

# OUR NEWS

**Scottish Borders Branch**

[www.bordersparkys.org.uk](http://www.bordersparkys.org.uk)

**March 2017**

**Written By  
Gary Hattie**

HI DE HI CAMPERS	HAWICK MEETING	BORDERS PARKY'S WHAT'S ON GUIDE DIARY DATES
<p>Well many thanks for all who attended last month's Monday meeting, it appeared it was gonnae be a low attendance, but once everyone got parked up in BGH whacky races we had a busy wee chaplaincy. Even better was seeing a few faces of folk who have been going through a rather tough time of late, thanks for coming along. It's always great to hear Bob doing his relaxation session, remember folks tae do yer diagram dia fr dyeaph, just mind an breath properly!!! Thanks to Bob for taking the time it was MAGIC!!!</p> <p>Well you might see Gary's car Noodles in some strange places over the next month as he compiles the question for the April Quiz, yup it's the Borders Quiz, Gary will be out wi his trusty camera taking photos for the 'Gordon Melrose Parky Brain oa the Borders Cup.' The cup is away getting engraved at the moment, when it was dropped off with the Trophy guy in Gala he turned around an says, 'Well was it them again?' 'Aye, 'was the reply, 'the Three Bloomin Amigos!' So, can anyone knock them of their winning streak, please.</p> <p>In the Newsletter, this month you will read we are looking for volunteers to help with any of our tables for awareness week, for Tesco's Gala for Sat/Sun and BGH Mon/Tues, dates and details inside if you could help it will be great. It always sounds boring but the feeling you get when you speak to a parky who never knew the group exists, or hadnae spoke to anyone about their parky before is pretty damn guid.</p> <p>Oh, hey is that the kettle bilin'? You go off an make yer cuppa an ah'll see you back here in a few minutes.</p>	<p>So, there was Gary sitting in spoons Hawick for the cuppa ana chat meeting, where is everybody? Nobody was to be seen, there's Gary going through his diary, newsletter and meetings leaflet def the right day and date, then in walks Jill, phew! So, ah didnae get the date wrong, as Helen B would say Gary thought there was a technical blip!</p> <p>So, we started the meeting with the twa oa us. Meanwhile on the other side of the toon! in Frank Scott Court the rest oa the Hawick group were sitting having their coffee and bikkys saying wonder where Gary an Jill are its no like them to miss the meeting? Back at spoons, it's no like nobody to turn up? This is really weird. So, in the end Gary an Jill closed the meeting an went hame!!</p> <p>So, due to a slight communication break doon Hawick cuppa ana chat group will now meet in Frank Scott Court on last Wednesday oa the month got that Gary? So, that will be <b>Wednesday 29<sup>th</sup> March from 2-4</b></p> <p>We'll see you there.... We hope!</p>	<p><b>Friday 24<sup>th</sup> March – 1pm - 3pm</b> Newcastleon Cuppa Ana Chat, Health Centre, Newcastleon</p> <p><b>Monday 27<sup>th</sup> March – 2pm - 4pm</b> Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><b>Wednesday 29<sup>th</sup> March – 2pm - 4pm</b> Hawick Cuppa Ana Chat, <b>Frank Scott Court, Hawick</b> (Got that Gary)</p> <p><b>Saturday 8<sup>th</sup> &amp; Sunday 9<sup>th</sup> April – 10am - 4pm</b> Tesco Galashiels, Information Table.</p> <p><b>Monday 10<sup>th</sup> &amp; Tuesday 11<sup>th</sup> April – 10am - 4pm</b> BGH Melrose, Home baking and craft stall.</p> <p><b>Tuesday 11<sup>th</sup> April – 6.30pm - 8pm</b> Young Parky Buddies Meeting, Wetherspoons, Galashiels</p> <p><b>Thursday 20<sup>th</sup> April – 10am - 12pm</b> Peebles Cuppa Ana Chat, Community Centre, Peebles</p> <p><b>Friday 21<sup>st</sup> April – 1pm - 3pm</b> Newcastleon Cuppa Ana Chat, Health Centre, Newcastleon</p> <p><b>Monday 24<sup>th</sup> April – 2pm - 4pm</b> Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><b>Wednesday 26<sup>th</sup> April – 2pm - 4pm</b> Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p>

# COMING UP...

## CHAPLANCEY CENTRE MEETING 2-4pm MONDAY 27TH MARCH

Well miss this meeting if you dare, coming to chat to us this month is Tanith Muller Parliamentary and Campaigns Manager Scotland. Come along and meet Tanith hear what is going on at Scottish Parliament for Parky's and listen to see if you might be able to help her at all. Also, hopefully Jill might make it we hope, and Aileen will be there offering head massages, also cuppa ana chat. Haven't been to a meeting before? Now's your chance  
..... hope to see you there.

## PERSONAL INDEPENDENCE PAYMENT (PIP)

These forms are starting to drop through oor letterboxes here in the Scottish Borders. One look at the application forms is very scary, but just remember we have got Helen Byars oor Parkinson's local advisor there to help us with advice to help you fill out your form.

Helen can be got at 0344 225 3689 or email [adviser4.scotland@parkinsons.org.uk](mailto:adviser4.scotland@parkinsons.org.uk)

## AWARENESS WEEK 2017

We are looking for volunteers for oor information table this year, the dates we have are as follows, unfortunately we got our 2<sup>nd</sup> set of dates we put on our application.....  
Tesco Galashiels Saturday 8<sup>th</sup> April 10-4  
Tesco Galashiels Sunday 9<sup>th</sup> April 10-4  
Then next 2 days we are selling Home baking at BGH at bottom of stairs,  
BGH Monday 10<sup>th</sup> April 10-4  
BGH Tuesday 11<sup>th</sup> April 10-4  
So, if you can spare even a couple hours at any of the above dates can you get in touch with Gary in the usual ways phone 01750 22588 mobile text 07906 527 682 email [garyhattie1@gmail.com](mailto:garyhattie1@gmail.com).  
Also, Gary is wondering if anyone can give him a loan of a pasting table to use at Tesco for Sat/Sun gig, if you can lend him one for two days please get in touch with him.  
Oh aye, also if you have any home baking we can sell on Mon/Tues at the BGH it would be great if you could drop it in on any of the two days above. If you can let Gary ken, you'll be dropping baking off that would be great.  
Thank You Thank You and Thank You again in advance for your support

## SCOCHA GIG SCOCHA GIG SCOCHA GIG SCOCHA GIG SCOCHA GIG SCOCHA GIG SCOCHA GIG SCOCHA GIG

Tickets are selling fast so make sure you dinnae lose out on what will be a crackin night to end Awareness Week.  
That's Saturday 15<sup>th</sup> April 7.00 pm for 7.30 start. There will be a bar on the night supplied by Nicki's, and a raffle donations gratefully accepted.

Tickets priced £15 are on sale at **Guess What** Channel Street Galashiels across from old post office, **Colin Turnbells Cobbler** High Street Selkirk, **Sister Boland** Day Hospital, and online at **borderevents.com**.

Don't miss out get yer ticket sharpish like for what will be a TEESH night!!

## CAN YOU HELP

Gary is looking for a loan of a pasting table for Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> April to use as our information table at Tesco's if you can help can you get in touch with Gary via the usual methods. Thank you.

## 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

T 01750 22588, (07906527682)

E [garyhattie1@gmail.com](mailto:garyhattie1@gmail.com)  
[jeffilbr@sky.com](mailto:jeffilbr@sky.com) to recieve you newsletter by email.

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](http://parkinsons.org.uk)  
Drop us a line at [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

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