

WORLD PARKINSON'S DAY



I just wanted to let everyone know that the Borders Parkinsons support group had a table at the Borders General Hospital on Friday 11th.

It was a very successful day and we have raised in excess of £700 for the Borders Parkinsons support group. A great effort from all members who gave up their precious time to support World Parkinsons Day.



NHS MEETING

I attended an online follow-up to our January meeting with the NHS Borders Board to discuss the outcome regarding the facilitation of a new Parkinson's Nurse.

Myself, Mary Elmers, and Tanith Muller from Parkinson's UK attended the meeting and put forward the proposals from January, about getting the funding for an additional nurse in order to assist and train with Jill Anderson, who at present is only available 3 days a week

We feel that it would be beneficial for Jill to mentor this new nurse due to increasing workload.

The Health Board at present are conducting a personnel review. When this is completed a copy will be sent to Parkinson's UK for review, and to organise a consultation and feedback session.

Should anyone have a spare half-million pound around, we would welcome a donation in order to help facilitate this. Check down the backs of your sofas!

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Chaplaincy Monday Meeting

Last Monday of the Month

2pm - 4pm

Chaplaincy Centre, BGH

Coldingham Village Hall

CUPPA-ANA-CHAT

Every 1st Tuesday of the month

1pm - 3pm

Contact Catherine on 07985 215 996

Wetherspoon's, Galashiels

CUPPA-ANA-CHAT

Every 2nd Wednesday of the month

11am-1pm

AND

Every 4th Wednesday

6pm-8pm

Contact Harry 07778 278 711

Abby Row Community Centre, Kelso

CUPPA-ANA-CHAT

Every 3rd Thursday

Between 1:30pm and 3pm.

Contact Harry 07778 278 711

Every Thursday -11.30am - 1.00pm

Dance For Parkinson's

Eastgate Theatre, Peebles

£8 For Parky's & Partner includes A Cuppa.

DISCLAIMER

Though we try to get all information correct, sometimes we get it wrong. We apologise if anything is incorrect, and thank you for your help.

If you no longer wish to receive the newsletter, please reach out to 07778 278 711 via text message. We'll be sorry to see you go.

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 Harry Thomson or Robert Mathison
Phone 07778 278 711

Thanks	Scottish Ballet Health	More Information
<p>Angela Cook has donated £2,000 to The Borders Parkinson's Support Group.</p> <p>Angela raised the donations by holding coffee mornings at Morbattle Village.</p>  <p>Catherine Carr, on behalf of Borders Parkinson's Support Group, accepted a donation of £510 from Judith Windram, on behalf of her husband Dave, who was a sufferer of Parkinson's. Despite this, Dave lived a full and happy life.</p>	<p>Online Dance for Parkinson's Class</p> <p>If you're living with Parkinson's and looking for a way to improve your movement, boost your mood and connect with others, why not try our weekly online Dance for Parkinson's classes? Don't just take our word for it: health professionals are increasingly recognising the benefits of dance for its unique ability to boost the quality of life for individuals living with neurological conditions. No dance experience is necessary!</p> <p>Tuesdays, 1.30 - 3pm (29 April to 24 June 2025)</p> <ul style="list-style-type: none"> • Accessible: Our fully trained instructors guide you through gentle and adaptable movement tailored to your needs. We focus on improving balance, coordination and fluidity of movement, while having fun. • Connection: You'll be part of a warm and supportive community. Connect with others and feel the power of moving together. • Uplifting Music: Beautiful live music creates an energising atmosphere, naturally inspiring movement. • Convenience: Participate from the comfort of your own home - no travel needed! <p>Full technical support via telephone is available.</p> <p>Ready to take the first step? Email dancehealth@scottishballet.co.uk or call Jo on 07731 692 967 to book a free trial session (normally £4.50)</p>	<p>For information and support related to Parkinson's disease, you can contact the Parkinson's UK Helpline at 0808 800 0303.</p> <p>Free and confidential Parkinson's information and support helpline.</p> <p>Open Monday to Friday, 9am to 6pm and Saturday, 10am to 1pm.</p> <p>Text relay: 18001 0808 800 0303</p> <p>Email: hello@parkinsons.org.uk Website: www.parkinsons.org.uk</p> <h3>Hints & Tips</h3> <p>One of our members in the Borders is trialling a robot glove to assist in picking things up in everyday mobility. We look forward to seeing how this goes.</p>  <p>AIR PUMP MOTOR Powerful performance This device is equipped with an air pump motor, stable operation and strong power</p> <p>Split-finger training is also available Single, double, multiple, or paired fingers can be selected to open or close as desired. Valve practice</p> <p>开 ON 关 OFF</p> <p>/ Single Finger / Two fingers / Three fingers / Multi-finger / All Fingers</p>
<p>The Galashiels Cuppa-anachat at Wetherspoons has moved to Kingknowes Hotel due to privacy issues. We had our first meeting there on Wednesday 9th and our evening meeting will be there on 23rd April at 6pm.</p> <p>As this is a hotel, there will be a charge for the service, so donations would be welcome.</p> <p>As parking is a great concern at the BGH, and there is ample parking available at Kingknowes, and wheelchair access is available, we are considering moving the Chaplaincy meetings there as well, pending our current trial. What does everyone think?</p>		