



The Gate

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



Welcome to **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 feedback and happy to have your content – you can contact us on info@parkinsonsukreigate.org.

Support Group meetings

We had John Pettigrew – Project Manager for the Parkinson's Tech Guide join us in September and had a good turn out to this meeting, including a few members from our local branches who are always welcome to join us. John identified why the guide was initially scoped out and what the benefits of this are for those with PD – the key ones being that there are a lot of apps and gadgets out on the marketplace but hard for anyone to learn the benefits and costs without a lot of individual research. PUK have taken this on collectively and they research the latest devices and apps, review them with users and provide the information both [online](https://techguide.parkinsons.org.uk/) and in print. If you missed the session and would like your own copy of the Tech Guide, please review PUK's information pages and sign up accordingly (<https://techguide.parkinsons.org.uk/>).



Our next meeting takes place on **16 October** (1400-1530hrs at the Woodhatch Centre) and we have a very different topic which is more from the personal perspective of one of our members. **Hamish Turnbull** is a local entrepreneur with his own business. When he was diagnosed with Parkinson's, he identified that sport really helped his physical and mental wellbeing and therefore he immersed himself in the sports that he loves – mainly rugby, golf and cycling. Hamish is now heavily involved with **Sport Parkinson's** – a sister organisation who raise funding and offer grants to allow others to undertake sports that could also improve their wellbeing. Please join us to hear Hamish's story but also learn more about local sports that could be of interest to you or your family.

Beehive Social Group

We have lift off with the Beehive Social Group. Our first social get together took place on Thursday 25 September at the Beehive Pub in Reigate .. and we were delighted to have a few members join us for a drink. The **Beehive Social Group** is an opportunity for



you and your friends and/or family, to get out one evening a month and have a drink with us. We know that the cafes and monthly meetings don't suit all our members – it may be that you work or always have another engagement on at the times they take place, so the Beehive Group is just another opportunity to come and chat about anything that interests you (Thursday's conversation ranged from cars to holidays and sport). There are no organised speakers and no commitment needed – if you can come along, please do so. They run on the fourth Thursday of the month (other than December 2025) at the **Beehive Pub** from 1930hrs – we hope to see you at the next one on **23 October** – all the details are on the following page.

Christmas Social lunch

This will take place on 4 December (no support group meeting that month) and we will be providing you with all the information on this – cost, times, how to register etc – in the next few weeks so please put it into your diary and look out for our next communication.

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

16 October	Hamish Turnbull – sport and support
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

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 Margaret Monnery: margaretmonnery@gmail.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 **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.

Beehive Social Group

We are delighted to bring a new social event into our calendar – the Beehive Social Group – and invite you to come along on the 4th Thursday of each month to join us for a drink and just very relaxed social interaction. If you are newly diagnosed or had PD for many years, it's always great to chat with likeminded people.

1930hrs onwards at the **Beehive Pub**, 90 Dovers Green Road, Reigate RH2 8EG
Next Beehive Social Group will be **Thursday 23 October 2025**



Parkinson's UK
Walkies for Parkinson's

If you have a dog and like walking it, then why not raise some money for Parkinson's at the same time?

Walkies for Parkinson's is part of the Nurse Appeal that Parkinson's UK are running – this aims to raise £9M to recruit and fund new Parkinson's Nurses and related therapists (eg physio, occupational & speech).

Nominate the total number of miles that you will walk with your dog throughout October – 30, 60 or 90 miles, [register](#) and raise some funds.



If you don't have a dog, but would like to help us raise some money, Hazel from our committee, along with her friend Brigitte, have already each committed to walking 60+ miles with their own dogs – and you can contribute to their sponsorship via their [Just Giving](#) page go to www.justgiving.com and search for Hazel-Brigitte



Thank you

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. This is a free 2-day event on 24 and 25 October. You can join online sessions to listen to relevant topics discussed and to connect with others.

All the information about the event and how to register to join online is available via <https://www.parkinsons.org.uk/get-involved/par-con>.

**Parkinson's and Sleep
Horsham Branch Talk**

The Parkinson's Support Group in Horsham have eminent Neurologist Dr Eva Bunting joining them in November to talk about the effects of Parkinson's and sleep.

This takes place on 7 November at 1730hrs at the Mannings Heath Village Hall, Golding Ln, Mannings Heath, Horsham RH13 6JU (parking is available) – all visitors are welcome to come along.



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IIDCONSORTIUM@GMAIL.COM
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DANCE
FOR PEOPLE LIVING WITH
PARKINSON'S



Weekly dance class for people living with Parkinson's and their family and friends.

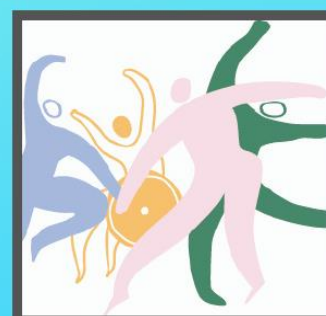
The Colman Redland Community Centre
Croydon Road
Reigate
RH2 0NA

Monday 2.00-3.00pm
followed by tea and coffee

£40 per term for 10 weeks
Free Trial Class

Contact iidconsortium@gmail.com
for further information

Charity registration number: 1182884



Kindly supported by



The Parkinson's UK Forum

This is an online community designed for anyone affected by Parkinson's, including people with the condition, carers, friends, and family. It provides a dedicated space to share experiences, ask questions, and discuss various aspects of living with Parkinson's, from symptoms and treatments to daily life and research. You can access this free-of-charge forum at www.forum.parkinsons.org.uk.

Upcoming name change

At the AGM in October, we'll be holding a vote to allow us next year to update our official registered name from 'Parkinson's Disease Society of the United Kingdom' to a closer variation of the 'Parkinson's UK' name we use every day. You'll receive more information about this in September if you are registered as a member of Parkinson's UK. If you're not sure whether you are a member of Parkinson's UK please email membership@parkinsons.org.uk or call 0800 138 6593 to ask.

Newly Diagnosed webinar - Wednesday 8 October - Mental health and Parkinson's

Are you newly diagnosed with Parkinson's? Join our webinar to hear our panel talk about mental health. They will explore navigating mental health after a Parkinson's diagnosis, ways to manage it with Parkinson's, and the different treatment options available. Book your place via <https://www.parkinsons.org.uk/information-and-support/newly-diagnosed-webinars>.

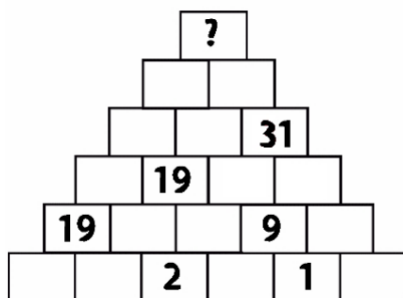
Learn more about Parkinson's UK's research

We are delighted that a recent episode of the '2 Parkies in a Pod' podcast spotlights our Brain Bank - the world's only brain bank solely dedicated to Parkinson's research. Based at Imperial College London, the Parkinson's UK Brain Bank collects tissue from people with and without Parkinson's who pledge to donate for research. We're incredibly grateful to donors and their families for these generous contributions. To listen to the full episode visit: <https://www.2parkiesinapod.com/>

A bit of fun

Pyramid Additions:

Can you figure out what the top number of the pyramid is – add each pair of blocks together to find out the number that appears just above them.



Answers in the next edition of The Gate.

In the September Park Gate, we asked you to unscramble the names of flowers – here are the answers:

- | | |
|-------------|------------|
| - CARNATION | - PRIMROSE |
| - MARIGOLD | - LAVENDER |
| - ORCHID | - IRIS |
| - ROSE | - LILY |
| - POPPY | - DAISY |
| - JASMINE | - DAFFODIL |

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).