

Scottish Borders  
Support Group

## NEWSLETTER

September 2025

### WELCOME BACK

Welcome back to the September issue. Hope you enjoyed your holidays

**Please remember the September meeting will be at the Kingsknowes Hotel, not the BGH.**

The boat trip in June to Ratho Barges went well.



North Berwick  
Bus trip, all went well.  
Fantastic Weather.

We met with Catherine and Garry Carr from Coldingham. At the end we were presented with a cheque from Nikki's Bar.

In August we had a fishing trip/competition to Kailzie Fishery in Peebles. Everyone had a really good day. The final winner was Kerry, who stole Harry's fish for the win.



### NEXT MEETING

Our meeting on 29<sup>th</sup> September 2-4pm. This will be tea, coffee, and a buffet to celebrate the move from BGH to Kingknowes.

We have organised a simulated shooting competition at Braidwood near Midlem on October 15<sup>th</sup>, from 12:00 to 16:00.

If anyone would like to take part, or come along for the social aspect, please get in touch.

Hello,  
The Coldingham group met today (2<sup>nd</sup> September) and it was a busy session.

We had a visit from Maddie who did some chair yoga with us and talked about the benefits of exercise.

We then had a visit from our local SB Councillor James Anderson, he discussed with us our issues in getting appointments at BGH. He's in discussion with Eyemouth Medical practice to try to improve things.

Then we finished off with table tennis as we want to send a team to the Scottish Parkinson's Table tennis championships!

Busy busy  
- Catherine

### 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

Kingknowes, 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

Denholm Village Hall, Denholm

£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	Update on Parkinsons Nurse	More Information
<p>Huge thank you to Nikki from Nikki's Bar for another donation of £400.</p>  <p>Big thanks to Donald at Border Mobility for coming along to give us a talk and guide about wheelchairs.</p> <p>Sadly, during the summer we lost Tony Thomson, who was a member of the group since it's beginning. We'd like to thank his daughter Anne Douglas for the kind donation of £278.85.</p> <p>On a happier note, we'd like to thank Ruth Walker. The proceeds of her card sales goes to Parkinsons Research. In the last 4 months she has donated a total of over £1,000. Ruth also mentioned that within that £185 was donated by her aunt.</p> <p>Dancing for Parkinsons, previously in Peebles, has moved and will now be held in Denholm Village Hall, on Thursdays from 11:30-13:00</p>	<p>Rachel Hamilton MSP has sent a letter to the Chief Executive of Borders General Hospital regarding the Parkinsons nurse situation.</p> <p>In particular, she has asked and we are awaiting a response:</p> <ol style="list-style-type: none"> <li>1) When will the findings of the neurological services review be available and will these be published?</li> <li>2) What steps are being taken to increase Parkinson's nursing hours in the interim to at least the equivalent of one full time nurse?</li> <li>3) How do Parkinson's patients currently access allied health professional support such as physiotherapy, occupation therapy, speech and language therapy?</li> <li>4) What steps are being taken to increase allied health professional support for people with Parkinson's in NHS Borders?</li> </ol> <p>This is still ongoing, and we will update everyone when we get a reply regarding the situation.</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: <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> <p><b>From Brian Warner</b></p> <p>My wife's name was Betty Warner and we live in Peebles.</p> <p>Unfortunately my wife developed Parkinsons some 22+ years ago. It took a while in the early stages for her to accept the disease, or to attend any meetings but eventually over the years her body slowed down and the tremors and sweats got worse. We started going to various arranged meetings and functions, one or two fish and chips and theatre nights, some Christmas dinners, and also a steam train excursion, (I think it was in Broxburn, many years ago), and all were most enjoyable.</p> <p>And it's because of these functions and the efforts of people like you, who are prepared to organise and help raise funds, that we are delighted to donate £425. To Borders Parkinsons Group, from donations given at Betty's cremation.</p>