

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

August 2023

**Written By
Group Members**

JULY CHAPLAINCY MEETING

The July meeting was again well attended; we welcomed a few new faces, so keep spreading the word the more the merrier.

Helen welcomed everyone and spoke about how Gary Hattie started the support group in the year 2000.

Pick up our history from www.bordersparkys.org.uk also the updated newsletter.

Dr. Alison Williams, Hon. Professor of Creativity at the Centre for Person-centred Practice Research, Queen Margaret University Edinburgh then gave a short talk on her Parkinson's Journey and Quality of Life Group, followed by an interesting interactive discussion with patients who wanted to know more about the Quality of Life Group.

If you would like to give the group a try, either in Edinburgh or online:

Contact Alison Williams at: alison@edinburghparkinsons.org.uk

or Bill Wright
bill@edinburghparkinsons.org.uk
Phone: 07719 603 321 or 0131 557 5979.

The Edinburgh Parkinson's Group web page is full of helpful information, well worth the read.

David Adamson entertained others with a very noisy but fun quiz.

Followed by the usual Cuppa-an-chat.

Parkinson's booklets are always available. If we don't have what you are looking for just ask for a copy to be ordered.

The Health Monitoring Scheme is still open. Application forms from Gordon.

Gordon489allan@outlook.com
or Tel: 07985 650 472

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 28th August –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

Exercise Class
Teviotdale Leisure Centre, Hawick
[Contact Jen Knox – 07458088531](tel:07458088531)

Yoga Classes
Old Gala House, Galashiels
[Contact Jen Knox - 07458088531](tel:07458088531)

Every Tuesday – 1.15pm – 2.00pm
& 2.30pm - 3.30pm
Circuit Classes Led by Pat
Tri-Fitness, Galashiels
£4.50 Per Class

Every Wednesday – 2.00pm
Suitable Exercises
Gytes Centre, Peebles
£2 Per Class

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.**

2nd & 4th Thursday – 1.30pm – 3.00pm
PickleBall and Other Games
Langlee Community Centre
Free

Every Friday – 10.00am - 11.00am
Suitable Exercises
Abbey Row, Kelso
£2 Per Class

Every Friday – 11.00am - 12.00pm
Suitable Exercises
Tri-Fitness, Galashiels
£2 Per Class

COMING UP...

THE PANTOMIME –

Peter Pan is this year's chosen show. Twenty seats are booked for Tuesday 19th December at the Festival Theatre, Edinburgh stopping for a fish and chip lunch at The Juniperlea Inn on the way.

To reserve your seat contact: Anne on 01450 377 338.



AUGUST MEETING

August 28th BGH Meeting
This month's visitor is Gordon McKay.

Don't miss Gordon McKay's continuation of his April Stargazing illustrated Presentation including Space News and Lunar exploration. Gordon is a local astronomer and researcher. A most informative afternoon guaranteed.

PARKINSON'S MEMBERS CUPPA-ANA-CHAT.

September 13th, 11 am – 1 pm at Weatherspoon's Gala.

Phone George on 07546 553 863

Or just turn up and introduce yourself.

MOVERS AND SHAKERS

One of our members recommends joining in with **the Movers and Shakers pod cast**,

Here is a section of our member's email.

"I do not know if you are aware of the podcasts 'Movers and Shakers' featuring a group of patients.

Rory Cellan Jones, Gillian Lacey Sloymar,

Jeremy Paxman and others discussing everything under the sun to do with living with Parkinson's and most useful of all every episode brings an expert in to discuss various related topics.

We have learnt more since joining this pod cast then we have done over many years".

Give it a try you will learn and laugh at the same time.

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 01450377338, (07922093197)

Email (jeffilbr@sky.com – Editor)

Free* confidential helpline **0800 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!