

OUR NEWS

**Scottish Borders
Support Group**

www.bordersparkys.org.uk

January 2024

**Written By
Group Members**

A GUID NEW YEAR TO YOU ALL

Happy New Year to everyone, we hope you had a great Christmas.

We had our Christmas lunch at the Buccleuch Hotel in St. Boswells. We'd like to thank everyone for attending the meeting and Christmas lunch. We hope you all enjoyed meeting up before Christmas.

Jill Anderson was meant to be the main host, unfortunately she texted at 11.30am to say her son had taken ill and was having to go to Edinburgh. So, a big thank you to Helen who had the hard task of taking over and under the circumstances she did very well. Also, thanks to Andrew Kerr for organising the raffle.

After the meal there was a presentation to Gary Hattie for all the work he has done for the Borders Parkinsons Support Group.

Gary is taking a step back from organising meetings, but he is not leaving altogether as he will still be attending meetings and available to give advice when needed.



BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 27 January –
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

COMING UP...

The support group who attends the Wetherspoons meetings asked John Lamont MP to come along for a visit. He was very receptive to what we had to say and asked what he could do to help. We told him to get as much recognition as possible for Parkinson's. To our surprise John Lamont stood up in Parliament and congratulated the Borders Parkies Support Group for all we do in the Borders.



PARKINSON'S DAY 11TH APRIL.

We will have a table at the BGH. We're looking for volunteers to bake cakes, buns, tablet & traybake, etc, and also volunteers to run the stall on the day.

Any donations to sell in order to raise funds would be welcome.

If you can help, please contact Harry on 07778 278 711.



BGH MEETING

Our January Meeting at the BGH will have Alice Hall (Volunteer Co-Ordinator), Mary Elmers (Service Improvement Manager) and Tanith Muller (Policy and Campaign Manager) all from Parkinson's Scotland.

Please can you think of any questions you have regarding support or anything else Parkinson's Related to ask them.



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!