

# OUR NEWS

**Scottish Borders  
Support Group**

[www.bordersparkys.org.uk](http://www.bordersparkys.org.uk)

**March 2024**

**Written By  
Group Members**

**HELLO TO YOU ALL,  
WELCOME TO THE BORDERS BRANCH NEWSLETTER.**

*Well, it was great to see everyone coming along to the Chaplaincy Centre for the Monday Meeting. Unfortunately, you came along to hear an exercise to Denise Carmichael, only to find out Denise had phoned in sick. We wish Denise well and look forward to catching up with her when she fully recovers. We are lucky to have Anne Chisholm on the wings who quickly put together a quiz for us all to do from the book titled, '9,999 of the most difficult quizzes you'll ever come across!!! But we still thank you Anne!*

*We also had a lovely cuppa and chat there's always time for that!!*

*Last month we also had a mug and chat, in the Wetherspoons in Galashiels, if you're looking for a blether get yourself down there, Harry and George will make you more than welcome! That's the 2nd Wednesday of the month 11am-1pm in Spoons, Gala. For those who are working we are looking at having an evening meet in the same venue, full details to follow.*

*This month's Monday meeting in the Chaplaincy will be on Monday 25th March 2pm-4pm. This month we will be battling it out for the Gordon Melrose 'Parky Brain of the Borders' Trophy. This will have questions from the book '101 thousand easy questions on the Scottish Borders!' thanks Anne just a reminder this is a team quiz, what team name will be engraved on the trophy? Will it be yours!!!! You'll just have to come along to find out.*

*Aye we still have time for a cuppa and chat. We look forward to seeing you on the 25th.*

*So, we hope we find you well, see you have a good month and Happy Easter mind it's early this year and Easter in March!!*

**Gary Hattie**

## **BORDERS PARKY'S WHAT'S ON GUIDE**

### **DATES FOR YOUR DIARY**

#### **Monday 25th March** –

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  
Gydes 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  
**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**

#### **Every Friday** – 10.30am – 12.00pm

Singing  
Langlee Community Centre, Blue  
Room, Galashiels

# COMING UP...

CUPPA-ANA-CHAT WEATHERSPOON'S	PLANNING MEETING
<p>Wednesday 10<sup>th</sup> April also, Wednesday 8<sup>th</sup> May 11 – 1 pm.</p> <p>If you cannot join us during the day do come along for 6.30pm on Wednesday 20<sup>th</sup> of March and again on Wednesday 24<sup>th</sup> April.</p>	<p>There will be a group Planning Meeting On site or by Zoom on <b>Tuesday 9<sup>th</sup>. April 1.30</b></p> <p>Being held at Langlee Community Centre, Galashiels. Open to all in the Borders who want to help those facing Parkinsons.</p> <p>Apply to Helen for your link to attend on Zoom <a href="mailto:helenjoy71@aol.com">mailto:helenjoy71@aol.com</a></p>

PRESURE REVISITED	RESEARCH CAN YOU PARTICIPATE
<p>Last year we gave out free Boots blood pressure monitors to encourage Parkinson's patients and their carers to keep watch over their hearts and circulation. There may be more available this year for newly diagnosed patients, and some still unclaimed from 2023.</p> <p>Simply contact Gordon our treasurer for a claim form to arrange collection from the BGH meeting. Feedback to us is important, please let us know how you find the results useful for health awareness, convenient use/fitting, accuracy etc.</p>	<p>Mike Ramsay visited our meeting in February to pass on the undernoted Information:</p> <p>Dr. Johnny Tam's NeuroCARE Study</p> <p>A digital health monitoring research Study looking for speech biomarkers in Parkinson's Disease.</p> <p>The study takes about 30 – 40 mins.to complete and, as he describes in the presentation, involves reading aloud some text (that they provide) while they record the voice.</p> <p>Here is the email contact for the study <a href="mailto:neurocareapp@ed.ac.uk">neurocareapp@ed.ac.uk</a> Videos available on you tube.</p>

Caroline Graham-Campbell is helping to organise a talk at Duns Castle on 8th May by an inspirational Parkinson's campaigner, Guy Deacon. He completed an epic solo trip across Africa in aid of Parkinson's research and has now written a book called Running on Empty. Guy will be coming to Duns to talk about the book in conversation with writer and historian Alistair Moffat and there will be a chance to ask questions, buy the book and donate to Guy's chosen Parkinson's charities (including Parkinson's UK) on the night.

If anyone is interested in going along here is the link to book tickets : [www.eventbrite.co.uk/e/running-on-empty-guy-deacon-in-conversation-with-alistair-moffat-tickets-850879542617?aff=ebdssbdestsearch](http://www.eventbrite.co.uk/e/running-on-empty-guy-deacon-in-conversation-with-alistair-moffat-tickets-850879542617?aff=ebdssbdestsearch). More information about Guy, his extraordinary adventure and forthcoming documentary may be found at [www.guydeacon.co.uk](http://www.guydeacon.co.uk).

## 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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Email ([jeffilbr@sky.com](mailto: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](http://parkinsons.org.uk)  
Drop us a line at [hello@parkinsons.org.uk](mailto: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!*