

OUR NEWS

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| <p>Scottish Borders Support Group www.bordersparkys.org.uk</p> | <p>April 2023</p> | <p>Written By Group Members</p> |
| <p>MARCH CHAPLAINCY MEETING</p> | <p>CHAPLAINCY MEETING</p> | <p>BORDERS PARKY'S WHAT'S ON GUIDE</p> |
| <p>Gordon Allan was delighted to introduce Mr James Jopling who joined Parkinson's UK as the Scotland Director in 2022.</p> <p>James gave a very interesting talk on all things Parkinson's. Useful help lines, updates on all the research taking place at the moment for various problems and what other activities Scottish Support Groups are undertaking.</p> <p>All information can be found in our newsletters www.bordersparkys.org.uk</p> <p>Or call 01450 377338 for a paper copy.</p> <p>STARGAZING PRESENTATION Gordon McKay, a local astronomer, and researcher delivered a very informative and entertaining presentation on the objects we can observe beyond our world, including stars, planets, galaxies, asteroids, comets, and the mysteries that have challenged our scientists since ancient times. This was well received, and no doubt we will see more of Gordon in the future!</p> <p>Tea and Chocolate eggs were served, while discussions took place on the above subjects.</p> <p>Leaving time for general chat and viewing of Ruth's cards.</p> | <p>Our April Meeting will be a fun one as David Adamson the Border Author has promised us an interesting Quiz with a difference.</p> <p>HEALTH MONITORING SCHEME</p> <p>Pressure on NHS services is making home monitoring more and more valuable for detecting risks of thrombosis, stroke, heart conditions in Parkinson's patients and also their carers.</p> <p>We hope to issue a device free of charge to every household in the BGH catchment with a diagnosed Parkinson's patient who applies to the Borders Parkinson's Support Group.</p> <p>Our Treasurer, Gordon will give a short presentation on the Scheme at the BGH meeting on April 24th, and issue straightforward application forms.</p> <p>Those unable to come along are invited to apply hopefully by email to gordon489allan@outlook.com but alternatively can write to Gordon at 23 Lady Moss, Tweedbank TD1 3SB.</p> <p>Massage again by our Massage volunteers – Neil and April.</p> | <p>DATES FOR YOUR DIARY</p> <p><u>Monday 24th April</u> – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><u>Every Monday</u> –11.30am – 12.30pm Exercise Class Teviotdale Leisure Centre, Hawick Contact 07922093197 To Register.</p> <p><u>Every Tuesday & Friday</u> –10.30am – 11.30am Yoga Classes Old Gala House, Galashiels Contact Jen Knox - 07458088532</p> <p><u>Every Tuesday</u> –1.15pm – 2.00pm & 2.30pm - 3.30pm Circuit Classes Led by Pat Tri-Fitness, Galashiels £4.50 Per Class</p> <p><u>Every Wednesday</u> – 2.00pm Suitable Exercises Gytes Centre, Peebles £2 Per Class</p> <p><u>Every Thursday</u> –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.</p> <p><u>Every Friday</u> –10.00am - 11.00am Suitable Exercises Abbey Row, Kelso £2 Per Class</p> <p><u>Every Friday</u> –11.00am - 12.00pm Suitable Exercises Tri-Fitness, Galashiels £2 Per Class</p> |

COMING UP...

CHAIN BRIDGE HONEY FARM

Pick up points:

10.30 Bank St. Galashiels

10.50 Bus Stance. St. Boswells.

11.15 Horse Market. Kelso

LEAVING Honeybee Farm at 3PM

THE GROUP WOULD LIKE TO SAY A MUCKLE
BIG THANK YOU FOR DONATIONS RECEIVED

Mr Michael Dale

Ruth Walker

For her donation to Parkinson's Research,
earned from designing, making, and selling
greetings cards.

Thanking all of all the above for their support

WORLD PARKINSONS'S GLOBESIT TO STAND CHALLENGE

Six of the twelve strong class took part in the above challenge at Live Borders Tuesday Parkinson's Circuit Class at Tri-Fitness Galashiels. Clocking up 870 sit ups. Well done all.

This number will be added to the Global total.

No matter what your ability is, do contact [Jen Knox Health & Physical Activity Officer at Live Borders](#). Tel: 07458 088532

Who will have you referred to the class. Or ask your health support, nurse, physio, doctor etc. to refer you. This keeps the price to £4.50 and gives a class of similar abilities.

The class is so popular that a second class starts on Tuesday.

Tuesdays: 1.15pm - 2 pm and
2.30pm - 3.30 pm



FITNESS

FUNCTIONAL FITNESS: a low impact exercise class that will support your everyday life with options to meet varying fitness levels and abilities.

Bowden Village Hall
Mondays at 9 00am

Burnfoot Hub, Hawick
Tuesdays at 1.30 pm

Teviotdale Leisure Centre Hawick
Wednesdays at 10.00 am.

SEATED FITNESS: A more accessible exercise class for those with additional mobility issues.

All exercises can be performed from a seated or standing position.

Trust Housing, Todlaw, Duns
Tuesdays at 10.30am

Gytes Leisure Centre, Peebles
Wednesdays at 2.00 pm

Come & try **PICKLEBALL** you will have an amazing fun time.

Come along to the Langlee Community Centre, Galashiels on the 2nd. & 4th. Mondays of the Month at 11 am - 12.30 pm

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
Phone 01750 22588, (07906527682)

Email garyhattie1@gmail.com

(jeffilbr@sky.com – Editor)

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
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, an thanks you for your help in spotting them!