkinson's Foundation, is working and driving forward the most promising treatments. We're not stopping here. This is one potential life-changing treatment, and we'll keep accelerating more as we continue to build our understanding of the causes, and search for a cure for Parkinson's."

Parkinson's UK – Leading European funder of Parkinson's research

We're the largest European funder of Parkinson's research. And we're leading the search for the cause, a cure and better treatments right now. We're the only UK Parkinson's charity which supports all areas of research.

We've led Parkinson's research for over 50 years, investing more than £130 million since 1969. Right now, we're supporting nearly 60 research projects.

Our progress so far, together:



Understanding the causes of Parkinson's

Parkinson's is a complex condition. Over time, cells in the brain that produce a messenger chemical called dopamine start to die, causing some of the over 40 symptoms that can be linked to Parkinson's. Everyone's journey is different. This is part of what makes

it so challenging to find new treatments to slow the condition's progression.

We need to understand why those brain cells are dying to be able to stop it. And our research is uncovering those answers.

Like researchers we funded who discovered that the brain cell batteries, the mitochondria, are affected by Parkinson's and stop working properly. Without energy our brain cells die. Our research has helped to unravel the complex role of mitochondria in Parkinson's. Other UK charities don't fund research that helps us better understand what causes Parkinson's but without that knowledge it is impossible to develop drugs that will stop Parkinson's.

And today we're seeing the first wave of treatments specifically designed to rescue malfunctioning mitochondria.



Developing new treatments

In July 2024, we announced we'd be working with Parkinson's Foundation and Michael J. Fox Foundation in the US to see whether a potential new treatment, MTX325 improves this energy production in brain cells.

MTX325 has been designed to help get rid of faulty mitochondria. By removing 'problem mitochondria' the team hope to protect dopamine-producing brain cells.

With your support, our funding means that MTX325 will be tested for the first time in people with Parkinson's this year. Starting the process to see if it could be a drug that would for the first time slow, or even stop, the progression of Parkinson's. Other UK charities don't fund the development of novel therapies, instead they fund the development of repurposed drugs from other medical conditions. However, there is a limited number of these drugs that can be used to treat Parkinson's



Delivering better treatments and care

We supported crucial research that led to the international guidance used today for diagnosing Parkinson's and to the development of groundbreaking brain scanning techniques.

These tools help specialists get it right more often but diagnosis is still a major challenge. That's why we're still working to develop better tests to identify the condition earlier and more accurately. Such as funding Dr Kevin Mills, whose research is showing promise for a blood-based test for Parkinson's. His work on this test in the lab so far looked at multiple markers found in the blood and was able to predict Parkinson's 7 years before movement symptoms appeared.



Helping you live well with Parkinson's, today

We're getting closer to a cure: being able to stop, slow, reverse or prevent Parkinson's. But we're also delivering treatments that improve life with Parkinson's right now.

Such as an app for people with Parkinson's which provides mental health support. 2 in 5 people with Parkinson's will experience anxiety or depression as a symptom of the condition, but it can be hard to find the right support. We funded Dr Angeliki Bogosian to develop PACT: an app-based programme aiming to help people with Parkinson's manage stress, navigate difficult emotions, and improve quality of life. PACT is now available for free, providing support for people who need it.

We've also developed the Parkinson's UK Tech Guide, a directory available online or in print of many digital apps or devices that are available to help people with Parkinson's today. Including the trusted reviews of our panel of people with Parkinson's.

How we work with other charities

We can't stop Parkinson's alone. So, we work with partners globally who have the same goal, working collaboratively to make faster progress.

We have a multi-million-pound collaboration with Parkinson's Foundation in the US, which is driving forward the development of new drugs for Parkinson's.

And we're co-funding huge international projects, like EJS ACT-PD, the biggest clinical trial in Parkinson's to date. It's testing 2 potential treatments that could slow or stop Parkinson's progression, and we can add more treatments as it goes on.

How you can get involved

We're chasing down new treatments and a cure, but we can't do it without you.

Help us spread the word about research and stay up to date by signing up to receive our **Research Support Network emails**. You'll hear about regular updates in research news, events and opportunities to get involved.

You can also email our Research team at research@parkinsons.org.uk with any questions, or to arrange a chat about research.

Your support has enabled us to keep powering Parkinson's research. Thank you.

Hundreds of NHS patients with advanced Parkinson's disease are set to benefit from a [portable drug infusion](#) that is gradually released around-the-clock to help better control their symptoms.

The treatment, called foslevodopa-foscarbidopa, will now offer an additional option for certain patients experiencing movement-related symptoms and whose condition is no longer responding to their oral medicines. The easy-to-use infusion is delivered through a cannula under the skin and controlled by a small automatic pump worn 24 hours a day to help steadily manage patients' symptoms with fewer side effects.

It works by releasing a combination of medications into the body, with the drug foslevodopa being turned into the chemical dopamine, which can better transmit messages between the parts of the brain and nerves that control movement.

Many Parkinson's patients currently take large numbers of tablets to control their symptoms – sometimes more than 20 a day – which can

be difficult to maintain. People taking medicine this way often report that the peak of their whole day is in the morning and despite taking more tablets they go 'downhill' throughout the day.

It can also be a challenge for patients taking these pills to balance symptom control with side-effects, with some patients including impulse control disorders and excessive movement. Tablets can also lose their effects in the middle of the night, meaning patients can wake up with symptoms and may not be able to get out of bed to go the toilet without risking a fall.

However, by infusing this new drug formula throughout the day and overnight, symptoms can be more steadily managed – with patients also having the option to manually give themselves a boost in dose at any point during the day if needed.

Originally published by NHS in February 2024
Please speak to your neurologist if you believe this might be of benefit to you.



What is Lions Message in a Bottle?

Lions Clubs Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where they can be found in an

emergency on a standard form and in a common location – the fridge.

Message in a Bottle (known within Lions as MIAB) helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.

Paramedics, police, fire-fighters and social services support this Lions life-saving initiative and know to look in the fridge when they see the 'Message in a Bottle' stickers, supplied. The initiative provides peace of mind that prompt and appropriate medical assistance can be provided, and next of kin/emergency contacts can be notified.

You can pick up a 'Message in a Bottle' from local pharmacies or you can order then online via <https://lionsmessageinabottle.co.uk/>

Did you know?

More than 6 million Message in a Bottle kits have been distributed by Lions Clubs International (MD105) British Isles to people with conditions such as diabetes, allergies, disabilities and life-threatening illnesses.



Stay Active@Home
www.csp.org.uk/stayingactive

Fall Proof!

It's never too late to improve your balance and reduce your chances of a trip. Here are some tips to avoid falling in the first place, and to get up again if you do take a tumble.



Keep moving

If you sit for long periods of the day, your circulation can slow down and you might find your joints feel stiffer than usual. This can put you at risk of a fall when you stand up. If you have been sitting for longer than 20-30 minutes, think about getting up and moving about. Try these simple seated activities to loosen up in the morning before you start your day:

- **Toe and heel taps** – five times each foot
- **Straighten knees one at a time** – five times each leg
- **Gently march your knees up and down** for ten to 15 seconds before you stand
- **Shuffle up to the front third of your chair** and push up through your legs to standing; gently stretch your back and neck by standing as tall as you can.

Follow these tips to help avoid a fall at home:

- **Organise your home** to keep climbing, stretching and bending to a minimum and to avoid bumping into furniture
- **In the kitchen**, move crockery and heavier items that you use regularly to a waist-high shelf
- **Mop up spillages** straight away so there is no risk of slipping
- **Take care when getting up** in the night to go to the bathroom. Have a lamp with a switch nearby to light your way. Use high-wattage light bulbs
- **Remove trip hazards** like clutter, trailing wires, frayed carpet and remove rugs
- **Use non-slip mats**, or put a carpet grip underneath
- **Use a grip mat** in the bath and shower, and if you have them, grab rails for getting in and out
- **Avoid long, trailing clothes** that might trip you up. Tack up a hem or put a belt around your waist and pull the excess material over the belt
- **Wear well-fitting slippers and shoes** in good condition that support the ankle and have a good grip. Avoid walking on slippery floors in socks or tights.

Make a plan in the event of falling at home, this could include wearing an emergency pendant alarm or carry your mobile phone

A bit of fun

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

BBQ

A man walked into a builders' yard and ordered 20,000 bricks.
The clerk stared at him.
"Twenty thousand?"
"That's right."
"What on earth are you building?"
"A barbecue"
The clerk blinked.
"A barbecue?"
"Yep"
The clerk looked at the order again
"Sir, most people build a barbecue with a few dozen bricks"
The man nodded "I know"
"Then why do you need twenty thousand?"
The man shrugged
"Because I live on the 18th floor!"

Free wife?
Cofee brick?
Message?



I was so suspicious and paranoid about my wife having an affair, that we moved to a new town 700 miles away. I couldn't believe my luck when we still managed to keep the same gardener.

Wow, that was quick!



I was in court for my divorce hearing and accidentally spilled trifle all over my soon to be ex wife. She got custardy.

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>

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).