

OUR NEWS

**Scottish Borders
Support Group**
www.bordersparkys.org.uk

April 2024

**Written By
Group Members**

'RAINDROPS KEEP FALLIN' OAN MA HEID

Hi there folks, can you believe this rain we're getting, wish someone would turn the taps aff!

Well, we hope you're having a guid month, an didnae eat too many Easter Eggs?? Me? Ah've got a new job, am oa-fish-ally a professional Egg Hunt Hider. If you're reading this out to somebody, please dinnae say my new job title too quickly!

It was great to see so many turning up for the meeting in the Chaplaincy. Everyone wanting to go home on the Monday night with the Parky Brain of the Borders Cup under their arm. Well, the winning team of Robert, Harry and Andrew aka 'The Good, The Bad and the Ugly'. Congratulations go to the winning team, in what was a closely fought competition. wait till ye hear what treat we have arranged for you this month!! We will welcome the Cheyne Gang, a community singing group aimed at those with a long-term condition. So that'll be on Monday 29th April in the Chaplaincy Centre at the BGH 2pm-4pm.

Also, if you're wanting a chat and are in the Galashiels area there are two chances, yes you read right two chances furra blether, we have the get together furra cuppa coffee or tea ana wee blether on the second Wednesday of the month in Wetherspoons Galashiels, 11am-1pm. If you are busy during the day, you now have a second bite at the cherry with an evening chat going on trial the second one is scheduled for Wednesday 24th of April 6.30pm-8pm. Even better you can have yer tea as well, courtesy of us just think nae dishes to do. This is going to be held on the fourth Wednesday of each month, so hopefully we'll see you there. An we'd like to just thanks. Harry and George for arranging and running these gigs, it is vee much appreciated by all who attend.

Can we just say before we go a big THANK YOU to Ruth, that's Ruth Walker from Newtoon. Ruth has a hobby, she loves making cards, Birthday Cards, Thank You Cards, Congratulations to Commiserations, Personalized ones you name it she'll make it. We have been asked to clarify this is not a moneymaking exercise for Ruth all proceeds go to Parky and Parky Research. Also, I cannae believe what am writing here but she has put the prices down!! Ruth will be bringing a selection of cards along to the Chaplaincy, prices start at £1, I cannae believe what am reading' a Poond! Aye Ruth just luvs making cards!!

We hope you have a great month. see you soon. It goes without saying, if you fancy coming along to any of our meetings you will be made more than welcome be it for 15 mins or 2 hours, drop in an see us.

Gary Hattie

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 29th April –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

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
Tweedbank Leisure Centre
£4.50 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 Thursday –1.30pm – 3.00pm

PickleBall and Other Games
Langlee Community Centre
Space available for other
Free

Every Thursday –10am – 11am

Pilates, at Teviotdale Leisure Centre,
Hawick. £5 or with Exercise Referral, Call
Jen at Live Borders for details. 07458 088
531

Every Friday –10.30am - 12.00pm

Singing
Langlee Community Centre, Blue Room,
Galashiels

GARYS JOKES?

WHAT DO YOU CALL A PILE OF COINS IN THE RAIN?

CLIMATE CHANGE!!

WHY DO SAILORS EAT SHELLFISH WHEN RAIN IS
FORECAST?

BECAUSE IT'S THE CLAM BEFORE THE STORM!!!

COMING UP...

Well done Ruth, thanks again for another donation to Parkinson's. Ruth's hobby is making beautiful greetings cards, some bespoke, all materials are donated by her, and all of the money raised is donated to research. Her 2024 prices are set deliberately lower to increase sales resulting in even more money raised.



Thinking ahead:

NEXT PLANNING MEETING: May 8th, 2 pm
Langlee Community Centre or to join On Zoom
Contact Helen- <mailto:helenjoy71@aol.com>

Get in touch prior to this meeting if you would like to visit the EDINBURGH Parkinson's Research Centre And/or/both National Museum Of Flight East Fortune Airfield, North Berwick.

APRIL 29TH

Our guests for the afternoon are two ladies from the Cheyne Gang.

The Border Group, run by retired Nurses meet in Innerleithen. They sing for fun, breathing and Lung Health. This promises to be another enjoyable and informative afternoon.

WEATHERSPOON'S GALASHIELS

CUPPA-ANA-CHAT every 2nd Wednesday. of the month
11am – 1pm

PARKY'S BUDDIES Food & Coffee the last Wednesday. of the month 6.30-8pm. "If Galashiels is too far, call Gary on 079065 27682 to possibly arrange avenue closer in the Borders, such as Hawick, Peebles Eyemouth, etc.

Information leaflets/booklets on all aspects of Parkinson's are available at the BGH meeting on 29th April. Check out the full list of titles at Parkinson's UK Website.

TAKE PART – HAVE YOUR VOICE HEARD

Sorry seats to attend are filled but please join online. The Scottish RIGs and Parkinson's researchers from Edinburgh and Dundee. Have come together to organise this all-day event on Tuesday 23rd April at the Royal College of Physicians of Edinburgh. It will also be streamed live online. Register your intention of joining before the meeting day.

<https://www.evenbrite.co.uk/c/811396738487?aff=oddttdcreator>

The morning session is for researchers, but anyone is also welcome. From lunch until the end of the day the programme is designed entirely for People affected by Parkinson's. The event will end with a Q&A session with a panel of Parkinson's clinicians, health care professionals, Parkinson's UK staff and People affected by Parkinson's taking questions from live and online audiences.

COFFEE MORNING

Angela Cook has again organized a coffee morning in the MORBATTLE INSTITUTE (Old School) on Saturday 18th May. 10am – 12pm. Do drop by and support the Morbattale Team, A beautiful part of the borders for a leisurely drive followed by coffee, cake. Raffle etc.

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,
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Email garyhattie1@gmail.com

(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, ok, Gary, gets it wrong, for all those deliberate mistakes Gary apologises, an thanks you for your help in spotting them!