

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

January 2024

**Written By
Group Members**

HAPPY NEW YEAR AWRABEST FUR 2024

How time does fly is a phrase used more and more, none more so than here and now, as I look at the year number and the penny drops that 24 years have passed since we had our first meeting upstairs in the Committee Rooms at the BGH. It was the last Monday in January of the year 2000, the millennium!! As over 30 folk turned up that Monday afternoon to meet other folk living with Parkinsons and share their experiences.

Twenty-four years on and people living with Parky still get the same buzz when meeting other folk who are facing the new challenges Parkinsons has brought. We may not get as many attending the monthly meetings, but back then the aim is still the same today it's not about numbers attending, it's about quality not quantity.

Those attending the last meeting of 2023 were treated to a musical extravagance courtesy of Borders Ukulele Players thanks go to them, twice because they have offered to return to meet ukulele players in the group, and have a jamming session.

Also, in December there was the annual trip to the pantomime in Edinburgh, I have heard it was an enjoyable day, tiring but fun. Oh queue gag 'oh no it wasn't oh yes it was!! Ah wonder what the panto will be this year.

Before I go can I just invite you to come along to our first meeting of the year which will be on Monday 29th January 2024, that's in the Chaplaincy Centre at the BGH, 2pm - 4pm. We hope to see you there.

Gary Hattie

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 29th January -

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.

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...

DONATIONS

Crafts4U Walkerburn

Nikki's Bar

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



The Pantomime at was a great success once again this year everyone enjoyed the meal at the Juniper Lee Inn and laughed heartily at the jokes on stage in Edinburgh.

An excellent afternoon out had by all, looking forward to next years already.

WEATHERSPOONS CUPPA N CHAT

Parkinson's Members Cuppa-ana-chat at Weatherspoon's on December 13th was a most enjoyable one.

As it was December the group cast aside any thoughts of coffee and treated themselves to a delicious Christmas Lunch. The group thank the staff for their first-class meal and service.

The Cuppa-ana-chat group met up again on January 10th when they had a lively catch up on all their seasonal festivities.

Come along to our next Cuppa-ana-chat on Wednesday 14th February.

11am – 1pm. Also on Wednesday 13th. March.

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

BERWICK-UPON-TWEED

Kevin 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 Marion and her husband travel From Kelso each week to participate.

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.

PLANNING MEETING

WEDNESDAY 7th FEBRUARY in the Red Room Langlee Community Centre 1.30pm - 3.30pm in person or on Zoom by contacting Helen <mailto:helenjoy71@aol.com>

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