



Borders Support Group - June 2026

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A message from your Editor:



Welcome to the June 2026 Parkinson's Borders Support Group Newsletter.

A lot of updates, cafe reports and event updates so stay tuned and read on.

Our next Group Meeting is on 31 August 2026 when we will be joined by experts from Parkinson's UK Research Department. We'll hear the latest news on what's happening in the world of research plus there will be a chance to ask any questions you may have.

We are also planning our Summer / Autumn Meetings and are endeavouring to try to book trips and meetings - details appear later.

For the latest updates why not join our FaceBook Group:

<https://www.facebook.com/groups/2360284970981460>

We also have a WhatsApp Group, reply with your name and mobile number and you can be added.

Finally, I'm working with Parkinson's UK to get the all new Group web site up and running - watch this space.

Mike Clift
Newsletter Editor

Discover the Joy of Growing Together at Eyemouth Community Garden

From Catherine Carr

Looking for a relaxing way to spend a summer afternoon, meet new people, and enjoy the outdoors? The Eyemouth Community Garden is opening its gates and inviting everyone from the Borders Parkinson's Group to come along on **Tuesday 7th July from 1.00pm to 3.00pm** for a friendly and rewarding community gardening session.

Whether you're an experienced gardener or simply curious about growing your own food, there will be plenty of opportunities to get involved. Visitors can help with seasonal gardening tasks, learn about growing fruit and vegetables, and even take part in harvesting some of the garden's produce.

The community garden is a welcoming space where people of all ages can enjoy nature, share skills, and connect with others. It's also a great chance to discover what is being grown locally and see how the garden contributes to the community throughout the year.

Refreshments will be served, giving everyone the opportunity to relax, chat, and enjoy the surroundings after lending a hand in the garden.

To find us, look out for the **large polytunnel** on the allotment site at **Golf Course Road, Eyemouth, TD14 5SF**.

No special experience is needed—just bring suitable outdoor clothing, comfortable footwear, and enthusiasm. Whether you stay for a short visit or the full afternoon, you'll be warmly welcomed.

Come along, get your hands in the soil, and see what makes the Eyemouth Community Garden such a special place in our community.

Donation

This lady, Evelyn Mitchell, has just donated to the Borders group. Her dominoes group in Rutherford Square, Kelso chose the Kelso group for their takings, and added some of Evelyn's husband's funeral collection to it to make it up to £218.

Here she is holding the (blanked out) cheque for Alice Hall to pass on.



Cafe News

Many thanks to Marion in Kelso

Notes from Parkinson's Meeting, Kelso 2 June 2026

15 of us (and 3 apologies) enjoyed a lively meeting, with 3 visitors and delicious biscuits supplied by Joanna – thanks!

Firstly Donna, who is on the Borders Committee updated the group on the activities proposed for the coming months. These include

Boat Trip from Berwick on 23 rd July

Canal boat trips from Ratho and or Falkirk – tbc

Fly-fishing and Putting at Kailzie near Peebles in July

Virtual Reality Shooting at Braidwood near Selkirk – a great venue with a spacious cafe and a unique indoor range – September

10 pin bowling in Edinburgh by train – tbc

Donna will keep us up-dated – so look out for messages during the summer!

Guest speakers proposed for the next Borders Group meeting in Galashiels, include a podiatrist, a dietician, mental health expert, and importantly on Monday 31 August a research team from Parkinson's UK

Next, Cllr Euan Robson, a Kelso representative on Scottish Borders Council then gave a very interesting outline of the work of the Council and how to contact your councillor for any local issue. The Council has had to make a savings of £100 million this year so is changing the way it manages things such as flower displays but tries to keep essential provision such as nurseries continuing. Euan also up-dated the group on Kelso 900 to be held in 2028 when there are hoped to be a number of dramatic celebrations in the town. The future options for Abbey Row, which is also crucial to the town, were outlined and ideas for a Parkinson's awareness day at SBC HQ were discussed. Many thanks to Euan for coming.

Our third visitor, Alice Hall from Parkinson's Scotland brought us the great news that the organisers of the very successful Afternoon Tea at Smailholm, in which some of us were involved, had kindly donated £218 specifically to the Kelso Support Group - very kind of them

Unfortunately the proposed Walk for Parkinson's proposed for 21 st June is no longer possible but there was such a positive response from all those contacted – especially Kelso cricket club, that we hope something may be possible in the future.

The last session before the summer break is with Vic Horsburgh, Physiotherapist at 11am on Tuesday 7 July at Abbey Row. The pre-session forms have been circulated but they are attached again to this email. It is crucial that Vic receives these in good time so she can arrange the session. Deadline June 21 st please. If you would like to take part (donation of £10 suggested) please complete the form and either email it back to Vic Horsburgh, Bowmont Physiotherapy. Garrabost, High Street, Town Yetholm, Kelso TD5 8RA

Email vic@bowmontphysiotherapy.co.uk

Please can you also let me know you've done this – thanks!

Have a good summer everyone and hope to see you on 7 July.....

Next Group Meeting – Monday 1 st September, 11am Abbey Row, Kelso

You're invited: Look North 2026 - Parkinson's Research in the North of Scotland and Beyond

Join the North of Scotland Parkinson's Research Interest Group (NoSPRIG) for their Summer 2026 hybrid event. Whether you're a person with Parkinson's, a loved one, researcher or health and care professional, join to hear a range of talks about Parkinson's research happening in the North of Scotland and beyond.

When? Saturday 27 June, 10.15 am to 4 pm

Where? The Alexander Graham Bell Centre at the University of the Highlands and Islands, Elgin or online

More information and registration can be found [here](#)

Some Dates for your Diary

Planned Events

2nd July - Kailzie Fishing and Putting Competitions.

Meet at Kailzie. Fishing competition starts at 11am followed by lunch at 1pm. Putting competition starts after lunch. Lunch is subsidised by the group.

21st July - Ratho Canal Boat trip

Bus leaves Tweedbank 1.45pm. Barge leaves Ratho 3pm. Arriving back at Ratho 4.30pm. Wheelchair Friendly.

£5 donation on booking.

2nd September - Bisley Shooting (simulator) Competition.

Meet at Bisley. Competition starts at 12.00 followed by lunch which is subsidised by the group. £5 per person.

Anyone who wants to put their names down for any of the trips please pop me a message. Thanks onna 07523 888340

Regular Monthly Meetings.

Updated for June 2026

Galashiels, **Kingsknowes Hotel** All Welcome.

Next Meeting 31 August 2.00pm when we will be joined by some of the Research Team from Parkinson's UK.

Last Monday of the Month 2.00pm to 4.00pm

Hoping to book the following guests to come and talk about the following topics:

September 2026 - Podiatrist

October 2026 - Dietician

November 2026 - Mental Health

Galashiels, Kingsknowes Hotel CUPPA ANA CHAT.

Second Wednesday of the month. 11.00am to 1.00pm.

Breakfast Meeting. Contact Harry on 07778 278 711

Galashiels, Kingsknowes Hotel CUPPA ANA CHAT.

Fourth Wednesday of the month. 6.00pm to 8.00pm.

Dinner Meeting. Contact Harry on 07778 278 711

Coldingham Village Hall CUPPA ANA CHAT.

First Tuesday of the month 1.00pm to 3.00pm.

Contact Catherine on 07985 215 996

Peebles, Leckie Church Hall

First Wednesday of the month 3.30pm to .00pm.

CUPPA ANA CHAT.

Contact Robin Lee for more information 07948 214129

Kelso, Abbey Row Community Centre CUPPA ANA CHAT.

First Tuesday of the month 11.00am to 12.15pm.

Contact Marion on 07224 148 927

Denholm Village Hall. Dance for Parkinson's.

A specialized, creative movement program designed to help individuals with Parkinson's disease improve their mobility, balance, and quality of life.

Using varied music, it combines dance techniques with vocal exercises in a supportive, social environment that allows participants to address symptoms like rigidity and stiffness.

Every Monday 1.00pm to 2.00pm.

Contact Lindsey on 07802 425 332

Denholm Church Hall ART & CRAFT CLUB.

The Art Class offers individuals an opportunity to enjoy free style led arts and crafts as well as being able to play games specifically designed for people with Parkinson's.

Complimentary Refreshments are provided.

Fortnightly Friday 1.00pm to 2.30pm. Free.

Contact Lindsey on 07802 425 332

Hawick - Kathryn Elliot Centre

2nd and 4th Tuesday every month. 3.30pm to 5.00pm.

Call Lyndsey 07802 42500332

Other Meetings.

Specific Parkinson's Activities in the Scottish Borders

Bowling – every Thursday 1pm – 3pm. Tweedbank.

Contact Live Borders 01896 661166

Movement for All with Dance for Parkinson's - Peebles 11.15 to 1 pm

In Anne Younger Studio, Eastgate Theatre.

Gentle Exercise Sessions

Tweedbank – every Tuesday 1.15 pm – 2.15 pm and 2.30 pm – 3.30 pm.

Contact Live Borders

Swan Centre Berwick – every Thursday 11 am – 12pm

Contact 01670 6202000

Gentle Outdoor Walking Health Walks for all abilities in most towns around the Borders. Check out your nearest walk on walkingscotland.org.uk
Free with refreshments afterwards

Indoor Walking

Cardio based walking to music and is suitable for all.
Based on Strength and Balance 30 mins FREE

Coldstream Community Centre - Monday at 10am

Langlee Community Centre - Monday at 10am

Kelso Rugby Club - Wednesday at 10am

Burnfoot Community Hub Thursday at 10am

Selkirk Parish Church Thursday at 11.30am

Pilates for Parkinson's and MS

Hawick - suitable for standing and seated 11.30am to 12.30pm.
Teviotdale Leisure Centre. Hawick. Free Just turn up!

Seated fitness- accessible seated fitness class to music - £5 or free to Live Borders members

Duns - Extra Trust Care Housing - Tuesday 10.30am

Peebles - Gytes Leisure Centre - Wednesday 2pm

Kelso - Tait Hall - Friday 10.45 am

Good Boost - exercises in the swimming pool with waterproof tablet -
Galashiels and Kelso - Contact Jen Knox 07458 088531

Parkinson's Recipe of the Month

Here we go, this month's Parkinson's Friendly Recipe.

If you have a favourite recipe just send details to our usual email account and we'll publish as many as we can.

Rich chocolate fondue with strawberries and pineapple

[Rich chocolate fondue with strawberries and pineapple](#)

Latest Parkinson's Research News

This month's update generated by Google Gemini

The last several weeks have seen some fascinating and potentially paradigm-shifting research in Parkinson's disease (PD). Rather than just incremental updates, the most recent studies published between April and June 2026 challenge old assumptions about standard treatments, offer major updates on stem-cell therapies, and clarify how cognitive decline unfolds.

Here is a breakdown of the most significant peer-reviewed research and clinical breakthroughs from the past month.

1. The Levodopa-Iron Complication (Neurotoxicity)

For decades, researchers have noticed that patients with advancing Parkinson's disease show a distinct accumulation of iron in the *substantia nigra* (the brain region where dopamine-producing neurons die). It was long assumed that this iron buildup was an inherent, underlying cause of the disease's progression.

However, a groundbreaking preclinical study published on **May 26, 2026**, completely flips this hypothesis (Du et al., 2026). Using animal models, the researchers discovered that the iron accumulation is actually a direct byproduct of **Levodopa administration**—the standard, most widely prescribed gold-treatment for PD—rather than an intrinsic disease mechanism.

Why this matters: Excessive iron triggers cell death via *ferroptosis* (iron-dependent cell death). If Levodopa is actively accelerating iron deposition, it suggests that while the drug is highly effective at masking motor symptoms, it may simultaneously trigger a localized toxic environment. This finding could radically transform how clinicians balance long-term Levodopa therapy and may fast-track the use of iron-chelating drugs to protect neurons.

2. Validation of Stem Cell-Based Therapies

In late April 2026, a major clinical synthesis and commentary shed light on the long-term data from the first landmark human trials using stem cells to treat PD (Elvira et al., 2026).

The analysis reviewed first-in-human phase I/II trials where patients received transplants of **allogeneic induced pluripotent stem cell (iPSC)-derived dopaminergic progenitors**.

- **The Verdict:** The research confirmed that cell replacement therapy is not only structurally feasible and safe, but it is officially showing the first concrete signs of clinical efficacy (Elvira et al., 2026).
- **The Shift:** Combined with high-resolution neuroimaging and precise stereotactic robotic surgery, this marks a monumental shift from merely managing symptoms with chemicals to actually rebuilding lost neural networks.

3. Mapping Cognitive Decline: The "Periventricular" Culprit

While Parkinson's is famously known for motor issues (tremors, stiffness), cognitive decline is one of its most devastating non-motor realities. A new study published in the journal *Brain* maps out exactly *how* this happens (Carli et al., 2026).

Using advanced molecular PET imaging, researchers tracked white matter lesions—tiny areas of damage in the brain's data cables—and found that **periventricular white matter lesions** act like roadblocks. They physically

disrupt the long-range cholinergic pathways that project from the basal forebrain to the cortex, which are essential for memory and thinking (Carli et al., 2026).

The Takeaway: Instead of treating cognitive slowing as a vague, generalized symptom of late-stage Parkinson's, doctors can now look at periventricular lesion burden as a specific, measurable biomarker to predict a patient's cognitive trajectory and target early interventions.

4. Understanding "Intolerance of Uncertainty" (Psychosocial Impact)

On the clinical care and psychological side, a targeted narrative review published in *Movement Disorders Clinical Practice* tackled the psychological burden of living with PD (McDaniels et al., 2026).

Because Parkinson's symptoms fluctuate wildly from day to day (and even hour to hour based on medication cycles), patients suffer from severe **Intolerance of Uncertainty (IU)**. The study linked high IU directly to severe anxiety, social avoidance, identity disruption, and decisional paralysis (McDaniels et al., 2026). The authors note that IU is likely driven by a combination of executive dysfunction and vulnerable dopaminergic stress systems, marking it as a critical target for specialized multidisciplinary therapy rather than generic anxiety management.

References

Carli, G., Brown, T., Michalakis, F., Biddix, A., Roytman, Steven., Vangel, R., Van Hout, A., Kanel, P., Scott, P., Albin, R. L., Bohnen, N. I. (2026). White matter lesions disrupt cholinergic pathways important for cognition in Parkinson's disease. *Brain*, awag172.

<https://doi.org/10.1093/brain/awag172>

Du, G., Bransom, L., Mi, Z., Sica, C., Huang, X., Yang, Y., Mailman, R. B. (2026). Levodopa increases substantia nigra iron: implications for Parkinson's disease. *bioRxiv*.

<https://doi.org/10.10498/2026.05.26.728066v1>

Elvira, R. (2026). A new dawn for Parkinson's disease: commentary on the emergence of stem cell-based therapies. *Translational Neurodegeneration*, 15(1), 20. <https://doi.org/10.1186/s40035-026-00556-2>

McDaniels, B. (2026). Living with the Unknown: Intolerance of Uncertainty in Parkinson's Disease. *Movement Disorders Clinical Practice*.

<https://doi.org/10.1002/mdc3.70679>

Note: *If you or a loved one are looking into these treatments, keep in mind that many are still in clinical trial stages and not yet available for general prescription.*

A Final Word

Some content Generated by Google Gemini
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Need a new email address added?
Just let me know.- Firstname, Lastname, Email address.

Got something to say? Just send a message.

pbsgnews@gmail.com

Thanks to all who contributed to this issue.

Mike

Feedback on the Newsletter is very welcome. Please use the email address shown above.
