

Scottish Borders
Support Group

NEWSLETTER

May 2025

GREETINGS

AS FROM 29TH September, the Borders Parkinsons Support Group monthly meeting will no longer take place at the BGH due to parking problems.

The meeting will now take place at the Kingsknowes Hotel in Galashiels, where there is ample parking and disabled access.

The group has been using this venue for a few months now where we have found it to be very appropriate for needs, and the staff are very friendly and helpful.

Alice Hall has arranged James Joplin, who is the Parkinson's UK Scotland Director, who will officially open change of venue.

Thanks

We received another donation of £100 from Barbara Webb, who is a local person who crochets and sells scarves, as she wanted all money raised to go to the group.

TRIPS

The Rathall Barge trip on Seagulls trust cruises on the forth and union canal is on the 27th June.
There will be a minibus from Tweedbank Train Station

The cruise will last approximately 1.5 hours.
Teas and coffees are provided, please bring your own packed lunch.

Please give names for this to Fran Graham on 07790750115.

We have provisionally booked 18th June for the Coldingham & Eyemouth area trip. The minibus will leave from the Priory car park. Please give names to Catherine Carr on.

Our Main summer trip for Gala and Eyemouth area is to North Berwick on 12th August.

Please contact Fran Graham 07790750115 to register your interest.

First come first served for all trips.

In October we are going to Braidwood on 16th October. A light lunch will be provided with tea and coffee.
It is a simulated rifle range

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

Walking Club		More Information
<p>To help with mobility it has been proposed to start a Parkinson's Walking Club. At present we are suggesting to start at Gunknowe Lock (Tweedbank Pond). This a short flat area with adequate parking beside, beautiful views, and you can even feed the ducks.</p> <p>Times and dates to be arranged, please let us know if you're interested.</p>		<p>For information and support related to Parkinsons 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: hello@parkinsons.org.uk Website: www.parkinsons.org.uk</p>
		
CUE 1+ Device		Opinions Wanted
<p>Charco Neurotech is a British company based in London and Cambridge they are now are producing a device called "CUE 1+" which is a non-invasive wearable device for people with Parkinson's. Their vision is to use technology to bring smiles to the faces of people with Parkinson's</p> <p>https://charconeurotech.com/</p> <p>The CUE device attaches to your body with an adhesive patch. The patch comes with the device and uses a medical grade high adhesive. It is sweat and waterproof, and is unlikely to cause any irritation to the skin.</p> <p>The patch can be placed anywhere on the body but it is recommended to be placed on the sternum. The patch can be used for about 2 weeks, when it can be easily removed.</p> <p>It uses PERIPHERAL VIBROTACILE STIMULATION This is using vibration on the skin's surface to interact with the peripheral nervous system and cause a sensory response.</p>	<p>The device shows positive results across a range of motor tasks such as, tapping, walking, slowness, stiffness, freezing and generally better improvement. Some people have reported that their tremors feel reduced while using the CUE device.</p> <p>There are testimonials on the Website, which are interesting viewing. I have been using it for about 2 weeks now and have found an improvement in my walking and I am freezing less. Family and friends have commented on how well I look and how my mobility has improved. It didn't work straight away it took around 3 days before I noticed any difference.</p> <p>It does come at a cost RRP £795, If you suffer from Parkinson's you are entitled to have the VAT refunded, Which brings the cost down. You can pay in monthly instalments, which I opted for.</p> <p>- Ruth</p>	<p>Borders Parkinsons Support Group is hoping to establish a system for Parkinsons patients to obtain one-to-one private therapy for half price. This could be for physio, yoga, chiro, pilates, tai-chi, among many possible treatments.</p> <p>To apply our funds wisely, the suppliers of these services must be appropriately qualified and experienced, and robust agreements will be needed between the Support Group and each therapy provider.</p> <p>We would ask all our readers to help by contacting us with details of any such therapists in the Borders who have earned a good reputation for professional service and helping relieve symptoms for Parkinsons patients.</p> <p>Please note, owing to the increase of price in postage and paper, we are stopping the Newsletter in print format. If you receive this, and wish to continue receiving please contact Harry on 07778 278 711.</p>