

# OUR NEWS

Scottish Borders Branch

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

February 2018

Written By  
Gary Hattie

## AND WE'RE OFF

Yup that's another year of meetings up and running, an it's great to see everyone again as we hadnae had meetings since before Christmas, an Christmas doesnae half seem like a long time ago! It was great to see so many turn up for the A.G.M., to hear how we are doing as a group activity wise and financially.

Can I just in the newsletter repeat what was said at the A.G.M. and say many thanks to all the committee who give up their time to help the group tick and talk (aye ah've spelt that right!). They are Chair an Walkin' Fitba Specialist Alan Robertson, oor Treasurer an Financial Wizard Gordon Allan, the Newsletter Squad Jennifer Brown, an mum Mary. an oor dedicated Committee Members, in no particular order Margaret Shiel, Tony Taylor, Jill Anderson and Jim Drover. A big thank you too you all.

Well all the groups are now up and running even if we did have a coupla false starts in January due to the rather no so guid weather as the white stuff payed or is it paid, the Borders a visit. Full details of where and when the meetings are, can be found in the Diary Dates To Remember bit!

We hope this finds you all guid an also that you enjoy yer February read.

## MONDAY MEETING AT THE BGH

Well we got the year off to a flyer at the Chaplaincy Centre as members flocked to the Groups A.G.M. A big thank you to all who took the time to come along and listen to what the group has been up to in 2017 an oor plans for 2018.

Also attending the A.G.M., we had two new members of the Scottish Team of Parkinson's UK, firstly Claire Wilson the new Parkinson's Local Adviser for the Borders Area, next to say hi was Alice Hall the new Volunteer Coordinator, we wish Claire and Alice well in their new careers and look forward to working with them in the future.

This month's meeting will see us getting some relaxation time as we welcome 'Magic Bob' who is coming along to join us from his new base in East Lothian, with a relaxation and mindfulness session. Also, Eileen will be there offering head massages, get a cuppa ana bicky, also Jill Anderson will be there clinics permitting. All this will be happening on Monday 26<sup>th</sup> February 2pm – 4pm in the Chaplaincy Centre at the BGH.

Remember get yer thinking hats on for those eggs for the March Meeting, as we are looking for your entry for the 'Hard Boiled Egg Decorating Competition', get the wains or grandwains involved you can enter as many eggs as you want.

## BORDERS PARKY'S WHAT'S ON GUIDE

### DIARY DATES

**Monday 26<sup>th</sup> February – 2pm - 4pm**  
Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

*Relax with Magic Bob, Chill with Eileen,  
Chat with Jill*

**Wednesday 28<sup>th</sup> February – 2pm - 4pm**  
Hawick Cuppa Ana Chat, Frank Scott  
Court, Hawick

**Tuesday 13<sup>th</sup> March – 6.30pm - 8pm**  
Young Parky Buddies Meeting,  
Wetherspoons, Galashiels

**Wednesday 14<sup>th</sup> March – 2pm - 4pm**  
Kelso Cuppa Ana Chat, Seminar Room,  
Kelso Hospital. Kelso.

**Thursday 15<sup>th</sup> March – 10am - 12pm**  
Peebles Cuppa Ana Chat, Community  
Centre, Peebles

**Monday 19<sup>th</sup> March – 1pm - 3pm**  
Langholm Cuppa Ana Chat, Thomas  
Pope Hospital, Langholm

**Monday 26<sup>th</sup> March – 2pm - 4pm**  
Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

*Hard Boiled Egg Decorating Competition,  
Chill with Eileen, Chat with Jill*

**Wednesday 28<sup>th</sup> March – 2pm - 4pm**  
Hawick Cuppa Ana Chat, Frank Scott  
Court, Hawick



# COMING UP...

## LET'S SPRING FORWARD TO OUR MARCH MEETING

We just want you to have plenty of time to prepare, since the March meeting falls the Monday before Easter, we thought it would be nice to bring back the 'Hard Boiled Egg Decorating Competition'. This hasn't been done for a few years, but the aim is for you to paint a hardboiled egg any way at all, pattern, celebrity, the choice is yours. We will have a prize for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places, and Jill Anderson will be our judge, the judges' decision will be final!! You have got plenty of time to work on your egg, get the kids involved, family entry's will be accepted, so that's Monday 26<sup>th</sup> March for our 'Hard Boiled Egg Decorating Competition'. May the best egg win!!



## KELSO CUPPA ANA CHAT ARRIVES AT KELSO

Well it has taken a few years for the 'Cuppa ana Chat' meetings to get to Kelso, but by golly was it worth the wait it was so good to see everyone that turned up furra blether. As Ted and Gary sat nervously playing paper, scissors or stone in the Seminar room at the Kelso Community Hospital. They had nothing to be nervous about as quite a few folks ventured along furra cuppa. Thank You to all who took the time to come along. Contrary to what you may have read these meetings will be held on the **second** Wednesday off the month from 2pm - 4pm, in the Seminar Room at Kelso Community Hospital, and the March one will be held on Wednesday 14<sup>th</sup> ~~October~~, and everyone is welcome to pop along, if you can't get to meetings at the BGH and live in the Kelso area please come in and say hello, it is very informal honest! The Seminar Room is on floor one, it is easier if you take the lift. By the way Ted won!!

## YOUR COMMITTEE NEEDS YOU!

We are always looking for new committee members, and it is with open arms we welcome our newest member Jan Kennedy from Galashiels. A big thank you to Jan for coming forward and joining us. We are always looking for people on the committee and if you fancy joining us just speak to Gary, usually it involves attending 4 meetings a year which last about 2 hours each. Interested? Get in touch!!

*\* Very Funny Gary, ED*

## DING – DING! END OF ROUND 2!

With no meeting in January the second Tuesday of the month saw the Buddies meeting taking place in Wetherspoons in Galashiels, 6.30pm – 8pm ish, but you know what it's like once you buddies start chatting. It was great to see a couple new faces joining us at the first one of the year. Here's hoping we didn't scare ye aff an you pay us another visit.

## A WEE GROUP UPDATE FROM AROUND THE BORDERS

By the time you receive this newsletter our first 'Cuppa ana Chat' meeting in Langholm will have taken place, these meetings will be held at the Thomas Pope Hospital on the third Monday of the month from 1pm - 3pm, anyone needing more information can contact Rob Dunn on 07412 825 397. Thanks to Rob and Alan for taking care of things down there.

Ding – Ding! Round 2, shooting over to Peebles now, after the January meeting was cancelled due to the rather snowy weather, everything went as planned this month, and one of the attendees, Bill, told us about the success in America of Boxing as an activity which benefits Parkinson's and coordination. How the heck can getting seven bells knocked out of you, be good!!! Bill went on to explain it was more the training side of things. Sessions are up and running at the mo. in Peebles, and are held on a weekly basis, anyone looking for more details can get in touch wi Gary.

***'Allegedly it takes 52 sessions to perfect the Ali Shuffle!'***

## 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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Free\* confidential helpline **0800 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.

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