

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

October 2017

Written By
Gary Hattie

LET IT SNOW! LET IT SNOW! LET IT SNOW!!

Yup gotta right festive feelin' this month as we publish the menu fur wur Christmas Lunch 2017. See what tickles yer fancy an get yer order placed. Last month at the Chaplaincy meeting we had a full house with many new faces coming along to join us on the day, I've never seen the Chaplaincy so full in all ma years doing this so thank you everyone for turning up on the day. Am sure wur tea ladies werenae so chuffed, as the kitchen is proving a bit oa a tight squeeze these days!!! Hope everyone returns this month as we have the battle for the Gordon Melrose Parky Brain oa the Borders Cup!!

Anyway, that should be the kettle boiled, so sit back an enjoy this month's Parky Newsletter.

NEWCASTLETON/LANGHOLM SUPPORT GROUP

The New/Lang Support Group recently held a Coffee Morning with amazing results, the event raised an amazing £508! Absolutely fantastic here's a brief word from Anne Hardy about the event.

The Parkinson Group, thanks everyone who helped make the recent coffee morning a success. A total of £508 was raised, through monetary donations from various people, donations of raffle/tombola prizes from local businesses and individuals, and, of course, the wonderful baking that was contributed to the sales table and on the coffee tables too. Special thanks goes to all our helpers whom gave up their time to set-up, serve, man the tables and clear up; you are amazing! We hope the leaflets on the table were informative. The money will be sent to Parkinson UK and used in the areas of supplying Parkinson Disease Nurse Specialists and research. Many thanks again.

Newcastleton/Langholm Parkinson Group

CHRISTMAS LUNCH WEDNESDAY 13TH DECEMBER 2017

We have details of the menu for this year's Christmas Lunch are now available, remember we have funding put aside for this annual event so it doesnae cost a penny. Have a look at the menu and when you decide what you want, get in touch with Gary with your order. This year's menu is as follows:

STARTERS

Fruit Juice

Lightly Curried Cauliflower and Almond Soup
Coarse Game Terrine
Beetroot and Orange Cured Scottish Salmon

MAIN COURSE

Turkey Wi' All the Trimmings
Butternut Squash Gnokki, Tarragon and Basil
White Sauce
Seared Fillet of Sea Bream Spinach and
Parmesan Risotto

DESSERTS

Christmas Pudding
Sticky Toffee Pudding
Ice Cream

When you decide what you would like, get in touch with Gary by usual methods, call 01750 22588 (not at weekends if poss. Remember Gary's answer machine doesnae work, so just speak to him in person), txt or call 07906 527 682, email garyhattie1@gmail.com. Please avoid using pigeon post as we gotta lotta cats in the neighbourhood!!

Yo ho ho!

A recent study has said that 29% of pet owners sleep with their pets on the bed.

I tried it

My goldfish died!

BORDERS PARKY'S WHAT'S ON GUIDE

DIARY DATES

Thursday 19th October – 10am - 12pm
Peebles Cuppa Ana Chat, Community Centre, Peebles

Friday 20th October – 1pm - 3pm
Newcastleton Cuppa Ana Chat, Health Centre, Newcastleton

Wednesday 25th October – 2pm - 4pm
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick

Monday 30th October – 2pm - 4pm
Chaplaincy Monday Meeting, Chaplaincy Centre, BGH

GORDON MELROSE
PARKY BRAIN OF THE
BORDERS CUP, QUIZ.

Tuesday 14th November – 6.30pm - 8pm
Young Parky Buddies Meeting, Wetherspoons, Galashiels

Thursday 16th November – 10am - 12pm
Peebles Cuppa Ana Chat, Community Centre, Peebles

Friday 17th November – 1pm - 3pm
Newcastleton Cuppa Ana Chat, Health Centre, Newcastleton

Monday 27th November – 2pm - 4pm
Chaplaincy Monday Meeting, Chaplaincy Centre, BGH

Wednesday 29th November – 2pm - 4pm
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick



COMING UP...

IT'S A FULL HOOSE FOR THE PANTO, OH YES, IT IS!!!

Panto, Wednesday 6th December. Well that didnae take long to fill up neither it did!! Yup all seats for the panto have been accounted for.

But if you would like a chance of a seat due to cancellation get in touch with Gary and leave yer name on our first come first serve list and if we have any call offs you will be called up. Full details for the day will be out nearer the time.

CHRISTMAS QUILT

Crafts4U, Walkerburn is once again raffling a handmade Quilt for Parkinson's UK Borders Branch on 10 December in Innerleithen.

Please get in touch (with Jenni, 01896833883) if you could take some raffle tickets to sell around your area.

THREE OVERDUE THANKS AND APOLOGIES

Wan.....can we just take time out to say a big thank you to wur tea ladies at the chaplaincy who volunteer their services every month, to supply us all with teas and coffees at oor Monday Meetings, then ensure the kitchen is in pristine condition when we finish, thank you Margaret an co!!

Twa apologies and thanks go to Anne Hardy for taking control of the Newcastle Meetings. Due to the walking fitba schedule the meetings in Newcastle have moved from a Wednesday to a Friday, Gary cannae make a Friday but Anne has run the Newcastle group for us. And it is gratefully appreciated. Thank you, Anne,!!

Three apologies to all who attend Peebles group, unfortunately due to family commitments Gary has been unable to attend the Peebles Cuppa Ana Chat. I apologise fur ma absence! An I'd like to thank Co an John for ensuring the meetings carry on. Thank you Co And John.

MONDAY MEETING IN THE CHAPLAINCY

Well what a crowd turned out last month!! I've never seen the Chaplaincy Centre as full for ages!! It was also great to see so many new faces there. It seemed to be a long break this summer, so there was a lot of catching up to be done, with friends we hadnae seen all summer.

This month's meeting will be held on Monday 30th October, 2pm – 4pm, as everyone battles it out for the 'Gordon Melrose Parky Brain of the Borders Cup!' Will we see a new name on the Cup or will the Three Amigos regain their hold on the Cup, will Tony's Terrors retain the cup they won in April. Oh aye! /Minor detail but, can the member oa Tony's Terrors wi the cup bring it with them to the meeting!

As usual the October quiz will consist of 3 sections General Knowledge, Tv & Film, and a Music Section. So, get swatting coz it could be you!!

We would like to thank Richard Lyon for coming down to speak to the group about the alternative therapies he provides.

As ever Eileen Balfour will provide head massages and mindfulness for whoever requires it, our Parky Nurse Specialist Jill Anderson will be there providing she can get away from her Parky Clinics.

Teas/coffees and bikkies will be available also, so come along if you fancy, you will receive a warm welcome from everyone there.

GINA ALLAN

I have received an email from Gina Allan our volunteer co-ordinator, informing us of her decision to leave Parkinson's UK after 15 years. I do remember when Gina joined from her days with Citizens Advice Beur Beure Boor, CAB Edinburgh. I will be sad to see her go, she has been a great support to the branch most of it behind the scenes, but without that support the branch wouldn't be where it is today.



I bet it hasnae been an easy decision to make, as you make a lot of new friends and become very close with the people you work with, it becomes more than just a job.



I would like to wish Gina all the best in the future and thank her from the heart of ma bottom for all she has done for me as a Parky, and for the support she has given me in my days running the Young Group in Scotland And The Borders Branch. Thanks Gina, X

(Bureaux, Gary. - Ed.)

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
jeffilbr@sky.com to receive your 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
Drop us a line at

hello@parkinsons.org.uk

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