

OUR NEWS

**Scottish Borders
Support Group**
www.bordersparkys.org.uk

November 2022

**Written By
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IMPORTANT MEETING INFO

PLEASE READ!

Firstly, welcome to your bumper Edition of the Newsletter. Why Christmas so early?

Unfortunately, due to circumstances out with our control number 1, this'll be the last Newsletter until January 2022.

Unfortunately, due to circumstances out with our control number 2, we are having to cancel the November Meeting at the BGH, which means there will be no more meetings at this venue till January 2022.

However, we are managing to keep the Hawick and the Dun's meeting running.

Alice Hall Parkinson's UK/Scotland is taking care of meetings for us and can be contacted on 02079633725.

The panto trip is still on, Juniper Lea for lunch. Tuesday 20th December. Bus pick-up times for panto trip.

Innerleithen Coop – 10.45am
Fountain Galashiels – 11.15am
St. Boswells Bus Station – 11.30am

There will be no Xmas Party this year, however we might hold a late Xmas Party early next year.

Next meeting at the Chaplaincy Monday 25th January.

There will be a newsletter in January 2023 giving an over-view of up-and-coming meetings.

Can we just wish you all the best over the festive season and all being well see you all in 2023.

Love yer newsletter team!! X

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Tuesday 22nd November –

2pm - 4pm
Duns Cuppa Ana Chat,
Trust Housing, Longfield Road,
Duns

Wednesday 23rd November –

2pm - 4pm
Hawick Cuppa Ana Chat,
Frank Scott Court, Hawick

Tuesday 24th January –

2pm - 4pm
Duns Cuppa Ana Chat,
Trust Housing, Longfield Road,
Duns

Wednesday 25th January –

2pm - 4pm
Hawick Cuppa Ana Chat,
Frank Scott Court, Hawick

Every Monday –11.30am – 12.30pm

MS Society Exercise Class
Teviotdale Leisure Centre, Hawick
£5 per person contact Gary to register.

Every Wednesday –2.45pm

Live Borders Exercise Class
Tri-Fitness, Galashiels
Contact Paul Davis, (07458040481)
pdavis@liveborders.org.uk

Every Thursday –11.30am – 1.00pm

Dance for Parkinson's,
Eastgate Theatre, Peebles
£8 for Parky's with their partner getting in
for free. Includes a cuppa as well.

Every Friday –10.30am

Live Borders Yoga Class
Old Gala House, Galashiels

COMING UP...

Merry
CHRISTMAS



AND HAPPY

★ **NEW YEAR!** ★