

# OUR NEWS

**Scottish Borders  
Support Group**

[www.bordersparkys.org.uk](http://www.bordersparkys.org.uk)

**July 2023**

**Written By  
Group Members**

## JUNE CHAPLAINCY MEETING

The June meeting was another fun and informative one.

Alice Hall the Parkinson's UK volunteer co-ordinator for Scotland came along and told us how she supports us, and all the other support groups in Scotland.

She also described the roles of some of the other staff and how they do their important jobs.

Such as:

Policy & Campaigns Manager who campaigns for the rights of people with Parkinson's.  
Service Improvement Manager Making sure the NHS services available to them are as good and as widespread as possible.

Parkinson's Local Advisers Who support and help people to live with Parkinson's.

Call Alice on 0345 225 3725 for further information on what the Scotland Staff can give. Info also available on Visit us online at [www.parkinsons.org.uk](http://www.parkinsons.org.uk).

Jill our Border Parkinson's Nurse came along and thanked the volunteers for all the hard work taken on at short notice to keep the group going in Gary's absence. Organising speakers, trips, collating, writing, and sending out emails and letters to all the patients who have requested them. She was delighted to see so many present.

We are a support group therefore NHS staff cannot give our group names of patients, so do encourage others to join us.

A lively fun session followed with a brain stimulating Quiz helped along with tea cuppa-an-chat brought the afternoon to a close.

## PARKINSON'S BOOKLETS, LEAFLETS ETC.

They are available again this month, if we don't have information on what you are looking for, check out the order form and the group will order it for you.

## BORDERS PARKY'S WHAT'S ON GUIDE

### DATES FOR YOUR DIARY

#### **Monday 31st July** -

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.](#)

**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...

## New:

*STARTING Wednesday 9<sup>th</sup> August at Weatherspoon's, Hunters Hall, High Street Galashiels. 11am – 1 pm*

Missing your men's night out? Here is an alternative, Join us like minded men for a few drinks, chat, and a good laugh.

Contact GEORGE ON - 07546 553 863

## HEALTH MONITORING SCHEME

In May we started issuing free blood pressure monitors to Parkinson's patients. In the NHS Borders catchment area.

Please note this opportunity to benefit health care is still active, so applications are invited by forms available from our treasurer Gordon Allan. [gordon489allan@outlook.com](mailto:gordon489allan@outlook.com)

## SEAGULL TRUST CANAL CRUISE

Tuesday 29<sup>th</sup> August.2023  
1 pm pick up Galashiels by Telford Coaches.

Cruise from Ratho to Armadale  
On a beautiful boat with a wheelchair lift and good accessible facilities.

Tea and Coffee available on the boat but bring your own picnic.

Contact: Anne 07922 093 197  
Gordon:  
[gordon489allan@outlook.com](mailto:gordon489allan@outlook.com)

## CYCLING WITHOUT AGE

Book a free Trishaw ride. With Cycling Without Age. Tel: 07966 614 257. For details of bookings, times etc.



## MONTHLY MEETING MONDAY 31ST. JULY 2023

BGH Chaplaincy 2pm – 4 pm.  
Another interesting meeting planned.

A Quiz by David Adamson, always a fun afternoon.  
Dr. Alison Williams and friends from the Edinburgh support group will join us for the afternoon.

## GAMES SESSIONS

Pickleball and other games of your choice.

Langlee Community Centre  
1.30pm–3 pm

2<sup>nd</sup>. And 4<sup>th</sup> Thursday of the month.

## JEN KNOX LIVE BORDERS HEALTH & PHYSICAL ACTIVITY OFFICER.

Tel: 07458 088531. Contact Jen for information on their Health Programme & Exercise Referrals.

There is something to fit all abilities. Holidays: *if you are new to a class check for holiday changes.*

## 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](mailto: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](http://parkinsons.org.uk)  
Drop us a line at

[hello@parkinsons.org.uk](mailto: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!**