

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

October 2024

**Written By
Group Members**

IT'S ALL CHANGE AT THE TOP

I know you're wondering why am writing in this newsletter as I said was stepping aside after 21 years, and last month was to be my last, well it wisnae! (I lied)

I thought, hell Gary ye never even telt everyone where you were going. I am still going to be in the group, so it's more a muckle big step back, than stepping aside. Re newsletters, can I thank Jennifer for all the work she has done unseen keeping oor web site up to date. She has got almost all of the previous newsletters on the website. It's worth a read. There are some belters in the archives. Jennifer might even get the newsletter summary on time now. Keeping to the deadline isnae Gary's Forte!

Now can I introduce you to who is replacing me at the helm doing the newsletter, we have Harry Thomson from Tweedbank and Robert Mathison from Newsted. So, all that is left for me to say is enjoy your read, an it's over to you Harry & Robert!

Gary H

Thanks, Gary, for the introduction of Harry and Robert. Also thank you Gary for your dedication and amazing work you have done for Borders Parky Group.

I am Robert Mathison from Newstead, Melrose I have had Parkinson's since 2017, and I hope that both Harry, and I can continue to support the group to the best of our ability.

I am Harry Thomson from Tweedbank, Galashiels. As from today Borders Parkinson Group Facebook Page is up and running. Thank you to John Lamont for joining us at our evening meeting in September.

We are at present trying to setup a "CUPPA-ANA-CHAT" in Kelso.

We are hoping to take a table at the BGH so looking for the bakers among you. Cakes, traybakes, jams, etc.

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 28 October –

2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

Yoga Classes

Old Gala House, Galashiels
[Contact Jen Knox - 07458088531](mailto:Jen.Knox@bordersparkys.org.uk)

Every Monday – 11.30am – 12.30pm

Pilates: Teviotdale Leisure Centre
Entry in class by donation to MS

Every Tuesday – 1.15pm – 2.00pm

& 2.30pm – 3.30pm

Circuit Classes

Tweedbank, Galashiels
[£4.50 Per Class](#)

Wednesday – 11.00am – 1.00pm

Weatherspoon's, Galashiels

Cuppa ana Chat

2nd Wednesday of the month

Wednesday – 6.30pm – 8.00pm

Parky's Buddies Food & Coffee last

Wednesday of the month

Call Gary 07906 527 682.

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 Other Thursday –

(2nd and 4th)

1.30pm – 3.00pm

Pickle Ball and Other Games

Langlee Community Centre

Space available for other

[Free](#)

COMING UP...

Borders Parky's What's On Monday 28th October, BGH Chaplaincy 2pm-4pm FILM Dancing by the Tweed.

We are excited as this is a first for group, last year Dancing with Parkinsons moved outdoors to dance and sing by the Tweed in Peebles. They then wanted to do a documentary about the dancing by the Tweed. So, on 28th of October in the chaplaincy at 2.15 they are going to give us its first showing. Everyone is welcome. The documentary lasts for 12 minutes. Maybe see you there.

Crafts4U Walkerburn 2024 Craft Show 11am-3pm 26th October

Memorial Hall, Innerleithen, EH44 6HX
Free entry and refreshments to an exhibition of our work, including a memories quilt made using the new Borders Tartan*

Tickets on sale for this year's raffle quilt, 50% goes to Borders Parkinson's Support Group

Sales tables – buy your Christmas gifts from a great selection of handmade items



*Enabled by funding from Remembering Together: the Scottish Borders is a Two Destination Language project commissions by greenspace Scotland with funding from Scottish Government

YOUNGER PARKINSON'S INFORMATION EVENT

PANTOMINE TIME AGAIN –
Tuesday 26th November

AND

CHRISTMAS LUNCH –
Sunday December 1st at
Buccleuch Arms. St. Boswells
Names to Harry on 07778 278
711 borderspg@gmail.com

PARKINSON'S NEW TEAM MEMBERS

Natalie Blair is our new
Local Adviser.

David Goldthorpe our
Benefits and Employment
Adviser.

Call free: 0808 8000303.

We are awaiting
confirmation for Natalie to
visit us. So, prepare your
questions on benefits,
grants, employment, carers,
too many to mention.

They are the experts.

AUTUMN BGH MEETING OCTOBER

Calling all affected in any way by
Parkinson's, friends and
interested folk especially in the
east side of the Borders.

Get along to:

Coldingham Village Hall
CUPPA-ANA-CHAT
Every 1st Tuesday of the month
Drop in anytime between 1 pm
and 3pm. Contact Catherine on
07985 215 996

Wetherspoon's, Galashiels
CUPPA-ANA-CHAT
Every 2ND Wednesday of the
month 11am – 1pm

PARKYS BUDDIES
Food & Coffee 4th Wednesday of
the month 6:30-8 pm
Call Harry 07778 278 711

PICKLE BALL

See What's on Guide

Pickle Ball is a paddle sport
that combines elements of
tennis, badminton, and Ping-
Pong
Improves eye-to-hand co-
ordination and is beneficial to
many Parkinson's players.

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!*