

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

September 2024

**Written By
Group Members**

BACK AFTER OURSUMMER BREAK, 'WHIT DAE YE MEAN WHIT SUMMER?

Greetings everyone, we're back!! Welcome to your September Newsletter with all the info on what's on, what's been on an what's going on now. So, as we always say get the kettle on and enjoy yer newsletter.

August saw us taking a trip to Midlem, Braidwood at the Bisley, the Clay Pigeon shooting place where we had booked the simulator for an afternoon of target shooting and some lunch. A good time was had by all as everyone showed their competitive side. A tense final saw husband an wife Gary an Catherine Carr fight it out for the 'Parky Pen.' First place an winner oa the Parky Pen was Gary Carr from Eyemouth. Safe to say everyone had a right guid day. A big Thank you goes to Anne for sorting the day for us all to enjoy.

The next meeting in the Chaplaincy will be on Monday 30th September 2-4, we advise that if you can get there early so as you getta seat as we welcome back the Dancing for Parky crew, as they give you a taster of what goes on at the Eastgate Theatre every Thursday in Peebles.

Re Chaplaincy We are looking for volunteers to help with the tea/coffees at the Monday meetings. If you want to volunteer give your name to Gary at the Monday meeting.



We are now taking names for the panto 2024. We have 20 tickets for the panto, also included is fish and chips at the Juniper Lea. And we supply the transport too. All costs are covered, so the day is free!! To get your name down for this trip call, 07922093197 if we have too many names for the trip, we will put names in a hat an hae a lucky draw! The date? Tuesday 26th November, the afternoon show, Guid Luck!

The last bit oa gossip I have for you all is to inform you that Gary is going to retire or step aside, so the group will be looking for a new chair. This has not been an easy decision to make, but for me personally it is the right one having done this for 21 years that's 21 years oa newsletters, how many? I don't know but what I do know is Ruth Walker has made mair cards than I have written newsletters!! It's been fun writing the newsletters, it wouldnae have been possible without the help I get from the team, they actually do more than me, thank you Jennifer for all the hard work so you all get yer newsletter, Anne thanks to you, also Gordon an Helen at the treasury.

It's been a hoot..... Gary

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 30 September –
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

PickleBall and Other Games

Langlee Community Centre

Space available for other

[Free](#)

COMING UP...

Ability Borders information Day Newtown St. Boswells Community Wing Thursday 3rd. October. 10.30am – 2.30pm

A range of stands from both local and national organisations giving advice on care in the community, benefits, health and our own stand where we will hold information of interest to anyone interested in Parkinson's. Tea, coffee etc. available.

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.

**CHRISTMAS LUNCH- Sun. Dec. 1st
at Buccleuch Arms. St. Boswells
Names to ANNE**

**Email or telephone Anne, anne_chisholm@euroagri.net
07922 093 197**

A reply will be sent, if you don't get a reply, call again.

YOUNGER PARKINSON'S INFORMATION EVENT

(people of working age ie: up to 66) and those closest to them.
Apex City Quay Hotel. **Dundee**
11am, 5th October Admission is free

Register to attend –
prksn.uk/4cQWeBw
This day-long event has been designed by the Younger Parkinson's Working Group Specifically for people with Parkinson's and those closest to them.

There'll be information on research, physical activity, benefits, employment, NHS services, sources of support, as well as hints and tips from people living with Parkinson's about how they live well with the condition.

MS SOCIETY RUNS A PILATES CLASS

11.30-12.30 at Teviotdale Leisure Centre Hawick every Monday. Donation to MS when entering the class. On the 2nd Monday of the month, join. The above group in the café for a friendly chat ana cuppa. – on the house.

COLDINGHAM CUPPA-ANA-CHAT

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 2nd Tuesday of the month Drop in anytime between 1 pm and 3 pm
Contact Gary/Catherine on 07985 215 996

Teviotdale Leisure Centre Hawick, CUPPA-ANA-CHAT

Every 2nd Monday of the month, Starting in September 11-30 to 1.30. All Parkinson's patients and support, Welcome. Call Anne 01450 377338 if you wish to discuss transport.

DONATIONS

SGT (retired) Gary Carr and 20 veterans of the Falklands conflict cycled from Lands' End to John on Groats in June. Money was raised and shared between Parkinson's UK and Veterans charities.



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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!