

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

June 2024

**Written By
Group Members**

SUMMER HOLIDAYS YE HAR!

Yup ride out season! fancy dresses galore!! It must mean summers here that means Jennifer gets a well-deserved break! Maybe we might get a little sunshine, we'll no haud wur breath though.

Yes, this is the last newsletter till September, so you dinnae forget jot dates in tae yer diary, like a trip to the clay pigeon shoot at Midlem on Thursday 15th August come along for a bite of lunch and a shot on the simulator, if you just fancy a blether ana cuppa, its somewhere different and it's on the house.

This will be the last meeting in the chaplaincy till September but remember there is also the meetings in Wetherspoons on second Wednesday of the month 11am till 1pm.

Or if you fancy some tea ana chat in the evening, then on the last Wednesday of the month get along tae 'Spoons Gala. 6.30 till 8.

But before all that we have a first for us here as we try to host a presentation down the internet, we will be talking to Katherine Fletcher who works with Parky UK, she's zooming in June to tell us about research projects they are funding. All that's on Monday 24th 2pm till 4 pm in their Chaplaincy at the BGH. Next meeting in chaplaincy after this will be Monday 23rd September.

Breaking news a late entry what to do in summer, get along to Dancing Wi Parky Thursdays at the Eastgate Theatre 11.30am till 1pm. They are going to come along and see us again at Chaplaincy Meeting details in next newsletter.
Have a Nice One and enjoy the Rays

Gary Hattie

COMING UP...

THANK YOU

Angela Cook and her team for money raised at their Morbatt Coffee Morning.

ABILITY BORDERS PEOPLE'S FORUM

Thanks to Gary, Anne, Malcolm and Andrew for manning our stand at the Ability Borders Information Day on the 29th of May in Hawick Town Hall.

WEATHERSPOON'S GALASHIELS CUPPA-ANA-CHAT

Every second Wednesday of the month 11am – 1pm.

PARKY'S BUDDIES

Food and Coffee the last Wednesday of the month 6.30pm – 8pm.

Call Gary 07906527682

BGH MEETING

Next monthly meeting will be on 24th June, 2pm till 4pm.

We are delighted to have Katherine Fletcher. Katherine is a Research Communications Lead working on the current research programs that are being funded by Parkinson's UK.

There will be no monthly meetings in July or August.

BORDER BUDDIES HAWICK

Border Buddies invite you to join their drop-in sessions at Burnfoot Community Hub on July 3rd 10.30am – 12.30pm for some Art & Craft.

Also, on August 7th and September 4th for some New Age Curling.

OPAL BORDERS

Opal Borders (Men's Group) Pie and a Baw invite you to join them on the first Monday of the month at Dovecot Court, Peebles from 11am – 1pm.

Tel: Anne 01450377338

SUMMER OUTING THURSDAY 15TH AUGUST BISLEY AT BRAIDWOOD

Beautiful walks, delicious food, and trying your hand at virtual reality shooting. Specially requested by our members.

Bookings to Anne/Gary on 01450377338 or book at the monthly meeting.

As mentioned in last months newsletter do let us know if you would like to visit the Parkinson's Research Centre in Edinburgh and/or Museum of Flight at East Fortune. This is your support group so let us know where you would like to visit.

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

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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

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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!