

Scottish Borders  
Support Group

## NEWSLETTER

June 2025

### Meetings

**The June meeting will be the last one held at the BGH. When we resume on September 29<sup>th</sup>, we will be moving to Kingsknowes Hotel.**

The meeting will be in regard to the move, and James Jopling, the Director of Parkinsons Scotland, will be speaker.

This is also the last printed newsletter. Future newsletters will be done via email owing to rising costs in the postal service. If you have not signed up for the email newsletter, please contact us to be added to the mailing list.

### Trips

Our outing to North Berwick is on Tuesday 12<sup>th</sup> August. There will be buses leaving from Tweedbank and Coldingham.

Fly Fishing at Kailzie Monday 18<sup>th</sup> August. If interested, please give names to Sharon on 07582 685721.

The Christmas Party will be open to all members of the Parkinsons Borders Support Group, and is booked for 17<sup>th</sup> of December, starting at 6pm.

The Panto this year is on January 5<sup>th</sup>, and we will be running a bus leaving from Tweedbank. There are currently still spaces available.

Please let Fran know if you would like to attend any of the above. Contact her on 07790 750115.

### BORDERS PARKY'S WHAT'S ON GUIDE

#### DATES FOR YOUR DIARY

##### Chaplaincy Monday Meeting

Last Monday of the Month  
2pm - 4pm  
Chaplaincy Centre, BGH

Coldingham Village Hall

##### CUPPA-ANA-CHAT

Every 1st Tuesday of the month  
1pm - 3pm  
Contact Catherine on 07985 215 996

Wetherspoon's, Galashiels

##### CUPPA-ANA-CHAT

Every 2nd Wednesday of the month  
11am-1pm

AND

Every 4th Wednesday  
6pm-8pm

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

Every Thursday -11.30am - 1.00pm

##### Dance For Parkinson's

Eastgate Theatre, Peebles  
£8 For Parky's & Partner  
includes A Cuppa.

#### DISCLAIMER

Though we try to get all information correct, sometimes we get it wrong. We apologise if anything is incorrect, and thank you for your help.

If you no longer wish to receive the newsletter, please reach out to 07778 278 711 via text message. We'll be sorry to see you go.

**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 07778 278 711

Thanks	Contact Numbers	More Information
<p>Thanks to Margaret Casson for a donation of £50 from the Golden Girls Entertainment in Hawick.</p> <hr/> <p>Just to confirm that we will have an open, face-to-face meeting with Alice Maguire of NHS Borders discussing Community Treatment and Care Services and the centralised telephone booking service, next week.  Date: Tuesday, 24th of June 2025.  Time: 10.30am until 12.30pm  Venue: Board Room, Buccleuch Arms Hotel, St Boswells.</p> <p>All welcome! This will give you an opportunity to ask and have your questions about the new service answered and to feed in as to how this may impact those living with long-term health conditions or physical disabilities. We very much look forward to seeing you then. If you will be unable to make the meeting but would like a question or point raised, please, get in touch.</p>	<p>As Jill has been off sick, we have been given alternate numbers to contact if required.</p> <p>Dr. McLaren: 01896 826 019  Dr. Stewart: 01896 826 627  Dr. Connor: 01896 826 689</p> <p>If anyone is not able to reach the relevant person, it would be helpful if this was logged by someone at NHS Borders. To do this either call 01896 826719 or visit <a href="http://www.careopinion.org.uk">www.careopinion.org.uk</a></p> <hr/> <p>We hope you're enjoying the nice weather we're having just now, but take care and be safe.</p> <p>We've taken advantage of it to work hard in the garden.</p> <div data-bbox="564 1104 1018 1440" data-label="Image"> </div> <p>This is the face of the newsletter.</p>	<p>For information and support related to Parkinson's disease, you can contact the Parkinson's UK Helpline at 0808 800 0303.</p> <p>Free and confidential Parkinson's information and support helpline.</p> <p>Open Monday to Friday, 9am to 6pm and Saturday, 10am to 1pm.</p> <p>Text relay: 18001 0808 800 0303</p> <p>Email: <a href="mailto:hello@parkinsons.org.uk">hello@parkinsons.org.uk</a>  Website: <a href="http://www.parkinsons.org.uk">www.parkinsons.org.uk</a></p> <hr/> <h3>Chicken &amp; Broccoli Bake</h3> <p><i>Serves 6</i></p> <ul style="list-style-type: none"> <li>4 chicken fillets</li> <li>2 small tins condensed chicken soup</li> <li>5 tablespoons mayonaise</li> <li>2 teaspoons curry powder</li> <li>1 large broccoli stem</li> </ul> <hr/> <p><i>Topping</i></p> <ul style="list-style-type: none"> <li>2 packets cheese and onion crisps</li> <li>1 cup breadcrumbs</li> <li>Small block grated cheese</li> </ul> <hr/> <p>Cook broccoli for 5 mins  Cook chicken  Mix in soup and 1 tin of water, mayo, and curry powder</p> <p>Put chicken and broccoli in dish. Cover with sauce and toppings.</p> <p>Bake at 180° for 30 minutes covered, and then 15 minutes uncovered.</p>