

First Meeting at Kingsknowes

September 29th

We had 53 people in attendance for our first meeting at the Kingsknowes Hotel. The meeting was chaired by Rob, who introduced James Joplin, director of Parkinson's Scotland gave us a talk on his role and responsibilities. He also remarked on the good work that we were doing in the Borders, and thanked the group leaders.

Then John Lamont MSP was introduced, who spoke about the support which he gives to our group. He was pleased to see there are 2 café groups, Kelso and Coldstream, which are both running in his constituency, and will endeavour to visit each of them.



NHS MEETING

Rob spoke about cafes in Gala and Coldingham.

The Coldingham group has just passed its first anniversary, showing a clear need for thee.

We have 2 new cafes starting up, one in Kelso, which Marion Oates has kindly taken on the day-to-day running of. They had their first meeting on Tuesday, 7th October, which was a great success with 16 in attendance.



We also have another starting in Peebles, and Robin Lee will be taking on the responsibility running this. This started on the 1st of October, and will continue on the first Wednesday of the month.

Borders Ladies Support Group is the first in Scotland. These are going to run monthly. More information to follow when the details are finalised. Thanks to Fran Graham for organising this.

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Kingknowes Meetings

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

-AND-

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

-AND-

Last Monday of the month
14:00-16:00

Kingsknowes Hotel, Galashiels
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

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

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	Coldingham Group – 1 Year In	More Information	
<p>Would like to thank Ishbel Adamson for her kind donation, on behalf of her husband Gordon, of £250 to Borders Parkinsons Support Group, and £250 to Parkinsons UK.</p> <p>Also James Joplin, Alice Tanith Muller and Alice Blair, John Lamont, the staff at Kingsknowes for the meeting.</p> <p>In October we had a putting competition at Kailzie, which was won by Rob.</p>  <p>We had a Simulated Shooting competition at Braidwood Clays on the 15th. We'd like to thank Fiona, Mike, David and Gary for coming across from Coldingham. The winner was David Reid.</p> 	<p>The Coldingham and East Berwickshire support group continue to meet regularly and reached their first anniversary in October. They have bonded well over a cuppa, several homemade cakes and the opportunity for honest and open chat.</p> <p>Some thoughts from the group are:- be accepting of Parkinson's, stop overworking, work out what gives you mental stability, continue to be positive.</p> <p>They are planning a Christmas meal out at The Clubhouse, Eyemouth. Tuesday 2nd December 2025, 1pm.</p> <p>Our next Kingsknowes meeting is 27th October.</p> <p>We have Natalie Blair, Parkinsons advisor, and Shirley Cumming, CLS Coordinatiior, who do meetings at the Asda Café every Wednesday 10:00-15:00, and they will help with a wide variety of ways.</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> <th data-bbox="1053 1048 1557 1099">Follow On</th> <p>Follow on from meetings regarding funding for a new Parkinson's nurse. We'd like to thank Rachel Hamilton MSP and Christine Graham MSP for all their work in helping to secure funding for the post.</p> <p>The good news is we now have funding in place, and the new candidate will be mentored by the current Parkinson's nurse, Jill Anderson.</p>	Follow On