

# OUR NEWS

**Scottish Borders Branch**

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

**October 2018**

**Written By**

**Gary Hattie**

## WELCOME TO YER OCTOBER NEWSLETTER

Greetings to one and all, many apologies for the length of time it is taking me to write this newsletter I am suffering from a severe case of writers block. As they would say, Ma Heids Mince!! Aye yer right there well ma heids always minced!! Well thanks for tuning in, hope this finds you well. Me? Am great!! Sorry if you have been trying to get in touch with Gary to book panto places and getting no reply, me an the Mrs are just back from a visit to Ibiza, checking out the possibilities of having a cuppa an chat meeting on this sunny island. Unfortunately, the island wasn't suitable for us Parky's ah mean it would have just been too hot and it appears to be just too much of a journey to get there, and more importantly the Ibiza community centre was fully booked!



Next stop Menorca!!!!!!!!!!!!!!  
Then a holiday with grandbairns in Coldingham, well that wasnae much of a holiday in Coldingham, trust me!!!!  
So as I try to recover from ma jet lag an grand wains overdose, ah'll wheeest an let you read on, hope you enjoy yer October newsletter, maybe see you at one of the meetings

## OCTOBER CHAPAINLNEY MEETING!

The next meeting will be held on Monday 29<sup>th</sup> October time 2-4. This month seez the battle for the 'Gordon Melrose Parky Brain Of The Borders Cup.' as it is October the quiz will be questions on general knowledge, media and music. You might like to know that this quiz seez the introduction of new rules as regards teams.

The teams will be picked at random on the day, to give everyone a fair chance at winning the trophy, as the engraver is getting fed up engraving same name over and over again. We're sure that the competitive edge will remain, but for many the fun element of the quiz will return.

Also, on the 29<sup>th</sup> Aileen Balfour will be in attendance giving head massages along with some mindfulness if you fancy. Also, tea and coffee and bikkys will be available, as well as all that Jill Anderson oor parky nurse will be in attendance (clinics permitting).

So, if you are new to the group and fancy coming along to meet up an chat with other Parky's get yersel' down to the chaplaincy centre at the BGH on Monday 29<sup>th</sup> October. We look forward to seeing you there.

Coming up at our November meeting we have a member of police Scotland coming along to chat about personal security.

Hope to see you on 29<sup>th</sup> though.

## BORDERS PARKY'S WHAT'S ON GUIDE

### DIARY DATES

**Monday 15<sup>th</sup> October - 1pm - 3pm**  
Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm

**Thursday 18<sup>th</sup> October - 10am - 12pm**  
Peebles Cuppa Ana Chat, Community Centre, Peebles

**Monday 29<sup>th</sup> October - 2pm - 4pm**  
Chaplaincy Monday Meeting, Chaplaincy Centre, BGH

HEAD MESSAGES WITH AILEEN, JILL ANDERSON WILL BE THERE CLINICS ALLOWING, TEA AN COFFEE, AN PLENTY OA CHAT.

**Wednesday 31<sup>st</sup> October - 2pm - 4pm**  
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick

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

**Wednesday 14<sup>th</sup> November - 2pm - 4pm**  
Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso

**Wednesday 5 December -**  
Pantomime Kings Theatre, Edinburgh, 'Beauty And The Beast,' Seats Still Available Contact Gary.

P.S. - JUST AN EXTRA DATE FOR YER DIARY. SYDNEY DEVINE THAT INTERNATIONAL LEGEND WILL BE PLAYING LIVE IN THE FLESH AT LANGHOLM IN THE BUCCHLEUCH CENTRE ON THURSDAY 18<sup>TH</sup> OCTOBER!

ME? AH CANNAE WAIT!!!

# COMING UP...

## CALLING ALL CARERS WE WANT TO HEAR FROM YOU

Agnes Waldie one of our members who lives in Darnick. Is wondering if anyone would be interested in a carers support in the Borders, as she is willing to give up her time to organise this. The plan would be for carers to come together on maybe a monthly basis for informal chat share experiences and support each other. You do not have to be actively caring but maybe the person is in hospital or care home or maybe recently bereaved. All carers who's loved one has Parkinsons can come together and support each other. Nobody should feel alone no matter how Parkinson's has affected your life. If this appeals to you, let Gary know of your interest and I'll pass your details to Agnes.



## CHRISTMAS PARTY

Details for this year's Christmas Party will be released asap, there is a slight change to this year's format, details will be out soon. Just to let you plan ahead we can inform you that Christmas Day will still be on the 25<sup>th</sup> December!!!! Stay tuned folks

## MANY APOLOGIES

I came across this email in my archives and realised I hadn't shared it with you all hence the many apologies, ah'll hand you over to our sports reporter 'Frances Paxton.

**Just thought you would like to see a photo o' Carole (daughter) and Richard running the Edinburgh marathon last Sunday for Parkinsons UK. At the Parkinsons tent afterwards they got looked after (bananas, drinks etc.)plus a massage (you should have heard them yelp!). Not sure what they raised, think it was about £500. Jim didnae go, too long a day.**



**Our congratulations and gratitude go to Carole and Richard for all their hard work and apologies from Gary for the slight delay in sharing this news with you all!!!**

## MANY APOLOGIES 2

Many apologies if you have been trying to get yer name down furra seat at the pantomime, with hindsight Gary wasnae the ideal person to take bookings for this as he always appears to be on his jollies (holidays). Just to let you know he is back in action and taking bookings for seats for the 2018 pantomime get in touch with him on 01750 22588, 07906 527 682, or email [garyhattie1@gmail.com](mailto:garyhattie1@gmail.com).

Fish and chips is booked at the Juniper Lea, bus times will be finalised soon, but pickups will be in Peebles, Galashiels and St Boswells and return drop off at Peebles, Galashiels and St Boswells.

## SPONSORS REQUIRED

This is a plea from yer committee. The Langholm Walking Fitba' Team are looking for a local company in the Borders willing to be a sponsor them to allow them to get strips for the team. If you know of anyone who would be willing to fund them and get their name on the tops contact Alan Robertson 01573 226 024.

## 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 receive your newsletter by email.

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.

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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