

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

November 2024

**Written By
Group Members**

**IT'S BEGINNING TO LOOK A LOT LIKE....
WHAT DO YOU MEAN IT'S A BIT EARLY!**

For our November meeting we will have the Ukelele band, if you fancy a song and a dance come along to the BGH on 25th November, 2pm -4pm.

Just a reminder that the pantomime is on 26th November, pickup Galashiels Bank St. at 10:00am, Tweedbank Railway Station 10:15am. We hope everyone has a good time. Remember your sweeties.

Christmas lunch reminder. Christmas lunch is booked for Sunday December 1st at Buccleuch Arms in St. Boswells. 1230 for 1pm

We'd like to thank Joyce Dickey, and the Borders Ladies Bowling Association, for the kind donation.

We'd like to thank Mike Ramsey for organising the trip to Parkinsons Research Edinburgh. It was a good day out, and very informative.

We'd like to thank Border Wheels also for their help on the day. If you need a group transport, we'd highly recommend them.

On our last Monday meeting Gary official handed over to Robert and Harry to take meetings as he is taking a backseat. Robert and Harry would like to thank him for all of the help with Parkinsons UK.

Due to ongoing parking problems at BGH we are looking for suggestions for an earlier time for the meeting. We were considering 10:30-12:30, how would this work for everyone?

We hope Santa is good to you.

Merry Christmas to all.

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 28 October –

2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

COLDINGHAM VILLAGE HALL CUPPA-ANA-CHAT

**Every 1st Tuesday of the month
Drop in anytime between 1 pm and
3pm**

Contact Catherine on 07985 215 996

WETHERSPOON'S, GALASHIELS CUPPA-ANA-CHAT

**Every 2ND Wednesday of the month
11am – 1pm**

**PARKYS BUDDIES Food & Coffee 4th
Wednesday of the month 6-8 pm
Contact Harry 07778 278 711**

ABBY ROW COMMUNITY CENTRE, KELSO

CUPPA-ANA-CHAT

**Every 3rd Thursday
Between 1:30pm and 3pm.
Contact Harry 07778 278 711**



COMING UP...

Merry Christmas to all at Borders Parky's, from all at Crafts4U.

Remember to buy your raffle tickets for a chance to win this beautiful quilt. (sorry about the picture quality)

By the way, Gary has the tickets.



Visit to the Institute of Regeneration and Repair laboratories at Edinburgh University

Last month Professor Tilo Kunath and his colleague Robin Morton gave us a tour of their laboratories at the Royal Infirmary site in Edinburgh.

The visit began with a talk from Tilo about the research into using stem cells to treat Parkinson's that his team are working on. The cells they are producing can be used as a treatment by implanting them in the brain where they develop into dopamine producing nerve cells, replacing the cells lost to the disease. This is currently being tested in an early-stage clinical trial in the Sweden and the UK. These cells are also used to create a model of the disease that is then used to screen new drugs to see if they have potential for further clinical trials.

After this, we were given a tour of the labs and shown some of the cells they are working with.

Our thanks to Tilo and Robin for a fascinating afternoon and all their good work.



MORE INFORMATION

We're the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.

For more information, contact Harry Thomson or Robert Mathison

Phone 07778278711 or

Email (jeffilbr@sky.com – Editor)

Free* confidential helpline **0808 800 0303**.

Monday to Friday 9am–8pm, Saturday 10am–2pm. Interpreting available. Text phone 0800 111 4204.

*Calls are free from UK landlines and most mobile networks.

Visit us online at parkinsons.org.uk

Drop us a line at

hello@parkinsons.org.uk

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DISCLAIMER

Though we try to get all information correct sometimes we, ok, Gary, gets it wrong, for all those deliberate mistakes Gary apologises, an thanks you for your help in spotting them!