

OUR NEWS

**Scottish Borders
Support Group**
www.bordersparkys.org.uk

February 2025

**Written By
Group Members**

Happy Birthday

The group celebrates its 25th birthday. It was started in the end of January 2000 by Gary Hattie, so Happy Birthday to us!



Some blasts from the past. For more pictures on old events see the website!

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 24 February –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

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

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 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

**The time for Cuppa Ana Chat
in Kelso is every 3rd Thursday
from 1:30-3:00. Is there any
time that would suit better for
more people to attend?**

COMING UP...

World Parkinsons day is on Friday 11th April 2025. We have a table booked at the BGH. So come all you bakers out there as we need cakes, tray bakes, etc, and some volunteers on the day to help out. If you can help, please contact Harry on 07778 278 711.

A big thank you to the family and friends of Ruby McKinnes for a donation of £300 to Parkinsons Research.

We'd also like to thank Nikki, and the customers of Nikki's bar, for the donation of £55 that has been collected for us over the year.

JANUARYS MEETING	THINGS TO LOOK OUT FOR
<p>We were joined by Mary Ellmers, Tanith Muller, Mairi Gordon, and Natalie Blair from Parkinsons UK, as well as Christine Grahame MSP, to discuss the lack of support for a Parkinsons nurse, as the hours of a Parkinsons nurse have not been maintained.</p> <p>Following the meeting, Christine Graham has brought up these concerns to the Minister for Public Health, Jenny Minto MSP.</p> <p>Jenny has offered to visit the group and is hoping to join us in one of our future meetings. This is probably good news in terms of letting the board know that this is being taken seriously. Jenny has been given the dates for our next 3 meetings, so watch this space.</p>	<p>Parkinsons UK Scotland are looking to setup a Remote + Rural Café. This is for people who live in remote/rural areas and are unable to attend meetings in person. It starts on Tuesday 18th Feb. If you are interested, then please contact Lynsey Taylor at either ltaylor@parkinsons.org.uk or call on 07815 610129 to get the link.</p> <p>Our next meeting I have the pleasure to introduce Elaine Jervis who I have gotten to know quite well over the past 3 years. Elaine is a yoga instructor, and she is going to talk about the benefits of chair yoga for people with Parkinsons. I attend her chair yoga class as Old Gala House in Galashiels. This has helped me with my balance, which has been my main Parkinsons characteristic, so look forward to seeing you on the 24th for a chair yoga taster session.</p>

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 Harry Thomson or Robert Mathison

Phone 07778278711 or

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!