

# OUR NEWS

**Scottish Borders Branch**

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

**March 2018**

**Written By  
Gary Hattie**

## WHIT'S A' THIS WHITE STUFF?

Well I did ask at the start of winter if I could get some snow fur the grand bairns, I don't think ah'll ask again, as maw Broon wid say, 'Jings crivens an help ma boab!'

Seriously though we hope you coped well with the bad weather, and are keeping warm or toastie, a word that has been used quite a lot in the past month. The grand wains got fed up building a snow man a day and headed for more adventurous snow sculptures, such as, this one below, 2 feet of snow!!!!!!!



One of our goals here is to provide support for you all in various and yes sometimes unusual ways, we thought,

'How can we help you out with this month's newsletter? Can we help you through this cold spell?'

So, once you've read the newsletter we suggest you crumple it up and throw it in the fire,

**'Whit dae you mean you always do that anyway!! Just make sure you've read it first!'**

This month's newsletter contains information about all the meetings taking place right across the Borders, National Parkinson's Day, the 'Stitch in Time Saves Nine Award', Gary presented out to someone at this month's Peebles meet, our shout out for the hame baking sale at BGH, and much much more so please sit back, relax and enjoy yer March Newsletter.....

## CUPPA-ANA-CHAT MEETINGS UPDATE

These meetings are proving to be quite popular, with good attendances at the 2 new cuppa-ana-chats in Kelso and Langholm. Alan an Rob reported double figures from Langholm as did ted in Kelso.

Unfortunately, we had to cancel the session in Hawick due to the snow oor apologies. Peebles can relate to Hawick's disappointment as their January meet was cancelled but they were back with a vengeance the next month showing us how valuable these groups are. With that in mind we would like to take the time, to thank everyone for attending these meetings and those who give up their time to help with teas an coffees and stuff. Without the help of volunteers, we would never be able to provide this form of support which people living with Parkinson's get so much from.

Meanwhile the buddies (younger members) meeting in Galashiels proved to be such a good night that some were still blethering at 8.45!!! It's always good to pick up tips at these meetings. And the one thing we all learned that night was, when shopping in Aldi, no matter how tempting dinnae start poking yer fingers in the trollies!! Thanks Elizabeth.

It is always worthwhile taking the time to remind ourselves it is not the numbers that count but the quality, sometimes when numbers attending meetings are low it gives you time to have a one on one with someone, be it parky to parky, carer to carer. Than a room full of people. It is always good to remember how you felt when someone came and spoke to you for the first time, remember its quality not quantity. You can find times of this month's meetings in the diary slot.

## KELSO APOLOGY

We would like to apologise, yes, we do pat oorselves on the back at the success of the cuppa-ana-chat. But sometimes things don't go as smoothly as we like. At last month's meeting in the Kelso community hospital, we had to watch someone turn around and go home as they couldn't get into the meeting as the 3 steps outside the room made it inaccessible. We are looking into the situation but feel until it has been resolved, meetings will continue in the seminar room at the Kelso community hospital. Once again, we apologise.

## BORDERS PARKY'S WHAT'S ON GUIDE

### DIARY DATES

#### **Monday 26<sup>th</sup> March – 2pm - 4pm**

Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

EASTER COMPETITION JUDGED BY JILL ANDERSON, HEAD  
MESSAGE COURTESY OF EILEEN BALFOUR, CUPPA AND  
BISCUITS ANA CHAT.

#### **Wednesday 28<sup>th</sup> March – 2pm - 4pm**

Hawick Cuppa Ana Chat, Frank Scott  
Court, Hawick

#### **Tuesday 10<sup>th</sup> April – 6.30pm - 8pm**

Young Parky Buddies Meeting,  
Wetherspoons, Galashiels

#### **Wednesday 11<sup>th</sup> April – 2pm - 4pm**

Kelso Cuppa Ana Chat, Seminar Room,  
Kelso Hospital. Kelso.

#### **Monday 16<sup>th</sup> April – 1pm - 3pm**

Langholm Cuppa Ana Chat, Thomas  
Pope Hospital, Langholm

#### **Thursday 19<sup>th</sup> April – 10am - 12pm**

Peebles Cuppa Ana Chat, Community  
Centre, Peebles

#### **Wednesday 25<sup>th</sup> April – 2pm - 4pm**

Hawick Cuppa Ana Chat, Frank Scott  
Court, Hawick

#### **Monday 30<sup>th</sup> April – 2pm - 4pm**

Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

PARKY BRAIN OA THE BORDERS, (BORDERS PHOTO QUIZ),  
HEAD MESSAGE EILEEN BALFOUR, JILL ANDERSON WILL BE  
JOINING US CLINICS PERMITTING. CUPPA AND BISCUITS ANA  
CHAT.

## DONATIONS RECEIVED WITH THANKS

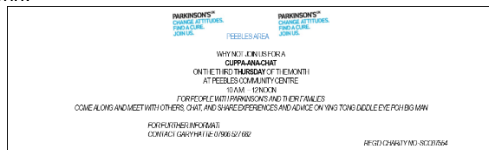
We would like to send a great big **THANK YOU!!** To the following for donations received to the group, Susie Andrews and family from the collection made at the funeral of her mother Ruth Hood. Mr. R Hood, from Suffolk in memory of his sister in law, Ruth Hood Mrs Ann Whitehead from Duns Jackie and Elizabeth Johnston from Liliesleaf

# COMING UP...

## CO SPOTS THE DELIBERATE MISTAKE, CAN YOU?

Gary recently had a conversation with Co McColl From Peebles. As she had come across a few folk with Parkinson's in the town. She told them about the cuppa-ana-chat meetings and wanted something to give them as a reminder which she could carry about with here in her handbag, credit card size. Gary came up with the card you see underneath. And printed off a few quite chuffed wi himsel' later on Thursday he got a phone call from Co, yes you guessed it, it wasnae until she got home she spotted the now legendary 'Gary's deliberate mistake!' Can you spot it?

You'll be pleased to hear it has been sorted and fresh supplies available for Co An John.



## ME, AND MY SHAAAAAADOWW! ZZZZZZZZZZZZ

As we go around the meetings in the Borders people always expect to see Gary and Jimmy Dee, but over the past month it's no been 2, Gary an Jim Dee, it's been 3!! As we went to each cuppa-ana-chat we were joined by Claire Wilson our **new** 'Parkinson's Local Adviser'. Claire has been going to all the meetings introducing herself. Not only is she a local adviser, we have discovered that Claire is a closet Tunnocks Tea Cake counter and she was spotted, secretly counting how many Tunnocks Teacakes Gary consumes in a week of meetings!!!!!!!!!!!!!!

Answers please on a postcard, to, Ha-ha

We have told Claire if she manages to fit in Langholm meeting we think she will be completely initiated and we will have to drop the **new** and she will be kent as just the 'Parkinson's Local Adviser'!! Langholm here we come!!!

## 'STITCH IN TIME SAVES NINE AWARDS'

We have unfortunately run out of space to give you details of Jim Drover receiving this award.

## THAT WAS MAGIC.....

At the BGH meeting last month Magic Bob came along to give us a lesson on relaxation techniques and mindfulness. Bob has helped us relax a few times over the years. But it was nice, when before his relaxation session began he took the time to share his journey with Parkinson's, the ups and downs. The laughter and pain. We have had a few new members recently, so it was good for them to hear him talk to everyone and explain why he was there, and the benefit he has got from relaxation and mindfulness.

Hopefully everyone attending took away something from bobs session, here's just a quick reminder, breath in through the nose to 4, 1-2-3-4, tummy out and then exhale to 5, 1-2-3-4-5 tummy in, Ahhhhhhhhhh it's all coming back to you now eh!

Hope you don't mind if I share this with you all. What was really good was the fact that after the session a few people have said to us they thought it was really helpful and they enjoyed the session, these comments have been passed on to Bob. Aye Bob, the cheques in the post!

At this month's meeting in Kelso the subject of magic Bob's relaxation sessions came up, and it was with hearty lafter Gary recalled the first-time bob started doing relaxation, before he commenced he did a piece of magic using what he called the pom pom stick. After sitting right in front of Bob for over a dozen relaxation sessions, Gary still sat there saying, 'right ok Bob, do that again, but slower!' Gary's still to this days hasnae a clue how the pom pom trick is done. Bob's explanation to Gary, it's magic!!!!

Gary also recalled when he first met Bob all those years ago after diagnosis when he came to his first Monday Meeting, ma first meeting with Bob. The conversation went something like,

**Bob:** could you give me the dates of all the Monday meetings for the year?

**Gary:** eh, aye, well actually no, coz ah've no actually got them wi' me here but, tell you what, are ye on email bob?

**Bob:** yes

**Gary:** well give me yer email address and ah'll ping them to you

**Bob:** it's magicbob@..... (for security reasons we are unable to reveal the whole address)

**Gary:** eh?

**Bob:** eh?

**Gary:** aye, eh? Can you spell it?

## ..... BOB

**Bob:** aye tea!! (quick by the way). it's m-a-g-i-c-b-o-b

**Gary:** that's magicbob, m-a-g-i-c-b-o-b?

**Bob:** eh, aye!

**Gary:** magicbob, that's an usual address Bob, Whit dae ye do furra livin' magic Bob?

**Bob:** we cannae print his answer

That story always makes me chuckle. Once again, a big thank you to Bob Quillietti, aka Magic Bob, for taking the time to come down to see us all, even more so, seeing as him an Joyce recently moved to Lothian. We do wish you all the best the pair of you, hope yer new but n ben is magic, Bob (an Joyce)

**Foot note if you enjoyed the relaxation session** Eileen Balfour is at the Monday meetings offering head massages and mindfulness, just give your name to Gary or Eileen when you arrive at the chaplaincy centre.

## WORLD PARKINSONS DAY

**THIS YEAR THERE WILL BE NO AWARENESS WEEK, INSTEAD THERE WILL BE A WORLD PARKINSONS DAY.**

Millions of people around the world are living with Parkinson's. But does the rest of the world know what Parkinson's is?

Hopefully world Parkinson's Day will raise awareness of Parkinson's worldwide.

To help us raise awareness in the Borders, on Tuesday 10<sup>th</sup> April, between 9 a.m. and 5 p.m. we have booked to have a sale of hame baking and will also be joined by Walkerburn Craft Club, at the bottom of the stairs in the BGH. Do you do hame baking? Would you be able to bake a cake and hand it in for sale on the table? Would you like to offer your services by volunteering for a shift? We are looking for people to man the table from 9-12.30, 12.30-3 and 3-5, can you help? Get in touch with Gary with your chosen shift. On 07906 527 682 or [garyhattie1@gmail.com](mailto:garyhattie1@gmail.com). Gary will be at the BGH from 8 to receive any hame baking, if you would like to drop some off. If you let Gary know of your intentions at above number or email. Many thanks in advance.

## 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](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.**

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**Drop us a line at**

**[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)**

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