

OUR NEWS

<p>Scottish Borders Branch</p> <p>www.bordersparkys.org.uk</p>	<p>March 2022</p>	<p>Written By Gary Hattie</p>
<p>WELCOME TO YER MARCH NEWSLETTER</p>	<p>MEETINGS AT THE CHAPLAINCY</p>	<p>BORDERS PARKY'S WHAT'S ON GUIDE</p> <p>DATES FOR YOUR DIARY</p>
<p>'Well whit's going' on?' ah hear you asking</p> <p>Hunnerz is oor answer, well it feels like hunnerz compared to what we've had over the last 2 years!</p> <p>In this newsletter read about our first meeting at the chaplaincy for quite some time. If you're looking for exercise classes or dance classes, hey or even Yoga! You've come to the right place!! Read all about it in your Borders Newsletter.</p> <p>If you live in or near Hawick and are looking to meet others in the area for a chat, or exercise. Read where you can go in yer Borders Newsletter.</p> <p>Aye the balls rolling now, we're back, you'll never guess where you can read all about it?</p> <p>Aye in yer Borders Newsletter!!!</p> <p>ENJOY!!</p> <p><u>HAWICK MEETINGS</u></p> <p>Our meeting in Hawick shall recommence on Wednesday 30th March, 2pm till 4pm and will be in Frank Scott Court. All will be made welcome so come along furra chat. Meet with others who understand.</p> <p>Staying in Hawick please remember, remember the exercise class is still going on. Organised by the local MS Society this is open to Parkinson's folk it is on Mondays 11.30 – 12.30 Teviotdale Leisure Centre, Hawick.</p>	<p>Well last month saw our first meeting being held after a 2 year wait. We hadn't planned anything but needn't have worried as everyone just wanted to have a blether and compare notes. Well, it has been 2 years!!</p> <p>We will plan to meet furra blether for the next few months and are open to any ideas of what you want to get from the meetings, your thoughts will be very much appreciated, and after all it is your group. Send any thoughts/ideas of what you would like to get from meetings to Gary Hattie in the usual way you might be happy with just meeting and chatting, please just let us know what you're looking for.</p> <p>Now back to business for you. Next Monday meeting will be held on Monday 28th March at 2pm till 4pm, the Chaplaincy Centre in the BGH. Please read NHS Borders Guidelines if you fancy coming along.</p> <p>Anyone with symptoms or a positive test is not allowed to enter the building.</p> <p>Bookings must be strictly adhered to. Not arriving too early, just before their booking time.</p> <p>No refreshments in the kitchen, you may however have them in the Tryst. Chairs and anything used must be wiped down after use, wipes are provided.</p> <p>Fire doors may be used for entry and exit. It may be a bit cold in February and March.</p> <p>We look forward to seeing you there.</p>	<p><u>Monday 28th March</u> – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><u>Wednesday 30th March</u> – 2pm - 4pm Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p> <p><u>Every Monday</u> – 11.30am – 12.30pm MS Society Exercise Class Teviotdale Leisure Centre, Hawick</p> <p><u>Every Wednesday</u> – 2.45pm Live Borders Exercise Class Tri-Fitness, Galashiels</p> <p><u>Every Thursday</u> – 11.30am – 1.00pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p><u>Every Friday</u> – 10.30am Live Borders Yoga Class Old Gala House</p>

COMING UP...

YOU TUBE

We're always welcoming your points of view, or any ideas that you want to share with the group. It is then over to you to make your own decision. Well Bill and Anne Goodburn from Peebles came across a website while looking for some exercises or yoga aimed at Parkinson's patients. They sent us an email with details, they can be found on [youtube.com bial-keepiton.co.uk](https://youtube.com/bial-keepiton.co.uk) for exercises for PwP's. If you have something you would like to share with the group, email it to Gary at garyhattie1@gmail.com.

Please remember our disclaimer, that articles in the newsletter are not necessarily the thoughts of Parkinson's UK, we share it with you so you can decide for yersel'!

ARE YOU FREE?

We are hoping to hold a committee meeting in April, and we are looking to recruit new Committee members. If you would like to join the committee, get in touch with Gary in the usual ways.



DANCING WI' PARKY



There are 2 more weeks left before a wee break in the sessions, Dancin' is every Thursday 11.30 till 1 pm, at the Eastgate Theatre, Peebles. The cost is £5 per patient with carer partner getting in free. Also, if you desire, tea and coffee is served 11.20ish.

Please remember there are still 2 seats available from Galashiels if you fancy trying it out get in touch with Gary. Interested in dancin'? Just get in touch with

Cayleigh Gardner
activities@eastgatearts.com
Telephone: 01721 725 785

To show your interest.



We are pleased to let you know that [Live Borders](https://www.liveborders.org.uk) have started a new 12-week Parkinson's Exercise Class pilot in Galashiels and interest in the class has been high with a full class starting this week.

Being physically active, in any way you enjoy and doing as much of it as possible can help with symptoms such as tremors, problems with gait, balance and strength, as well as sleep, concentration and mood.

The classes are in Tri Fitness, Galashiels every Wednesday afternoon from 2.45

If you are interested in finding out what physical activity classes are on in our area our contact for Live Borders is Paul Davis.... 07458 040 481

pdavis@liveborders.org.uk

We can also share with you details of a weekly yoga class Live Borders are running, if you're interested weekly yoga classes are being held at Old Gala House, Galashiels on Fridays at 10.30.

If you're interested in attending any of the classes Paul will be chuffed tae bits tae hear from you.

MORE INFORMATION

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 Gary Hattie
T 01750 22588, (07906527682)

E garyhattie1@gmail.com
jeffilbr@sky.com to receive your newsletter by email.

Free* confidential helpline **0808 800 0303**.
Monday to Friday 9am–8pm, Saturday 10am–2pm. Interpreting available. Text phone 0800 111 4204.

*Calls are free from UK landlines and most mobile networks.

Visit us online at [parkinsons.org.uk](https://www.parkinsons.org.uk)
Drop us a line at hello@parkinsons.org.uk

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DISCLAIMER

Though we try to get all information correct sometimes we, ok, Gary, gets it wrong, for all those deliberate mistakes Gary apologises, and thanks you for your help in spotting them!