

The newsletter is being done mainly by myself (Harry) this month, as Rob has some family commitments to deal with. As you may notice, we have changed the layout slightly.

Our Monday meeting on 10th March had a good turnout. Alice was down to help and advise, so many thanks.

Our first discussion was in regard to the newsletter, whether to remain monthly (we currently do 9 a year, as we have no newsletter during the summer). Is this preferred, or should we lower the frequency?

The Panto trip has been booked for January 5th, 2026.

It will be Jack and the Beanstalk. Pickup will be 11:15 at Tweedbank. Lunch will be Fish & Chips at Juniper Lea. If you require an alternative, this can be arranged, such as burger and chips.

Owing to inflation, and to be more inclusive, the cost for this will be £10. This will be towards the bus, meal, and tickets. Please contact Harry on 07778 278 711.

This is the new font and layout going forward, if you have any feedback, please let us know.

Our meeting in March I have the pleasure to introduce Donald Francis who owns and runs Tweed Chiropractic in both Galashiels and Hawick.

I have known Donald for nearly 5 years. I first went to see him in their old premises in Gala Park, at that time I had to use my 4-wheel walker. I still see him every two weeks and very rarely have to even use my stick. Chiropractic may not be for everyone but it works for me.
- An update from Robert

This is the bear for our table at the BGH for World Parkinson's Day (11th April). Come along and see if you can guess his date of birth – and enjoy some traybake while you're at it.



Barnaby Bear

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

The next meeting of the Coldingham chat group is an outing to visit the Trishaws in Eyemouth.

Gary Carr is now a trained trishaw pilot.

The trishaws enable those with physical disabilities to get out and about in the local area.

Please meet at the Cycle Shack in Eyemouth (opposite the library) at 1pm Tuesday 1st April.

Mays meeting is back in Coldingham Village Hall. 6th May 1pm.

Border Link group have raised £75 for SB group. Kelly Ann is one of their members and she said the group gave a lot of support to her grandma.

Catherine is going to collect this donation on Thursday 20th March.

Thanks to Timmy Trench from Unite Union for their £1,000 donation.



Presentation to Rob from Unite Union

Thanking You All

Well, I have been trying to get these few words out but kept missing the cut-off time for newsletter (sounds familiar!!). so can I thank you all for the send off I got from everyone. This was totally unexpected, and the flowers Hilary received were bonnie. Worked wonders on ma hayfever! Seriously though thank you all very much although ahll be back furra cuppa ana chat soon, if they let me through the door at the Chaplancy or is it Chaplaincy Jennifer? I will be thinking about you all the next time I decide to jump oot oa a plane.

Loadsa love

- GaryH x

Our thanks go out to the Sheriffs Court Tearoom and to Borderlinks for their kind donations.



A photo of Nikki and her son from Nikki's bar presenting a donation

More Information

For information and support related to Parkinsons disease, you can contact the Parkinson's UK Helpline at 0808 800 0303.

Free and confidential Parkinson's information and support helpline.

Open Monday to Friday, 9am to 6pm and Saturday, 10am to 1pm.

Text relay: 18001 0808 800 0303

Email: hello@parkinsons.org.uk

Website: www.parkinsons.org.uk

Treat of the Week

Malteser Tray Bake
24 Servings

You will need:

100g (4 oz) margarine
3 tbsp syrup
150g (5oz) cooking chocolate
225g (8oz) digestive biscuits, crushed
225g (8oz) Maltesers, cut in halves
400g (14oz) white or milk cooking chocolate

Melt the margarine, syrup and cooking chocolate, then add the biscuit and Maltesers. Mix well and spread over a Swiss roll tin. Cover either with melted white or milk cooking chocolate. When all has set, cut into squares.

It's that time of the year to start gardening. The sun comes out and you feel the urge to do something – don't doas I did, bend over to pick up something and land in the flower bed.

- Harry