

<https://www.parkinsons.org.uk>

Welcome to the June Newsletter

Our own John Hinson at the Palace!



John's personal account of his day

"On February this year I was stunned to receive an email from Caroline Russell (CEO of Parkinson's UK) asking if I was free on Wednesday May 7th to attend the Kings Garden Party at Buckingham Palace.

"Wednesday" I thought. "That means I'll miss my weekly group singing with Wendy's Raise your Voice!"

However, after a millisecond of thought and an understanding of the trouble I'd be in with my wife Jo, (my plus one), I decided that Afternoon Tea with the King should win over.

I have had Parkinson's for 16 years and been a member of Parkinson's UK for 14 years involving myself in a variety of voluntary roles raising awareness, fundraising and more recently the rebranding of the charity and sitting on the advisory team for World Parkinson's Day, and I understood I was nominated for this great honour for the work I've done over the years.

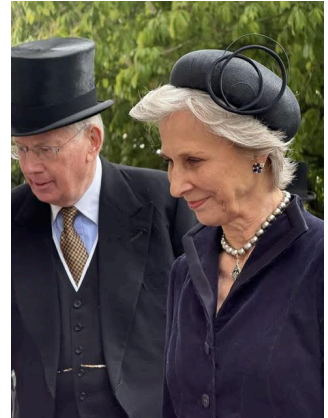
The day was as special as one would expect. Fired up by the thrill of receiving a gold cyphered, handwritten invitation, hailing a taxi to take my wife and I to Buckingham Palace, being led from the front gates past all the tourists and seeing the staff in royal livery and Beefeaters in their red and gold tunics. Even the Royal loos had a liveried footman in attendance!



The Garden Party started promptly at 4pm with the King and other members of the Royal family arriving to the National Anthem before descending the Palace steps to be presented to a preselected guest list. Those not earmarked for presentation make their way to a massive tea tent, set to feed 8000 guests, with sandwiches (crusts taken off) and small cakes (the chocolate cake had a golden crown) and special garden party blended tea. This was all set up on the perfectly mowed lawns and the Royal Marines played joyfully in two tented bandstands. During the presentations you're allowed to explore the enormous gardens and lake.

I had received a tip off the week before that I was to have the special honour of being presented to the Duchess of Gloucester in her role of patron to the charity. A slight panic on my part I had chocolate cake on my hands and the duchess was wearing white gloves! Gentlemen ushers wearing morning suits with top hats and carrying a large black brolly were in attendance and made sure the royals could meet and chat with those of us selected. A friendly suggestion from a gentleman usher was that, because I was in my mobility scooter I should position myself when the Royals leave by the royal swimming pool. This we did and gave us an opportunity to meet and chat with all the royal family

The time flew by and suddenly the King, Queen, Princess Royal, Duke and Duchess of Edinburgh, and the Duke and Duchess of Gloucester spoke personally to us before a march past of Yeomen Warders brought a theatrical end to a very special day.



Poetry corner: Lin Priest

Here I am

Here I am, here I sit,
Got to say, sick of it!
I know I'm wrong,
There's plenty like me,
Who don't like sitting
In solitary!
Family flown nest,
Have nests of their own,
I mustn't grumble
Try not to moan.
Parkinson's to blame,
It has stolen my life,
Not much of a mother,
Even less of a wife!
Is that why I'm sitting
All by myself?
Too scared to go out,
I'll sit here on my shelf.
It feels like I've lost,
The good things you know,
I jump at my shadow,
And tears often flow.
Is anyone still there?
Or all gone away?
Bored with my pain

For yet another day!

News from Parkinson's UK

What the disability support reforms are and what this means for people with Parkinson's?

Proposed Universal Credit changes

- An increase in the Universal Credit standard allowance for new and existing claims from **April 2026**. This would mean the single person 25+ rate of Universal Credit standard allowance increases by £7 per week.
- For people who already receive the Universal Credit health element, this will be **frozen at £97 per week until 2029/2030**.
- For **new claimants**, the health element will be paid at a **lower rate**. Those with the most severe, life-long health conditions, who are unable to work, will be protected through a new additional premium. Those in this latter group will not be reassessed.

In addition a **new** National Insurance contribution-based **Unemployment Insurance** benefit will be created. This will **replace New Style Employment and Support Allowance (ESA) and New Style Jobseekers Allowance (JSA)**. Those claiming this new contribution-based benefit would have to take part in tailored employment support.

The government also announced that they will **scrap the Work Capability Assessment (WCA)**.

The WCA is the test to see whether someone with a health condition should receive more Universal Credit than the standard allowance. This will mean that **eligibility for all disability-related benefits will be determined by the PIP assessment**, an assessment which we know is problematic for people with Parkinson's.

Under the new system, neither financial support from PIP (non-means tested) or the health element of Universal Credit (means-tested) will be affected by whether or not you work.

Proposed PIP changes

Perhaps most worryingly, from **November 2026** the government wants to **change the PIP criteria** so that a claimant must score **at least four points** for at least one daily living activity **and** score at least eight points overall to be eligible for the **daily living part of PIP**. This will not apply to the mobility component.

The government will also review the assessment process, a process that we have told the government fails people with Parkinson's. That review will not take place until after June 2025.

In the meantime, the government wants to **return to face-to-face assessments** and record them as a matter of routine.

For those with very severe health conditions, the need to undergo a full PIP assessment could be reduced, **if there's enough evidence to demonstrate how their health condition affects their lives**.

What does this mean for people with Parkinson's

People living with the condition tell us:

- that they felt like a criminal during their PIP assessments
- that their assessor simply did not understand Parkinson's and
- that the speed and severity of the change in Parkinson's symptoms, often in a matter of hours, was just not accounted for.

We think that basing an additional payment - the Universal Credit health element - on an assessment process that has been failing people with Parkinson's for well over ten years is deeply worrying.

We are also concerned about proposals to increase face-to-face assessments, as our community describes them as humiliating and degrading. We think this decision is a mistake.

Making it harder to access PIP in the earlier stages of Parkinson's, by increasing the number of points needed will mean people with the condition will find it more difficult to stay in work.

Our position on PIP

We think many of the UK government's proposals to reform disability benefits are wrong.

We are calling for the system to be fixed, and believe that:

- People with Parkinson's should not be subject to assessments. Rather, the DWP should source evidence from healthcare professionals and support workers to understand the way Parkinson's affects each PIP applicant.
- PIP awards should be based on an individual's application and supporting documentary evidence alone.
- People with Parkinson's - a degenerative condition - who are already getting the highest rates of PIP should not be reassessed.
- Training on Parkinson's, informed by the experiences of people living with the condition, must be given to all assessors and DWP decision-makers.
- The UK government must urgently update the PIP rules to ensure assessors acknowledge fluctuating symptoms.

Our plans

Throughout the government's consultation on these new plans, we will talk to people with Parkinson's. We'll run a number of focus groups in April, as well as an online survey.

The information we gather from people with Parkinson's will form the basis of our response to the UK government's proposals.

We'll also be campaigning on our own and with other organisations, so the concerns of the Parkinson's community are heard.

- We're asking our supporters and their networks to [sign this open letter](#) to the Work and Pensions Secretary, Liz Kendall MP. We also have a [poster](#) people can use to promote the open letter. We plan to hand the open letter into the Department for Work and Pensions at the end of June.
- We'll also be developing a local campaigning toolkit with information and templates for you to contact your MP, your council and the media.

Across the UK

Things are different for people with Parkinson's living in Scotland or Northern Ireland. Important disability support powers are devolved to Holyrood and Stormont.

Nevertheless, we will make sure that people with Parkinson's get the financial support they need, wherever you live in the UK.

Early bird access opens for Sport Parkinson's Try-Athlon

Parkinson's UK will be supporting the annual Try-Athlon event from Sport Parkinson's and Cure Parkinson's to help more people try new activities and find advice about the best ways to live well with the condition.

This year's event will take place on Sunday 22 June at the Twickenham Stoop, Langhorn Drive, Twickenham, TW2 7SX from 10am to 4pm. The event is open to anyone with a connection to Parkinson's and we would like everyone to share this amongst your networks.

Early bird tickets are available now: <https://www.sportparkinsons.com/events/try-athlon-2025>

Bank signature stamps

If you find signing your name difficult or have an inconsistent signature, Barclays can provide you with a stamp of your signature that works in place of a handwritten one.

Find out more about [signature stamps on the Barclays website](#).

Interested in finding out more about research? Interested in finding out more about campaigning?

[Sign up to our Research Support network!](#)

[Sign up to our Campaigns network!](#)

More Dates for your Diary

Hull and East Riding Support Group Monthly Meetings

Doors open at 1.00 for a 1.30 start; meetings end around 3pm; all meetings include raffle and refreshments. All welcome, just drop in.

June 16; July 21; There is no August meeting in Cottingham. A social event will be organised at the Country Park Inn; September 15; October 20; November 17; December 15.

Speakers and activities will be confirmed in due course.

Upcoming dates for Parkinson's cafes in the East Riding of Yorkshire: For more information on any of these cafes, please contact Alison Lofas, Parkinson's UK Email: alofas@parkinsons.org.uk or Phone: 0344 225 3625.

Driffield Parkinson's Cafe

Driffield Parkinson's Café 4th Tuesday of the month From 10.30am - 12pm **Driffield Town Cricket & Recreation Club** King's Mill Rd, Driffield YO25 6TT

Upcoming dates:
Tuesday 24 June

Tuesday 22 July
Tuesday 26 August
Tuesday 23 September

Pocklington Parkinson's Café

At The Stamford's Pub, 12 Union Street, Pocklington, YO42 2JL Join us from 10.30am - 12.00pm on:
Wednesday 4 June
Wednesday 2 July

Hornsea Parkinson's Cafe

At Hornsea Leisure Centre, Broadway, Hornsea, HU18 1PZ Join us from 1.30pm - 3.00pm on:
Thursday 12 June
Thursday 10 July

Withernsea Parkinson's Cafe

At The Shores Centre, 29-31 Seaside Road, Withernsea, HU19 2DL Join us from 10.30am - 12.00pm on:
Thursday 12 June
Thursday 10 July

Coming soon! A new Parkinson's Cafe in Hedon, if you would like to find out more contact Alison Lofas:
Email: alofas@parkinsons.org.uk or Phone: 0344 225 3625.

Update from the Goole Group (Alex Findlay)

June 5th- Summer social at West Park café. Join us for a walk around the park and buffet at the café. Corrinne Kay, local Parkinson's adviser will be there for you to speak to about any issues you're having that she may be able to support with.

July 3rd- East Riding Fire Service- Cassie Fawcett will be joining us to talk about fire safety at home and services in our area.

August 7th- Seated exercises taster session with Baz Earnshaw, OT. Baz will be returning to the group to give us a taster of the seated exercise class she provides.

Hull Younger Person's meet-ups (for those aged 66 and under)

Sundays from 2.00pm - 4.00pm and Wednesdays 7.00pm - 9.00pm
Wed 11th June.

At the Humber Bridge Country Park Hotel (you pay for parking but they will refund the cost towards a drink)
For more information email Lesley or Ian; hullyhyppsg@gmail.com

The Yorkshire & Humber Younger Person's [Annual Information event](#) for people of working age (67 and under), is on **Sunday 19 October at the Village Hotel Leeds South, Capitol Boulevard West, Tingley, Leeds, LS27 0TS** from 10am - 4pm.

Booking is essential. Tickets cost £12.50 per person+78p try booking fee and can be booked here <https://www.trybooking.com/uk/events/landing/78610>

Please see [flyer](#) (attached) for more info. or email: parkinsonsyhyppsg@gmail.com



Join us for

Parkinson's Yorkshire & Humber Young Person's Annual Information and Social Day on Sunday 19 October 10am - 4pm

The Village Hotel Leeds South, Capitol Boulevard,
Tingley, Leeds LS27 0TS

Includes refreshments & two course lunch. Speakers are Dr Stefan Williams, Consultant Neurologist in Leeds, discussing how to get the most out of your interactions with your Parkinson's team, & Ally Whelan, specialist Neuro Physiotherapist who runs the Chapel Allerton PD Warrior group & will lead a session on exercise. Open to those aged under 67 with Parkinson's & any carer/partner/guest.



Email parkinsonsyhyppsg@gmail.com for more detail.

Tickets are £12.50 each plus 78p TryBooking costs per person. Booking essential.

<https://www.trybooking.com/uk/EMHM>

Other activities supported by Hull and East Riding Support Group

Parky Walking Group	<ul style="list-style-type: none"> ● They are always on a Friday – Meeting at 11 am ● June 27th – Beverley Becks – Meeting outside The Foresters Arms, Beverley – Lunch at the Warton Arms, Woodmansey ● July 25th – Burnby Gardens, Pocklington – Lunch there ● August 29th – Sewerby Gardens, Bridlington – Lunch there (Ann to invite Bridlington & Scarborough) ● September 26th – East Park, Hull – Lunch ? ● October 24th – Treasure House and Library Gardens, Champney Road, Beverley – Lunch at The Tiger Inn, Beverley
Dance	Thursday 1.00 – 2.15 (followed by tea and biscuits until 3pm) Balfour Street Community Centre Holderness Rd., HU9 2EU. All welcome, all abilities catered for. £3 per person.
On-line Quiz	Tuesday at 7.00pm – on ZOOM Meeting ID: 522 230 5411 Passcode: 0R0aiG

Further activities which members may wish to consider:

Activity	Information
Grin and Tonic Beverley Leisure Centre	Wednesday 12:45pm – 1:45 pm £8 per month Dianne Peacock (Secretary) email: richarddianne321@gmail.com Celia Standen (Treasurer and first contact) Tel: 01482871761 email: castanden1506@gmail.com
Grin and Tonic Haltemprice Leisure Centre	Friday 10.45am – 11.45am - £2.60 Mike Buttle Mike.buttle@eastriding.gov.uk (01482) 393980
Yoga (currently on zoom)	Tuesday am and Friday am - £10 per month Tel: 07764 683838 Email: bayleytb@gmail.com
Raise your Voice	A friendly singing group for all abilities. Wednesday 2.30pm – 4pm, State of the Arts Academy, High St., Hull, HU1 1PT £3 Tel: Wendy 07990 584266 (see below)
Parkinson’s Active, run by Hull FC	Tuesdays at 1pm-2pm at Allam Sports Centre For more information please contact: Health@hullfc.com Tel: 01482 304260

Move Humber are now delivering 2 new sessions at CrossFit at Sutton Fields, on Mondays at 2pm and Thursdays at 1pm. The original sessions at CrossFit at Anlaby are still happening too, on Wednesdays at 12.30pm.

The classes are designed to improve/maintain strength, balance and coordination in the hope that day to day tasks are easier and members feel a sense of achievement. The social aspect of the group is a huge benefit for members too, being able to mix with people going through similar things.

PD Power is a high-intensity, circuit exercise class for people living with Parkinson’s. The core exercises are based on an Australian ‘neuro-active’ exercise philosophy called PD Warrior™. The exercises in the class are evidence-based and incorporate 7 core principles: meaningful, complex, powerful, frequency, high effort, specificity and fun! PD Power is led by a specialist neuro physiotherapist who has undertaken additional training and gained their PD Warrior™ Level 1 and 2 qualifications.

The sessions are weekly on Mondays at 10-11am The cost is £5.00 per session.
 For more details and a class pack please contact: Molly Scott email: pdpowereastyorks@gmail.com or phone: 07452831595

An activity of **Parkinson's UK** Hull Support Group.

Chair Yoga with Michelle
Are you living with Parkinson's?

Come and enjoy some peaceful time for yourself, creating lightness in your body with chair based movement, using adapted yoga exercises.

AVAILABLE TO ANYONE WITH LIMITED MOBILITY
ACCESS TO THE SMALL HALL IS VIA THE SIDE OF THE BUILDING

Yoga movement & breath work can help lessen slowness and stiffness, improve balance and flexibility, and increase muscle strength and power.
It may also improve your mood and sleep.

Exercises are adapted to suit different abilities.

TO BOOK YOUR PLACE SIMPLY
EMAIL MICHELLE
hullyoga@outlook.com

Monday 1.30pm - 2.30pm

DARBY & JOAN SMALL HALL
58 Finkle Street, Cottingham
HU16 4AZ

Reminiscence Groups in the East Riding:

Social groups for older people to meet new friends and have fun sharing stories. Reminiscence is also proven to be beneficial for those living with Dementia and their carers and is endorsed by the Alzheimer's society. Booking is necessary in person at the respective libraries or by calling 01482 393939 (County Hall) or by email to cscanlaby@eastriding.gov.uk

Reminiscence Groups are all free to attend, and can be found on the listed day of the month at libraries in:

Beverley Group 1 3rd Thursday 2pm - 3pm	Beverley Group 2 3rd Wednesday 10.30am - 11.30am	Beverley Group 3 3rd Tuesday 2pm - 3pm	Haltemprice 3 rd Wednesday 11am – 12pm	Hessle Last Friday 10am - 11am	Willerby 4th Tuesday 3pm - 4pm
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Please note not every activity mentioned in the newsletter is run by the group. The group don't take responsibility for any third-party activity.

If you would like to join our WhatsApp group, please email Ray Scott on thea23242@gmail.com with your mobile number (this is our fastest method of contacting members).

All items in this newsletter aim to provide as much information as possible. Some of the information requires your personal judgement to decide suitability. Their inclusion here does not mean that the Hull and East Yorkshire branch endorses or recommends them to you.



Longest.....

1. The world's longest Day
2. The world's longest wall
3. The world's longest railway line
4. The world's longest rail tunnel
5. The world's longest river
6. The world's longest mountain range
7. The world's longest coastline
8. The world's longest bridge
9. The world's longest railway platform
10. The world's longest ship canal

New Good Boost app from We Are Undefeatable

This new app can be downloaded for free from the Apple app store and Google Play. It has been designed with support from people with lived experience of a number of long term health conditions, including Parkinson's. [Find out more.](#)

Safe, Warm and Well guide

The Royal Voluntary Service has produced an [online guide](#) offering wellbeing advice and practical information for the winter period.

Our Newly Diagnosed offer for 2025

We'd love to share with you what is on offer this year from the Parkinson's UK central Newly Diagnosed team.

All of the events and activities below have been co-produced by the Parkinson's community, including people with lived experience, health professionals, researchers and staff here at Parkinson's UK.

Welcome Sessions

An hour and a half online event hosted by someone with lived experience. This is a chance to share diagnosis experience, connect with others in a similar situation, and get a light touch introduction to Parkinson's UK's services.

First Steps

First Steps is our online programme for people newly diagnosed with Parkinson's, and their families, friends and supporters. In three sessions, we'll help you take the first steps in making sense of your diagnosis. And we'll empower you to start living well with Parkinson's by providing you with the information and support you need.

Webinars

Join our live webinars throughout the year on different aspects of being newly diagnosed with Parkinson's. We are running 10 this year, and recordings will be available.

Visit our [Newly Diagnosed online events page](#) to find out more and book your place.

Have you come across “The Parkinson”?



The spring edition of *The Parkinson* magazine has just been published, filled as usual with a range of articles of interest to those living with Parkinson's and those who love and care for them.

The Parkinson is sent out to all Parkinson's UK members 3 times a year. Or if you'd prefer, you can choose to have a round-up of the best stories from the magazine emailed to you.

An audio version is also available on request (the audio version usually arrives 2 to 3 weeks after the printed magazine). There's no membership fee. You can choose to add a donation when you sign up, as we rely on our brilliant supporters to fund our life changing work. But all members enjoy the same benefits, whether or not you've donated.

[Become a member today.](https://www.parkinsons.org.uk/information-and-support/parkinson-magazine) The magazine can be accessed at:
<https://www.parkinsons.org.uk/information-and-support/parkinson-magazine>

Information pack for those diagnosed with Parkinson's. This pack from Parkinson's UK is aimed at people who are newly diagnosed with Parkinson's and is also of interest to those already diagnosed. As official data suggests that 2 people are diagnosed on average every hour in the UK, it is likely that there are people reading this newsletter who have been diagnosed since the last one was published.

The pack contains a range of information, including:

- Our updated “Parkinson's and you” booklet
- Being active with Parkinson's guide
- Information and support leaflet
- Get involved with research leaflet.
- Team Parkinson's form



The pack is available to [order for free from the Parkinson's UK shop](#). (You can click on this link)

[Do you need help or advice about living with Parkinson's?](#)

Mobilise for Carers

Care for someone with Parkinson's? Well, you might be struggling to find support with anything from finances to practical help, from mealtimes to continence, from hospital discharge to finding time for yourself. Mobilise has got you. Mobilise has lots of useful support and information for carers - [visit the website here](#).

Our **Parkinson's Adviser Service** provides free confidential one-to-one information around all things Parkinson's related, including benefits and employment, blue badge schemes, carer's support, housing, social care, emotional support and much more. The service is there for any person affected by the condition, including carers, family and friends. To access the **Parkinson's UK Adviser Service** please contact the confidential National Helpline tel. **0808 800 0303** or email: hello@parkinsons.org.uk

SUPPORT GROUP CONTACT DETAILS

- Ray Scott (Support Group Co-ordinator)
email thea23242@gmail.com
- Parkinson's Nurses – 01482 605238
- Parkinson's UK Helpline – 0808 800 0303
- Corrine Kaye (Local Advisor) – 0344 225 3636
- Rose Crawley (Network Support Officer) - 0344 225 3634
- Healthwatch Hull (01482595505)
Enquiries@healthwatchkingstonuponhull.co.uk

PLEASE inform the Support Group if you Change your contact details.

To respond to anything in this letter, or offer anything for inclusion in the newsletter, contact dastork27@gmail.com before the 25th of the month before the newsletter is published.

Local projects YOU can take part in and help improve the situation for those living with Parkinson's in our region



If you are an East Riding resident either with a diagnosis of Parkinson's, or you care for or support someone who has, we would love to hear from you. Emma Lillico is leading this research project into your experiences as someone living with Parkinson's.

You can fill out our anonymous survey online on our website:

www.healthwatcheastridingofyorkshire.co.uk/parkinsons or you can contact Emma to arrange to share your views over the phone at 01482 595500. Alternatively, we can post a paper copy of the survey for you to fill out at home and return in a freepost envelope.

Emma will be visiting various Parkinson's UK support groups to talk to members face-to-face over the coming months, with stalls at leisure centres to share the survey and listen to experiences. If you have an experience you'd like to share, or would like to find out more, please do get in touch.

Email: elillico@healthwatcheastridingofyorkshire.co.uk

The following items are on-going:

Care Confidence - A Free Care Planning Resource

Do you or someone you know pay for social care or are in the process of organising it?

Care Confidence is a free, online care planning resource that has been designed for older people who have to pay for social care. Whether you or a family member are just starting to think about arranging home adaptations or you are at a point where you are considering moving into a care home, Care Confidence could help you to make more informed social care decisions. The resource has five different sections on arranging care at home and adaptations, moving to different accommodation, moving into a care or nursing home, managing finances and what happens when funds are running low.

After exploring the resource's content, there is also the opportunity to create a printable action plan, with useful links to trusted organisations and websites. This plan can be used to aid discussions with professionals and family members. To explore Care Confidence, visit: <https://hull.careconfidence.org.uk/>.

Feedback:

We are looking for Hull residents to provide feedback about Care Confidence to help improve the resource for future users. If you could spare 10 minutes to complete a short feedback survey, it would really help. You can find the survey at the bottom of the Care Confidence website or visit this link: https://york.qualtrics.com/jfe/form/SV_efgz4K1Vd60Qe3k.

If you are happy to have a quick chat about your experience of using the resource, please contact Alannah Friend via email or phone. You will receive a **£10 shopping voucher** as a thank you for your time.

Email: alannah.friend@york.ac.uk. Phone: 07807643873

Would you like information on how to improve the Lives of People with Long-Term Conditions?

For more information, or to express interest in this course, please contact the Empower coordinator on 01482 344057, or email chcp.volunteerhub@nhs.net chcp.volunteerhub@nhs.net

Mandy O'Donovan. Health Tutor. Volunteer Hub and Wellbeing Services



Our vision is to **lead** and **inspire** through **excellence**,
compassion and **expertise** in all that we do.

EMPOWER

Empower is a research-based, **free** self-management programme that helps individuals cope with your long-term health conditions.

The programme provides a range of lifestyle techniques to help individuals take control of their condition increasing their confidence and improving their quality of life.

Who can Take Part?

- Anyone with one or more long-term health conditions. This programme is suitable for a wide range of conditions, including but not limited to: Fibromyalgia, diabetes, arthritis, chronic pain, COPD, IBS
- Anyone aged 18+
- Anyone who lives or is registered with a GP within the Hull or ER area
- Anyone who is the carer of a person with a long-term health condition.

What Topics Does the Programme Cover?

- Dealing with your pain and fatigue
- Coping with the negative emotions associated with your condition, including anger and depression
- The benefits of healthy eating and exercise
- Learning to set achievable health-related goals
- Communicating with your family, friends and healthcare professionals about your condition
- Problem Solving
- Dealing with Difficult Emotion

Answers to Quiz

- | | |
|---|--|
| 1. The world's longest Day | June 21 st |
| 2. The world's longest wall | The Great Wall of China (21,196 km) |
| 3. The world's longest railway line | Trans-Siberian Railway (Over 9,289 kilometres) |
| 4. The world's longest rail tunnel | Seikan (Japan) (53.85km) |
| 5. The world's longest river | Nile (6,650 km) |
| 6. The world's longest mountain range | Andes (8,900 km) |
| 7. The world's longest coastline | Canada (243,042 km) |
| 8. The world's longest bridge | Danyang Kunshan Grand Bridge (China) 164.8km |
| 9. The world's longest railway platform | Hubli Railway Station India (1,507 meters) |
| 10. The world's longest ship canal | St Lawrence Seaway (600km) |