

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

October 2023

**Written By
Group Members**

TELL YE WHAT! WATT? GO AN PIT YER KETTLE ON

An make a nice cuppa to drink while ye read yer latest Borders newsletter. Ah've waited a while to mutter those words again.

'What dae ye mean, who am I?' 'It's Gary! Ye havenae forgot who am, already?'

'Tell Jennifer to get the spellchecker serviced! Gary's back'

So, what's been happening with you? It's been a while; ah'll be celebrating wan year of being AWOL soon. Thanks, a mill for all the good wishes an stuff, they were much appreciated. So, did ye miss me?

Whit dae ye mean NAW!

Anyway, sorry to burst into the newsletter like this, ah'll no be long, coz there appears to be so much happening out there. I attended one of the gatherings the Wetherspoons Hub, I popped in to see all these folk haein a cuppa ana chat. I nearly missed them cos I couldnae see them anywhere, fortunately I seen someone who told me they were up the back oa spoons it was great to see so many folks attending as I said ah nearly missed them but if you fancy visiting the hub, ye just go in

the doors turn left then head up to the top left-hand corner. It was great to see all these new faces. Ah've also been furra visit tae see the Dancin wi' Parky in Peebles, which is still goin' strong, it was great to see people having a fun time there.

I'm hoping to be at the November meeting, looking forward to seeing you all then. Well, I wouldnae want tae miss the Borders you-ca-lay-lee Group when they come to visit us. If you haven't attended a meeting in the Chaplaincy an want tae, just come along to this one you will be made more than welcome, oops sorry don't forget the meeting in October, if you want to make that yer first meeting, so you dinnae hae tae wait till November after all it is the October Newsletter! That's just me!

So, I just wanted to say Hi, an to all you helpers out there who have kept the group going
THANK YOU!

Hope that made some sense to you all I know it didnae to me.

C.U. all soon

Love Gary x

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 30th October –
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.](#)

2nd & 4th 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...

RICHARD WALKER – HALF MARATHON

Congratulations Richard on completing the half marathon recently on behalf of Parkinson's Research.

Come along to the BGH meetings and view Ruth's (Richards Mum) cards. All donations going to Parkinson's research. Both Richard and Ruth are an inspiration to us all.



ALSO HAPPENING THIS MONTH

BORDERS SUPPORT GROUP

Meets on the last Monday of the month 2pm – 4pm, in the Chaplaincy Centre.

This month we are delighted to welcome two ladies from the **Cheyne Gang**.

This will be a fun afternoon, singing and exercising our voices to improve our lung health ready for the **Ukulele Lads** leading us in a musical afternoon at our next meeting on November 27th.

SEPTEMBER CHAPLAINCY MEETING

Anita Jefferies, Parkinson's UK Area Development Manager gave us a most Informative talk on her work on mental health, remote and rural provision services here in Scotland.

Many questions were asked and answered. We look forward to hearing of any changes in 2024.

HAWICK EXERCISE CLASS

Run by the MS Society is open to Parkinson's patients on Mondays 11.30 – 12.30 at the Teviotdale Leisure Centre.

Just drop in and Katrina will register you.

HEALTH MONITORING SCHEME.

Application forms are available from Gordon our treasurer for a free Blood Pressure Monitor. Call him on 07985650472 or email gordon489allan@outlook.com

PARKINSON'S MEMBERS CUPPA-ANA-CHAT

11 AM – 2PM November 8th.
Phone George on 07546553863 for any changes.

Or just drop in and enjoy the company of like-minded folk, banter, and a good few laughs. Call Anne on 07922 093 197 if you wish to re-start the Hawick Group or a group in your hometown.

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
Anne Chisolm (Acting Group Secretary)
01450377338 or 07922093197
Gordon Allan (Group Treasurer)
01896754186 or 07985650472

Email (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, get it wrong, for all those deliberate mistakes we apologise, and thanks you for your help in spotting them!