

November 21 st

Well it's winter again hope you are all nice and warm. A another change this month newsletter I'm typing it so sorry for the spelling mistakes, this will be the last newsletter this year we're having December off, I hope Santa is good to you all, he's bringing me the same as last year nothing I'm on the naughty list again. There is only a few seats left for the panto on the 5th of January the bus leaves from tweed bank train station at 11.15 we'll stop for lunch then on to the panto It's Jack and the Beanstalk starting at 2 o'clock remember to buy sweets there cheaper from your local shop

Our Parkinsons Ladies group has had a wonderful day at the college. Because its world wide be kind day today we were treated like royalty. We had coffee, tea and lots of cakes then the ladies had their head shoulder and neck massages. All free. The young beauticians were fantastic so we gave them a good tip to thank them. We were told that the catering would love to make a special day for all our Parkinsons ladies in March. Possibly and afternoon tea. How do you fancy that ladies?

Coldingham group had a visit from Sabina from Let's Eat Better CIC. Sabina talked about the importance of Vitamin K. It might be one that you've not heard of before. Vitamin K1 is found in green leafy vegetables and Vitamin K2 is found in some cheeses, fermented food and eggs.

Sabina cooked us a tasty lunch of pan-fried liver, red onions, spinach and grapes. It was really unusual and delicious! She stressed the importance of good, healthy fresh food using natural ingredients.



Kelso had their 2nd cuppa and a chat meeting at Mayfield Garden Centre on the 4th November where 12 people came along and enjoyed coffee/tea and biscuits there were 2 apologies.

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Borders Parkinsons Support Group Monthly

Meetings

Last Monday of the month
14:00-16:00
Kingsknowes Hotel, Galashiels

All Welcome

Kingsknowes Hotel

CUPPA-ANA-CHAT

Second Wednesday of the
month
11:00-13:00

-AND-

Fourth Wednesday of the
month
18:00-20:00

Contact Harry 07778 278 711

Coldingham Village Hall

CUPPA-ANA-CHAT

Every 1st Tuesday of the
month
13:00-15:00

Contact Catherine on 07985
215 996

CUPPA-ANA-CHAT

Leckie memorial church hall
Peebles

First Wednesday of each
month

3.30pm – 5.00pm

Parkinsonspeebles@gmail.com

Mayfield Garden Centre, Kelso

CUPPA-ANA-CHAT

First Tuesday of the month
Between 11:00 and 12:15.

Contact Marion 07724 148
927

Every Thursday –11.30am –
1.00pm


Dance For Parkinson's

Denholm Village Hall

Every Monday 11.00-
12.00Contact Lindsey on
07802425332

Or lindsey66@me.com

The Parkinsons Ladies
group will meet from 2026,

	<p>Natalie Blair, the Parkinsons Local Adviser spoke to the group about the help she can provide, either to the group or on a 1:1 basis. Natalie has been to the Borders several times and is pleased to meet new members as well as old one. Robert offered to obtain a number of useful items for the group including a copy of the Parkinsons Support Pack for newly diagnosed people.</p>	<p>on the first Tuesday of every Month, 12PM-2PM at the coffee tree in Galashiels. All Ladies Welcome</p>
Par-con 2025	New clinical trials	More Information
<p>Parkinson's UK annual conference was held on the 24 th and 25 th October in Birmingham. The program included a lot of practical advice and help with living with the many effects of PD. There were also updates on progress with clinical trials for new treatments, ideas on how to live better with some of the symptoms, and progress in increasing awareness at government and NHS level on removing difficulties in getting help with living with PD. You can watch videos of the various sessions at https://www.youtube.com/playlist?list=PL1ixQpbHed3Y9_jS-WuZePcFa7N_O7aNi , but here is a brief summary of some of the main topics.</p> <p>Physiotherapy</p> <p>2 Parkies in a Pod did a live podcast featuring Laura Douglas, a Parkinson's physiotherapist. Laura showed us the ways to help you get through the day, with tips</p>	<p>Several researchers were at the conference to update on progress and share information on clinical trials looking at new treatments for that are now recruiting patients.</p> <p>Close to home, EJS-ACT-PD is a major new study looking at whether three existing drugs (that are currently used to treat other conditions) can reduce inflammation in the brain and reduce the loss of mitochondrial health in dopamine neurons, both of which are believed to cause progression in PD. This study has been designed with patient input to make it as easy as possible on participants with much of the monitoring being done from home. The study is being supported by Lothian Health Board and one of the</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</p> <p>Website: www.parkinsons.org.uk</p> <p>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.</p>

ranging from the best way to get into and out of a chair or bed to how to improve balance and prevent falls. Watch at https://www.youtube.com/watch?v=Z_v9F0_dHdY&list=PL1ixQpbHe d3Y9_jS-WuZePcFa7N_O7aNi&index=2 Laura also introduced Neuro Hero a series of online video physiotherapy classes that are tailored to each individual's needs and abilities. After an initial evaluation they recommend specific classes. Class sizes are limited to 10 -12 so the physiotherapist can spend time observing each participant and provide tips and guidance. More information can be found at <https://www.neuroheroes.co.uk>

Diet and Nutrition

The session on nutrition reminded us that "gut health" and what we eat can improve Parkinson's symptoms and has an important effect on how well medication works. Results from experiments that have now shown that following the Mediterranean diet improves Parkinson's scores were reported, as well as advise on foods to avoid. Diet session URL

Richelle Flannigan, (a dietician who has PD), introduced Nutrition PD. This new online program consists of 12 live video sessions with a dietician (on Zoom) is designed to help people learn about the Mediterranean diet and how to plan and cook meals that follow it. More information can be found at <https://nutritionpd.com/>

centres will be at The Royal Infirmary in Edinburgh. If you are possibly interested in participating more information can be found at <https://www.ejsactpd.com/>. Predict-PD is a study that is looking for subjects is trying to find early predictors of PD so that we can diagnose patients earlier and therefore start treating earlier. For this the researchers are looking for people who have not been diagnosed with PD. This study does not require you to go into a clinic and can be done entirely remotely via home test kits and video appointments. If you are a carer or family member who is interested in participating, more information can be found at <https://www.predictpd.com/>

Parkinson's UK Annual General Meeting

The Parkinson's UK AGM was held during Par-Con. The Executive and Trustees presented the 2024 annual report. The charity has increased spending on research and looking for new treatments from £13 million in 2023 to over £21 million and plans to increase that to £40 million in 2025. They also increased spending on support for the Parkinson's community, increasing awareness of disease with both the public and

Follow On

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

Our contact numbers are
Robert Mathison
07768401742
Harry Thomson
07778278711

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.

	<p>government, and programs to help people live better with the disease. Overall, spending increased over 30% from 2023 to nearly £60 million in 2024.</p> <p>The 2024 Annual Report is on the website at: https://www.parkinsons.org.uk/about-us/annual-report-and-accounts.</p>	
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