

# OUR NEWS

## Scottish Borders Support Group

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

## June 2023

Written By  
Group Members

### MAY CHAPLAINCY MEETING

We were delighted to have Denise Carmichael with us again. Some of us remember her from March 1916! Once again she gave us a great talk on the benefits of exercise reminding us that even walking to and from a room, getting up and down from chairs are all counted as part of you exercises.

A lovely fun session followed. Check out our what's on guide, Live Borders web. page and local community centres for all information on Denise's and other classes.

Holiday time approaching, so check for changes.

Contact Jen Knox Health & Physical Activity Officer at Live Borders. Tel: 07458 088532 who can give you details on being referred also costs dates and times.

Tea/biscuits followed with lots of chat and sharing of the newest Parkinson's booklets, leaflets etc. They are available again this month, if we don't have info on what you are looking for, check out the order form and Gordon will get it for you.

### CHAIN BRIDGE HONEY BEE FARM. NORHAM. DAY TRIP.

In May an enjoyable and informative coach trip was had by members to the Honey Bee Farm.

They viewed the bees at work, and bought their delicious honey, reminisced in the vintage vehicle shed and general household appliances from the days before electricity, washing machines etc.

Admired the renovated Union Bridge, better known as the Chain Bridge. All rounded off with lunch in a vintage Red London Double Decker Bus. A great day out. Worth a visit and not too far to travel. Brenda.

If this has whetted your appetite for a day out, we can plan another about the 17th. August. Your trip, your suggestions, so bring them along to the June meeting at the BGH on Monday 26th June if you are unable to join us telephone MARGARET on 07914 755 765 leave a message and a member will call you back.

**If you want to keep receiving the newsletter it's your last chance, we will start using the new list in July so make sure you're on it.**

### BORDERS PARKY'S WHAT'S ON GUIDE

#### DATES FOR YOUR DIARY

#### Monday 26th June -

2pm - 4pm

Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

#### Every Monday -11.30am - 12.30pm

Exercise Class

Teviotdale Leisure Centre, Hawick

Contact 07922093197 To Register.

#### Every Tuesday & Friday

-10.30am - 11.30am

Yoga Classes

Old Gala House, Galashiels

Contact Jen Knox - 07458088532

#### 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...

**The Group would like to say thank you for your donations received.**

**Margaret Shiell. - Selkirk**

**Tony Taylor – Galashiels.**



**Money raised from yet another successful Coffee morning by Angela Cook at Morbattle in May.**



## JUNE 26TH

Another interesting afternoon is planned for this month. Dr. Alison Williams, herself diagnosed with Parkinson's in 2016, is deeply involved in research, particularly in how exercise can grow wellbeing and quality of life.

Alison is a volunteer with the Edinburgh Branch of Parkinson's UK Two members are joining her on her visit to mingle, discuss, chat and exchange ideas and information. An afternoon not to be missed.

Also coming soon, Trip out if suggestions and folk are interested, Singing for health and fun, Quizzes, Astronomy, Panto, All the ongoing exercise classes, Lots of tea/biscuits chat and support.

### HEALTH MONITORING SCHEME

Helen explained how to use the BP monitors and distributed the first ten. You are not too late to apply for one, this is an ongoing scheme. Ask Gordon for an Application form.

[gordon489allan@outlook.com](mailto:gordon489allan@outlook.com)

## PICKELBALL AND OTHER GAMES

Change of day and times:  
Langlee Community Centre  
Galashiels., 2<sup>nd</sup>. and 4<sup>th</sup>.  
Thursday of the month.  
1.30pm – 3 pm

### ABILITY BORDERS INFORMATION DAY

St. Boswells 31<sup>st</sup>. May  
Margaret. Anne and Ruth  
manned the Parkinson's  
information table at the above  
event.

A very successful event it was  
for our group.

We distributed many  
Parkinson's Booklets, made  
lots of contacts for future  
talks/entertainment.

The bonus being Ruth sold  
some cards and had great  
advertisement for more sales in  
the future.

We will inform you any such  
events in the future.

## 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!*