

OUR NEWS

<div>Scottish Borders Support Group www.bordersparkys.org.uk</div>		<div>February 2023</div>		<div>Written By Group Members</div>	
<div>GET WELL SOON GARY</div>		<div>CHAPLAINCY MEETING</div>		<div>BORDERS PARKY'S WHAT'S ON GUIDE</div>	
<div><p>In the absence of Gary, we at the Chaplaincy January meeting are putting together this newsletter.</p><p>We take this opportunity to wish you a happy, healthy 2023. Especially Gary.</p><p>“We are doing our best Gary, but o how we miss you, we miss the banter, return soon we are all here to help.”</p><p>Please bear with us and in the next few months if anyone would like to contribute to the newsletter please contact Jenni on jeffilbr@sky.com</p><p>And remember our main aim is to provide opportunities for people with Parkinson’s and their Partners/friends/carers, to share information and experiences, receive, advice and support, meet new people and most of all have fun.</p></div>		<div><p>A good turnout at the January chaplaincy meeting when Alice Hall the Parkinson’s Volunteer Coordinator joined us.</p><p>Lots of helpful discussions was had by all. Then Alice gave out registration forms inviting members to become local volunteers to help run our groups.</p><p>Do come along, the group is to give support for patients and families, and anyone interested in Parkinson’s.</p><p>Lots of suggestions were put forward for the summer outing- Kielder Forrest, The flight museum etc. also for our monthly meetings.</p><p>Come along and add your suggestions.</p></div>		<div><div>DATES FOR YOUR DIARY</div><div><div><div><div>Monday 27th February –</div><div>2pm - 4pm</div><div>Chaplaincy Monday Meeting,</div><div>Chaplaincy Centre, BGH</div></div><div><div>Every Monday –11.30am – 12.30pm</div><div>MS Society Exercise Class</div><div>Teviotdale Leisure Centre, Hawick</div><div>£5 Per Person Contact 07922093197</div><div>To Register.</div></div><div><div>Every Tuesday –1.15pm - 2.00pm</div><div>Circuit Classes Led By Pat</div><div>Tri-Fitness, Galashiels</div><div>£4 Per Class</div></div><div><div>Every Wednesday –11.30am - 12.30pm</div><div>Suitable Exercises</div><div>Gytes Centre, Peebles</div><div>£2 Per Class</div></div><div><div>Every Thursday –11.30am – 1.00pm</div><div>Dance For Parkinson’s,</div><div>Eastgate Theatre, Peebles</div><div>£8 For Parky’s With Their Partner</div><div>Getting In For Free. Includes A Cuppa</div><div>As Well.</div></div><div><div>Every Friday –10.00am - 11.00am</div><div>Suitable Exercises</div><div>Abbey Row, Kelso</div><div>£2 Per Class</div></div><div><div>Every Friday –11.00am - 12.00pm</div><div>Suitable Exercises</div><div>Tri-Fitness, Galashiels</div><div>£2 Per Class</div></div></div></div></div>	

COMING UP...

BINGO

Next meeting at the BGH is on Monday 27 February, 2pm – 4pm come along., enjoy a good chin wag, a head massage, game of bingo and good company.

BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

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

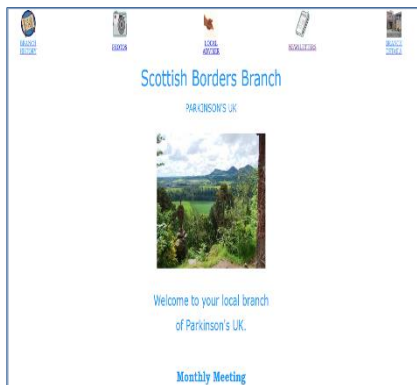
Hawick Eventide Home
Galashiels Ability Centre
Kelso Knitters
Tweedvale Walking Football

Thanking all of all the above for their support

OUR WEBSITE

Key into www.bordersparkys.org.uk, to read the history of Gary starting the meetings 22 years ago. Here you can read all the newsletters back to 2008.

Also see photographs of quiz prize winners, outings, Christmas Parties, meetings, if you read these you will have an abundance of ideas for many years to come.



MISSING MEETINGS

Duns, no meeting in February.

Hawick, no meetings planned.

Frank Scott Court is no longer available.

Ring and leave a message on 07922093197 if you wish to meet in Hawick and we will try to make alternative arrangements.

Dance for Parkinson's, no class on 16 February 2023.

We send out 240 newsletters each month. If you now use e mail and would like to receive your newsletter by this method, please email Jenni on jeffilbr@sky.com. to transfer your name to our email list. If no request is made, we will continue to send your copy by post.

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 **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!