

OUR NEWS

Scottish Borders Support Group

www.bordersparkys.org.uk

March 2023

Written By
Group Members

GET WELL SOON GARY

Gary's message is "sorry he cannot join in person this month".

He is getting stronger by the day and keeping up to date with all things Parkinson's and especially the Borders meetings through Gordon our treasurer.

MANY THANKS

In October Presents Galore, a major annual charity fundraiser, was held at Kelso.

Parkinson's share of the overall proceeds has been substantial.

The picture shows Susan Foster, Chairwoman of Presents Galore, presenting the cheque to Gordon Allan, our Group Treasurer.

We envisage an investment in technology to benefit patients and carers, and are researching this at the moment.



CHAPLAINCY MEETING

February's meeting was one of two halves. The first being a quite relaxing period during which some folk enjoyed a neck and head massage expertly given by Neil or April.

While others enjoyed a reading by David Adamson from his recently published book of stories "Ettrick and Beyond," which was then donated to a free raffle won by Brenda.

The second half, after refreshments was a noisy fun game of Bingo called by Fran. Noisy because believe it or not half the group didn't know how to play.

VISITORS

Turnout of members to the February meeting was up again, folk are getting more confident in socialising.

We were delighted to welcome to out meeting a couple from Oxford Parkinson's Group who when they read our notice in the Gala Life didn't hesitate in joining us.

They thoroughly enjoyed mixing and swapping ideas for future meetings.

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 27th March –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

Every Monday –11.30am – 12.30pm
MS Society Exercise Class
Teviotdale Leisure Centre, Hawick
[Contact 07922093197 To Register.](tel:07922093197)

Every Tuesday –2.30pm - 3.30pm
Circuit Classes Led By Pat
Tri-Fitness, Galashiels
[£4 Per Class](#)

Every Wednesday –11.30am -
12.30pm
Suitable Exercises
Gydes 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: GET FIT HAVE FUN. SPORTS OF YOUR CHOICE:

Badminton, Table Tennis, Bowls, Indoor Curling. Also, Dominoes, Cards and Board Games if you have any to bring, and of course refreshments.

2nd & 4th Mondays of the month, 11.00am – 12.30pm, Langlee Community Centre, Galashiels.

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

Coldingham Society

Presents Galore Fund Raiser

Thanking all of all the above for their support

OUR NEXT MEETINGS

THE MARCH MEETING will be the usual massage, Cuppa ana Chat and something we haven't had before:

An entertaining and informative illustrated talk on the Solar System by Gordon McKay from U3A Local Astronomy Group.

THE APRIL MEETING will be a quiz for fun.

The Gordon Melrose Parky Brain of the Borders Team quiz coveted Trophy will take part in October or November.

THURSDAY 4TH MAY.

Our groups outing to the **Chain Bridge Honey Farm, Garden, and collection of agricultural vehicles etc.**

Promptly book you place with Margaret on 07914755765 (call again if you don't get confirmation) so we can book the correct size of bus and arrange pick up points.

MISSING MEETINGS

Duns, no meetings until further notice.

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.

We send out many 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 e-mail list. Or phone 01450377338 leave a message and someone will call back.

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!