

# OUR NEWS

**Scottish Borders  
Support Group**

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

**November 2023**

**Written By  
Group Members**

## WE WISH YOU A WHAT?

Well, Hi there everyone,

Hope this finds you all well, and a big hi to this your last newsletter before the Christmas break, Jennnifer at last gets a well-deserved break. Well sort of if she wasnae organising this years 'Crafts Fur You' Xmas Raffle!!! Yup this Newsletter comes wi' Christmas Greetings, an all the best fur the New Year an 2024.

But hey let's no wish the year away we've still got December to go through, and the November meetings. There's the Wetherspoons Hub, come along furra cuppa ana bacon roll oh aye ana chat at the Spoons Hub! There's the Live Borders Exercise Class, work aff that bacon butty! Or go along to the Dancin' wi' Parky. Let's not forget the meeting at the Chaplaincy an those Borders You-ka-lay-leees who are paying us a visit.

Last month we were disappointed having a cancellation from the Cheyne Gang, but what a late an successful last-minute substitution, as we were visited by Rhiana from Scottish Ballet and her helpers Robert an Alex! Who came along to explain about the 'Dancing with Parkinsons', which is held every Thursday in Peebles, an no a Too Too in sight!

Yeah, as December arrives we welcome this year's trip to the panto, Peter le Pan with Allan an Grant. A sure sign that Christmas is a coming!! We will no be having a Christmas party this December, but Niki has invited us to her premises (Niki's Bar, Galashiels) furra shindig in the new year (date to be confirmed).

All that I hae left to do is to wish all of you a Merry Xmas an a stoatin' New Year from me, yer Committee an Jennifer.

An finally a joke from Alexa,

**'What do you call an elf that  
sings??  
Elfis!!**

Merry Christmas

Gary x

## PLANNING MEETING

There will be a group Planning Meeting on site or by Zoom on Wed 6th Dec. at 2pm.

Venue is Langlee Community Centre Red room, Galashiels. Open to all in Borders who want to. Help those facing Parkinsons. Apply to Helen for your link to attend or come in person! helen<mailto:helenjoy71@aol.com>

## BORDERS PARKY'S WHAT'S ON GUIDE

### DATES FOR YOUR DIARY

**Monday 27<sup>th</sup> November** –  
2pm - 4pm

Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

### Pilates

Teviotdale Leisure Centre, Hawick  
£4.50 per class

Also join us for a cuppa and a chat after the class. If not at the class join us in the cafe at 12.30pm.

Contact Jen Knox – 07458088531

### Yoga Classes

Old Gala House, Galashiels  
Contact Jen Knox - 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.

**2<sup>nd</sup> & 4<sup>th</sup> 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...

## PANTOMIME

Bus Pick Up Times  
(19 December 2023)

Innerleithen, Co-op, 10.45 am.

Galashiels, Bank Street, 11.00 am.

St Boswells Square, 11.20 am.

Contact Anne personally on 07922093187 for further information.



## WE WISH YOU A MERRY CHRISTMAS



## AND A HAPPY NEW YEAR

## 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 on 07906527682**

**Email ([jeffilbr@sky.com](mailto:jeffilbr@sky.com) – Editor)**

**Free\* confidential helpline 0808 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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*Though we try to get all information correct sometimes we, get it wrong, for all those deliberate mistakes we apologise, and thanks you for your help in spotting them!*