

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

September 2017

Written By

Gary Hattie

LONG HOT SUMMER IS OVER	MONDAY MEETINGS ARE BACK!!!
<p>Whit do ye mean ye've no put the kettle on yet?</p> <p>Well that's us back in action, it really seems to have been a long time since we all shut up shop as they say, for wur summer holz. Maybe no leave it as long next year, coz ah have fair missed you all!!! No honestly ah have. Hope you are all keeping well. We have a lot of newbies on our mailing list, so can we just say hello to you all. Hopefully if you are new to the group, you will be able to attend one of the meetings highlighted in yer Newsletter.....</p> <p>Am no gonnae say anything else coz there is so much tae chat aboot, so enjoy yer end of summer special newsletter.</p>	<p>Yup September sees the return oa oor Monday Meetings in the Chaplaincy Centre at the BGH these run on the last Monday of the month 2-4 unless something changes this? Basically, we meet last Monday of the month except when we're no! Am reading that back to masel an thinking it doesnae make sense, hopefully you understand whit am on about.</p> <p>The September meeting will be on Monday 25th where we welcome along Richard Lyon who deals in Complimentary Therapies, he has been working with someone who has had Parkinson's for 4 years he has been using a blend of Reiki, auricular acupuncture and hypnotherapy and wants to share his results.</p>
<p>SUMMER OUTING 2017</p> <p>Well everyone attending this trip to botanic gardens in Edinburgh will agree it wasn't the day we expected, Gary can only apologise for that. But you must admit we got a great tour of the Edinburgh by pass!! Unfortunately, the driver didnae ken the quickest way to the gardens, but he certainly knew the longest way Gary wonders if he had been trained at the Gordon smith skool oa map reading!!</p> <p>Not only has Gary been sacked as transport manageragain, but he has also been sacked from the job oa trip organiser!! Whit next??</p> <p>SITUATIONS VACANT</p> <p>The parky group are looking for a transport mgr. and event's organiser, anyone who feel they fit the bill Must be aff their heed!!!</p>	<p>Come along an judge for yersel what you think. Also, as if that wasnae enough! Jill Anderson our Specialist Nurse will join us clinics and appointments permitting, also Eileen Balfour will be joining us to give head massages to those who fancy it. Add to that tea an coffee an bikkies ana chat wi' friend's old an new..... What better reason do ye need for coming along!</p> <p>Hopefully see you there.</p>

BORDERS PARKY'S WHAT'S ON GUIDE

DIARY DATES

Tuesday 12th September – 6.30pm - 8pm
Young Parky Buddies Meeting,
Wetherspoons, Galashiels

Thursday 21st September – 10am - 12pm
Peebles Cuppa Ana Chat, Community
Centre, Peebles

Friday 22nd September – 1pm - 3pm
Newcastleton Cuppa Ana Chat, Health
Centre, Newcastleton

Monday 25th September – 2pm - 4pm
Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

TALK FROM COMPLIMENTARY
THERAPIST RICHARD LYONS

Wednesday 27th September – 2pm - 4pm
Hawick Cuppa Ana Chat, Frank Scott
Court, Hawick

Tuesday 10th October – 6.30pm - 8pm
Young Parky Buddies Meeting,
Wetherspoons, Galashiels

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

PARKY BRAIN OA THE BORDERS QUIZ
FOR THE GORDON MELROSE CUP

COMING UP...

THANK YOU FOR YOUR DONATION

Over the summer we received donations and would like to thank the following.....

NIGEL BARTON, SELKIRK

HELEN AND NORMAN DICKSON, HAWICK

BETTY PATERSON, GATTONSIDE

Many thanks to them for their donations to the group



CHRISTMAS DINNER 2017

Once again, the Buccleuch arms hotel will host our Christmas dinner, just wanted to give you the date for your diary we are not taking names yet and don't have a menu but just to let you get the date into yer diary, so you dinnae miss oor festive event which is always a chance for a guid catch up. Jing's nearly forgot to give you the date. This year's lunch will be on Wednesday 13th December!



SCOCHA FUND RAISING CONCERT

Gary was chuffed tae bits the other day to accept a cheque from SCOCHA to the value of £2707.59 the proceeds from the fund-raising concert held in Galashiels at the end of awareness week. Seen in the pic receiving the cheque is Gary along wi SCOCHA.



On behalf of everyone in the borders branch can we say a big thank you to the band and all their helpers also to our quiet parky nurse Jill Anderson for all the work she also put in to make the event the success it was just to let you know. You can catch SCOCHA in concert again in Selkirk this time on Friday 3rd November at the Victoria halls. Should be another teesh night.

FORE!!!!!!!!!!!!!!!!!!!!!!

Wednesday 16th august saw the Peebles group meeting furra bit oa food, this is becoming an annual event in the Peebles calendar, this year we got spoiled by the chef at the golf club. Once Gary lost the police car that was following him up an doon the side streets oa Peebles, (honest officer ah didnae see the roundabout!!) Everyone got tucked into their meal. Many thanks to co and john for organising the night, ah'll be back - if the traffic cops will let me out!

2017 PANTO DETAILS

Christmas is not too far away, so that must mean that its Panto Season. This year we have booked the panto for Wednesday 6th December 2017, the panto this year is Cinderella.



Unfortunately, our usual caterers for the day the Juniper Lee Inn is under new management, so food details are still to be finalised. What we can tell you is we are now taking names for this event. We have 30 tickets up for grabs and lines are now open, as always, we will take names on first come first serve basis with a cancellation reserve list so if you fancy a guid fun filled day on the run up to Christmas get in touch with Gary to reserve a space. Txt 07906 527 682, email garyhattie1@gmail.com call 01750 22588 please bear in in mind Gary's hoose phone doesnae take messages.

FIVE!!!!!!!!!!!!!!!!!!!!!!

At the Peebles meal Gary was handed a A4 sheet with some details on it. It gives me great joy to share with you all the fact that the recipe book which was for sale a year ago has been logged into the national library of Scotland, it is the first charity recipe book to be acknowledged in this way. Everyone involved with the project and end result should I hope be proud as punch! Well done and thank you! Also, can I say thank you to Jennifer for pursuing this accolade!

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
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E garyhattie1@gmail.com
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
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