The Gate

November 2026
Reigate & East Surrey
Open the gate to learn more



Welcome to **The Gate** – our monthly newsletter with updates about our own activities as well as those of our members and Parkinson's UK.

Following our facts about Autumn last month, here's some facts about **November**:

- **Birthstones**: Topaz (representing strength, honor and amber-to-yellow hues)
- **Birth flower**: Chrysanthemum (symbolising cheerfulness, friendship and comparssion)
- **Zodiac signs**: Scorpio (until 21 November) and Sagittarius (from 22 November)
- **Latin roots**: Its name comes from *novem*, the Latin word for "nine," because it was the ninth month in the early Roman calendar
- **Historical facts:**
    - Space Pioneer: On 3 November 1957, the Soviet Union launched Sputnik 2, carrying a dog named Laika into Earth orbit
    - First Public TV: The BBC launched the world's first regular public television service on 2 November 1936

Back to our group activities .. thank you to everyone who attended our monthly support meeting on 15 October with **Iain Wilkinson** as our speaker. We had a record breaking attendance with 67 people and almost every seat filled. The talk was exceptionally interesting with Iain's wealth of knowledge both about older age issues as well as Parkinson's. Iain has kindly sent us a copy of the slides, so if you would like a copy, please email us a request via info@parkinsonsukreigate.org.

Our next and last support group meeting for 2026 takes please on **19 November** with a team from **Surrey Fire & Rescue Services** joining 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**. This meeting takes place at the Woodhatch Community Centre from 1400-1530hrs on the day shown.

We are now starting to plan our calendar of events for 2027, so if there are any topics or recommended speakers that you feel we ought to cover at our monthly meetings, please get in touch with Hazel via hazel@parkinsonsukreigate.org – thank you.



We are also in the process of orgaising our **Xmas lunch** which takes place at the Woodhatch Community Centre on **3 December** (midday to 1530hrs). Overleaf is a copy of the invitation – if you would like to attend, please send us your booking by email to info@parkinsonsukreigate.org and make your payment via bank transfer to the bank details shown on the invitation. We hope that you can come to this lunch and enjoy the entertainment as well as possibly winning a prize in the raffle?

Parkinson's UK
Reigate and East Surrey

2026



Support Group Meetings*
Woodhatch Centre, Whitebeam Drive, Reigate, RH2 7LS **(1400-1530hrs)**
19 November Fire safety in the home - Surrey Fire & Rescue Service
No meeting December (Christmas lunch held on 3 December at Woodhatch Centre)



East Surrey Café*
Bletchingley Golf Club, Church Lane, Bletchingley, RH1 4LP **(1100-1230hrs)**
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
(note that there will be no social get-together in December 2026)



Bereavement Group Lunch
Beehive Pub, 90 Dovers Green Rd, Reigate RH2 8EG **(from midday)**
Tuesday 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 (Ianrodger34@hotmail.com) to book a place



Choir/Singing Group
Monthly - Second Monday - **1400-1600hrs** - Woodhatch Centre (see above for address)
Contact Rebecca O'Connor (rebeccaoconnor@btinternet.com) for more information



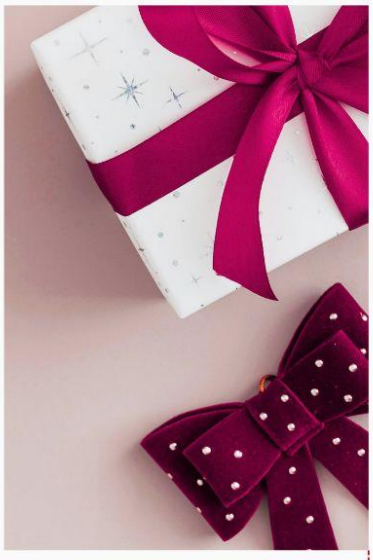
Golf Masterclass
Monday - **1100-1300hrs** - Bletchingley Golf Club (see above for address)
Contact David Wallbank (david@parkinsonsukreigate.org) to join a session

Dates may change for months where there is a bank or public holiday
Please refer to the calendar of events available on www.parkinsonsukreigate.org
For more information, contact info@parkinsonsukreigate.org

** no booking needed - just come along.*
All other activities, please get in touch with the contact person shown

Christmas Lunch

Thursday 03 December 2026
Midday arrival for lunch at 1230hrs
Woodhatch Community Centre



Menu

Starter:
Tomato soup

Main:
Traditional roast turkey with all the trimmings (vegetarian option pre-bookable)

Dessert:
Christmas pudding with brandy sauce
Tea & coffee

Wine and soft drinks are included and served at the table

Cost and Registration:

Parkinson's UK
Reigate and East Surrey

Members, partners or carers £20 per person (this is subsidised by the Reigate & East Surrey Support Group)

Payment by **Bank Transfer only**
Barclays Bank: sort **20-00-00**, account **63981258**
Account: **Parkinsons Disease Society of the United Kingdom**
Please add your **Surname** and **XMAS** as reference

Please register for your place(s) by email (see below) with the following information:

- Number of places being reserved
- Names of all guests attending
- Is the vegetarian option required? *
- Are there any allergies to be catered for? *
- Are there any accessibility requirements or special needs (eg chair with arms, wheel chair user, mobility aid user)? *

** please advise which guest/s these relate to*

You will receive an email confirming your place(s) once the above info is received along with the relevant payment into the bank account provided.

Cancellation policy:
Cancellations before 19 November will be refunded in full. Cancellations on or after 19 November may incur a £10 charge (subsidised amount) unless your places can be refilled.

Limited number of tickets available!

Please send your booking information to: info@parkinsonsukreigate.org

Working Age Mixer networking event

Parkinson's UK have a Working Age Mixer networking event meeting in the Chaplain Bar, Waterloo, London, on Tuesday 10 November from 1800-2000hrs. This event is geared especially for working age people with Parkinson's to network and connect with peers in a relaxed bar setting.

Event Details:
Date & Time: 10 November 2026 1800-2000hrs
Location: Chaplin Bar, 111 Westminster Bridge Road, SE1 7HR (near Waterloo Station)
Cost: Free (includes complimentary soft drinks and canapés)
Link to register click here (or go to www.eventbrite.co.uk and search for Parkinson's London Working Age Mixer)



Nine easy ways to reduce daily stress

Mindfulness, setting boundaries and connecting with nature: 9 easy ways to reduce daily stress

Tips and advice on ways to live a less stressful life when living with Parkinson's

Feeling stressed is not unusual, and many people are affected at some point. If you are living with Parkinson's, stress can make your condition worse, so there are even more benefits to trying to reduce your stress levels.

There are many ways to reduce stress in your life, and your doctor can advise on treatments and coping strategies for stress, including a review of your medications, and talking therapies. As well as help from healthcare professionals, there are also simple changes you can try yourself to reduce daily stress.

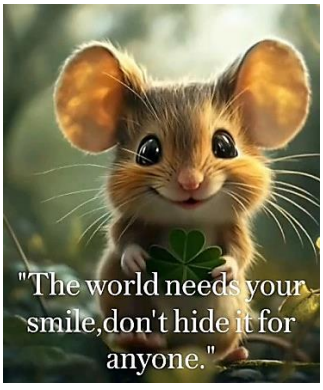
9 easy ways to reduce daily stress

- Pay attention to your self-talk
- Be mindful of what you're taking in
- Manage uncertainty
- Focus on what you can influence
- Know your boundaries
- Take things one small step at a time
- Move and connect with nature
- Make time for real connection
- Find the humour, and remember you have choices

Read more about the key ways to reduce stress via https://parkinsonseurope.org/parkinsonslife/easy-ways-to-reduce-stress-daily/

parkinson's europe

Time to smile





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.