

# OUR NEWS

**Scottish Borders Branch**

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

April 2019

Written By

Gary Hattie

## HAPPY EASTER TO YOU

Yup it's that time o a month, time to fill that kettle bring it to the boil, make yersel a cuppa sit back an relax as it's time for you to get some me time, well no really me time, I do mean you time. Ah only calling it me time in the way you would say to me you time meaning me time!! Hope that is perfectly clear. If no sit doon wi cuppa anyway! Well a muckle big hi to you all, hope this finds you well. Jing's Easter a 'ready!! Where does the time go? Well if it's April it must mean it's quiz time!! An no just any auld quiz but the quiz fur the 'Parky Brain Oa The Borders Cup.' an seeing as it's the first quiz o a the year it also must be the photos frae the borders quiz! For those of you that are new to the group an never been to our quizzes this one contains pictures Gary has taken from all over the borders and he puts questions to the photos for you to try an answer, it's not individual it's in teams, an it's not serious it's a laugh, but it might be slightly competitive! You have been warned.

This quiz'll test yer knowledge o a the borders, it'll also make ye smile an laugh uncontrollably!. We would like to thank everyone who turned up wi a photo of themselz when they were younger, we did manage to get a coupla pics for you, to see if you can recognise who it is? You will find the answer on Gary's car window screen at this month's chaplaincy meeting! Well we had our monthly buddies meeting last night an one o a the group asked Gary who won the 'guess who it is' game, an Gary cannae remember he does know that Jan Kennedy was a winner but cannae mind if there was anyone else who walked away wi a prize or not, can someone help him out please? If ye ken who it was? Well that's about it in oor hi de hi to the newsletter article for this month, enjoy yer read.

## WHAT'S GOING ON IN HAWICK?

Well ye cannae say there's no a lot going on in Hawick. They've got a monthly meeting which is held on the last Wednesday o a the month 2-4 in Frank Scott Court, pop in furra cuppa ana chat! They have free head massages available at the meetings performed by local 'aromatherapy massager' Rachel Williamson. They also have a sitting doon exercise class, every second Tuesday, which is held in Hawick Community Hospital 1.30 – 3.30 the dates for April are Tuesday 2nd, 16th and 30th. For more information on any of the above events, contact Ann Chisholm 07864 064 619, an also has details on an exercise class held in Jedburgh by the local MS group to which us Parky's are invited.

## OH AYE IN THE INTERESTS OF EASTER HERE'S A DITTY FUR YOU

Humpty dumpty sat on a wa',

Humpty dumpty hadda great fa',

A' the kings horses an a' the kings men,

Hadda big omelette fur dinner!!



## BORDERS PARKY'S WHAT'S ON GUIDE

### DIARY DATES

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

**Wednesday 24<sup>th</sup> April – 2pm - 4pm**  
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick

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

*COME AN HAE A RELAXING INDIAN HEED MASSAGE BY EILEEN, YOUR CHANCE TO WIN THE 'GORDON MELROSE PARKY BRAIN O A THE BORDERS CUP', OOR PARKY NURSE SPECIALIST JILL ANDERSON WILL BE THERE CLINICS ALLOWING. CUPPA ANA CHAT.*

**Tuesday 30<sup>th</sup> April – 1.30pm – 3.30pm**  
Hawick sit doon exercise class, Hawick Community Hospital

**Wednesday 8<sup>th</sup> May – 2pm - 4pm**  
Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso

**Tuesday 14<sup>th</sup> May – 1.30pm – 3.30pm**  
Hawick sit doon exercise class, Hawick Community Hospital

**Tuesday 14<sup>th</sup> May – 6.30pm - 8pm**  
Young Parky Buddies Meeting, Wetherspoons, Galashiels

*(WE ARE USUALLY SEATED JUST ON THE RIGHT AS YOU GO IN THE DOOR)*

**Thursday 16<sup>th</sup> May – 10am - 12pm**  
Peebles Cuppa Ana Chat, Community Centre, Peebles

**Monday 20<sup>th</sup> May – 1pm - 3pm**  
Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm



# COMING UP...



## CONGRATULATIONS AN CELEBRATIONS

Oor on the spot reporter has heard that congratulations are in order for Gordon and Helen Allan. They were recently spotted in Casino Royal (nope sorry that's a James Bond Movie) we did mean Monte Casino Italian Restaurant. We managed to source this pic oa Helen an Gordon, the happy couple who recently celebrated their 48th wedding anniversary



## WALKING FITBA' PLEA

The walking football team in the branch are looking for teams to play walking fitba' with, and they are also wondering if anyone might ken a local company who may be interested in sponsoring the team with a set of strips.

The team meet every Wednesday afternoon at Newcastleton polysport pitch.

If you want to find out more info about the walking fitba' get in touch with Alan Robertson at [alanrobertson@hotmail.com](mailto:alanrobertson@hotmail.com)

## CHAPLAINCY MEETING AT THE BGH

The next meeting at the BGH will be Monday 29th April 2pm-4pm. This month sees the battle for the 'Gordon Melrose Parky Brain Oa The Borders Cup'. Come along an join in as we have our 'photos from the borders quiz'.

Also get a free relaxing Indian heed massage from balanced bodies very own Eileen Balfour. Yup cuppa ana chat an bikkies are available. Due to public demand, there will be no, no! We mean no! Gary's hame baking, allowed on the premises!!!

A big thanks go out to everyone who took the time to bring photos of their younger days along, it was a bitta fun, with some stoatin photos. Thank you!

Just to let you mark the May Monday date in your diary, on Monday 27th May we will be welcoming along to our group Susan Black Paraprofessional Care Manager for the Scottish Borders Council who will be bringing along with her someone from The Red Cross.

## 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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[jeffilbr@sky.com](mailto:jeffilbr@sky.com) to recieve you 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**

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