

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

September 2023

**Written By
Group Members**

AUGUST CHAPLAINCY MEETING

Our August meeting was another excellent one, with Gordon McKay's continuation of his April Stargazing illustrated presentation including Space News and Lunar exploration, and a reminder for us all to look for the Blue Moon. Lempitlaw near Kelso is where Gordon has his Astronomical Observatory. Contact Gordon on 07718 578 335 or Email: gordon_mckay@btinternet.com if you wish to visit him sometime.

The Kelso Life May addition has a full-page report on what Gordon McKay offers. Club/school visits etc.

PARKINSON'S MEMBERS CUPPA-ANA-CHAT

11 am – 1 pm at Weatherspoon's Gala.

**September 13th, October 11th,
November 8th.**

Phone George on 07546553863 for any changes. Or just turn up and introduce yourself.

The above is the only drop-in group at the moment. Call Anne if you would like to meet in your hometown.

Just a drop in for a chat, a few laughs and perhaps discuss what talks, trips etc. you would like added to our support group during 2024.

SEPTEMBER 25TH MEETING. Anita Jefferies, Parkinson's UK Area Development Manager for mental health, remote and rural provision services is joining us. Her talk will include an update on the work she has been doing, and is continuing to do, with regards to Parkinson's and mental health. There will be a box in the reception area for you to drop in any questions you would like discussed. Anita is staying with us for a cuppa.

Parkinson's booklets are always available if we don't have what you are looking for just ask for a copy to be ordered.

The Health Monitoring Scheme is still open. Application forms from Gordon Allan, our Treasurer Gordon489allan@outlook.com or Tel: 07985650472

Call Jen Knox the **LIVE BORDERS HEALTH & PHYSICAL ACTIVITY DEVELOPMENT OFFICER.** on 07458 088 531 for their new Autumn Health Conditions Classes Timetable and information on their referral system. There are classes in most areas, suitable for all abilities.

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 25th September –
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...

COFFEE AFTERNOON

The Bonchester Residents are hosting a Coffee afternoon, in the village hall on September 24th 2 – 4pm. Tombola, raffle etc. Beautiful part of the country for a Sunday drive.

All proceeds to Parkinson's Research

THANK YOU

Tony Taylor for yet another donation. You are an inspiration to us all.

THE PANTOMIME

Peter Pan is this year's chosen show. Twenty seats are booked for Tuesday 19th. December at the Festival Theatre Edinburgh stopping for a Fish and chip lunch at The Juniperlea Inn on the way.

Pickup times/towns will be decided when we know who has booked. To reserve your seat Tel: Anne on 01450 377 338

PRESENTS GALORE

AT SPRINGWOOD PARK, KELSO, SCOTTISH BORDERS.

In aid of **PARKINSON'S**, the injured Jockey's Fund and the Multiple Sclerosis Society

**Monday evening 2nd October
6pm - £10**

This includes wine and canapés. Tickets in advance from Michael Dale 07836 314 941 or email dibidale@outlook.com.

**Tuesday 3rd October 10.30am
to 15.30pm - £3.50**

Payment at the door.

THE PRESENTS GALORE FUND RAISER has been running for 30 years, organised by Susan Foster and her team.

The result being many thousands of pounds raised for a variety of charities one resulting in a £4.500 donation to Parkinson's. So please give your support as Parkinson's is once again being one of their chosen groups.

A great choice of gifts to be had. Previous years there have been 30+ stalls loaded with a huge variety of goods from, knitwear, shoes, soaps, bags, picture frames, liquors, toys to mention a few.

Look on the internet and posters for the full list of this year's exhibitors.

The Presents Galore Committee would like your help to man the stand and stock the cake stall, which is run by MS and hopefully Parkinson's volunteers.

Cake, candy, homemade jam, marmalade, Home grown fruit and vegetables are required to stock the stall.

Phone Anne on 01450 377 338 for details of the pickup of contributions. Also, telephone if you wish to share transport to visit on the Tuesday.

SEAGULL TRUST CANAL CRUISE

The Group's Outing, which was a sail on the Union Canal from Ratho to the Avon Aqueduct was a peaceful relaxing one.

The Trust volunteers were very aware of the needs of our group, their barge is well equipped with a lift and accessible facilities.

A cuppa-ana-chat was enjoyed while the volunteers showed us their album of photos, whilst discussing the history of the canal.



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 **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
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!