

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

February 2024

**Written By
Group Members**

HI FOLKS HERE'S YER FEBRUARY NEWSLETTER

You'll be pleased to hear it's a short bit from me this month, that's because there is so much going on doon here for people living with Parky in the Scottish Borders. So, if I blether on too much Anne will nae be able to tell whits going on, an that's more important!

It was great to see people popping down to the Chaplaincy furra guid catch up an blether on a personal point I was chuffed to bits to see so many fresh faces an ones a kent too. We were incredibly lucky last month to see Jill Anderson oor Parky Nurse Specialist pop in, Jill tries to get to every meeting, but this isn't possible due to workload, we just have keep oor fingers crossed an hope she has time.

This month's meeting at the Chaplaincy will be held on Monday 26th February 2pm-4pm, this month you asked Anne to chase up this person, for her to come back and see us, an as usually happens Anne delivers. So, this month we will welcome back Denise Carmichael an her exercise session, come an see fur yourself what we're on about an drop in at the Chaplaincy on Monday 26th February. Just like our Speech Therapist, she discovered she had some time between appointments an just dropped in on us. which was great to see, an we will welcome all professionals to drop in on us at any meeting.

Also, dinnae forget there's a chance to meet up for a cup of coffee and a wee blether with others living with Parky on the second Wednesday of the month every month in Galashiels. If ah hadnae taken so long to type this you'd hae got this month's date on time but at least ah've given you next month's date on time next month we will meet in Wetherspoons, Galashiels on Wednesday 13th March 11am – 1pm, Gary sends his apologies if you've missed this month's meeting. Just remember that 2nd Wednesday of the month, there's meeting s in Gala.

Have a nice month everyone!

Gary Hattie

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 26th February –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

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.](#)

Every Thursday – 1.30pm – 3.00pm
PickleBall and Other Games
Langlee Community Centre
Space available for other
sports/dominoes/cards (Bring your
own table games) do come along and do
your own thing the room is booked.
[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...

DONATIONS

Frances Paxton

A massive thank you to everyone who contributes to the group.

OPAL Borders (Older People Active Lives)

This is a social group who meet in Eildon Properties in Hawick, Galashiels, Peebles, Kelso for activities, games exercises, lunches etc. Call Julie 01750 491 090 or Anne on 01450 377 338 or Cyrenions Scottish Border web page for full details of meetings.

PLANNING MEETING

A few patients took part in a highly successful planning meeting held on the 7th.February when suggestions for monthly speakers /entertainment and summer trips were discussed.

At the moment we have Speakers/entertainment Booked for most months and two summer trips pencilled in our diary. Next planning meeting pencilled in for April.

NEW SINGING GROUP

Langlee Community Centre
Fridays –Blue Room,
10.30am – 12pm.

For people living with Alzheimer's or other disabilities, including Parkinson's Patients and their partners or carers.

BERWICK-UPON-TWEED

Keven who is trained in Parkinson's Keep fit runs an excellent class at the Swan Centre, Berwick-Upon – Tweed
Thursday 11am – 12pm
tea/cake after. £2.50 Call Marion on 07724 148 927

WEATHERSPOONS CUPPA N CHAT

Come along to our next Cuppa-ana-chat at Weatherspoon's in Galashiels, on Wednesday 13TH March, 11am – 1pm. Also, on Wednesday 8th. April.

To re-instate Cuppa-ana-Chat meetings in your hometown call Anne on 01450 377 338 or Gary 07906 527 682

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 01450377338, (07922093197)

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