

# OUR NEWS

Scottish Borders Branch

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

January 2019

Written By  
Gary Hattie

## HAPPY NEW YEAR TO ONE AND ALL, FROM YER NEWSLETTER TEAM

Well we're back for another year, bye, bye to 2018, hello 2019 and all that it brings, we hope it brings you everything you dream of and more. Well after all the rushing about over the Christmas period wi' the panto an our Christmas Party, your Newsletter is back, well that's us entering our 19<sup>th</sup> year not long till oor big birthday party. But we got plenty more things going on before then, tell you what every year just gets quicker and quicker the older I get, cannae believe we started the support group 19 years ago.

Yup that's 19 years oa newsletters under our belt!! An we still manage to raise a smile! ah kan tell you sumfin 19 years oa newsletters an the Gary wan still cannae spell!!

Well coming up in this newsletter hear how Christmas was for the group, re oor panto trip and Christmas Party, also this month's diary an maybe a sneak preview of what's going on. So, sit back and chill, wi yer first Newsletter of 2019!!

## COMING TO A MONTHLY NEWSLETTER SOON!!

In the next newsletter find out what Gary was wearing at the Christmas party! An the story behind it.



## MEETING CHAPLAINCY CENTRE

Well the first meeting in the chaplaincy this year will be on Monday 28<sup>th</sup> January from 2-4. This is the meeting we reserve for our AGM so come along and hear what we've been up to over the last 12 months an what we hope to get up to in the next 12 months. So that's Monday 28<sup>th</sup> January 2-4 in chaplaincy centre at the BGH. We will also have Aileen there for head massages, tea/coffee and bikkys, clinics allowing we hope Jill Anderson might pop in. We hope to see you there.

**Attention committee members a wee reminder that there will be a committee meeting 1-2 in the kitchen at chaplaincy prior to AGM**

## FACEBOOK AN STUFF

At the last couple meetings people have asked about contacting or adding some medical professionals on Facebook, twitter an stuff. People can't understand why they get no reply to their invitation.

So, we thought we might be able explain very briefly, in fact very very briefly, our nurses and doctors can only be contacted by the proper channels, and then they can respond to your request. Ooutside of working hours it would be unprofessional of them to reply to requests for advice and assistance also they must try and switch off, see their families, have some spare time. So, they are refreshed an firing on all cylinders for their next working day.

So, the best advice we can suggest if your seeking advice support out of hours and the nurse/doctor isnae working either leave a message with their secretary or answer machine failing that if your seeking urgent support contact Parkinson's UK free helpline 0808 800 0303.

That's why it is unfair of us to contact oor docs an nurses out of hours or pass on details to friends or families. Hope this helps

## BORDERS PARKY'S WHAT'S ON GUIDE

### DIARY DATES

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

**Wednesday 9<sup>th</sup> January – 2pm - 4pm**  
Kelso Cuppa Ana Chat, Kelso  
Community Centre, Abbey Row, Kelso

**Thursday 17<sup>th</sup> January – 10am - 12pm**  
Peebles Cuppa Ana Chat, Community  
Centre, Peebles

**Monday 21<sup>st</sup> January – 1pm - 3pm**  
Langholm Cuppa Ana Chat, Thomas  
Pope Hospital, Langholm

**Monday 28<sup>th</sup> January – 2pm - 4pm**  
Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

**Wednesday 30<sup>th</sup> January – 2pm - 4pm**  
Hawick Cuppa Ana Chat, Frank Scott  
Court, Hawick

**Tuesday 12<sup>th</sup> February – 6.30pm - 8pm**  
Young Parky Buddies Meeting,  
Wetherspoons, Galashiels

**Wednesday 13<sup>th</sup> February – 2pm - 4pm**  
Kelso Cuppa Ana Chat, Kelso  
Community Centre, Abbey Row, Kelso

**Monday 18<sup>th</sup> February – 1pm - 3pm**  
Langholm Cuppa Ana Chat, Thomas  
Pope Hospital, Langholm



# COMING UP...

**\*THANK YOU! THANK YOU! THANK YOU!**

**WE WOULD LIKE TO THANK THE FOLLOWING FOR DONATIONS TO THE GROUP**

**RACHEL MACKENZIE, EARLSTON AND MARGARET HUNTER, ST. BOSWELLS**  
**NIKI, NIKI'S BAR GALASHIELS**  
**CRAFTS4U, WALKERBURN**  
**TOM AND CHRISTINE BROWN, CHIRNSIDE**  
**JOHN MCKAY AN CO MCCOLL, PEEBLES (HOPE IVE GOT THAT RIGHT)**  
**MARGARET SHIELL, SELKIRK**  
**ELIZABETH LAURIE, KELSO**  
**HELEN FORD, HAWICK**

**NOW ITS TIME FURRA NEW GAME CALLED ...GUESS THE CHIMNEY!!**

Below we have a photograph, and all you hae tae do is guess whose chimney Santa came down with this gift????



## 'CHRISTMAS PARTY

Well I think that went well!! Furra change we headed for a Christmas Party for the group instead o a Christmas meal, well we had around 50 of us in the Focus Centre in Gala, as everyone was seated there was one thing missing, NIKI!!! Who was doing our catering for us, now this was nothing to do with Gary for once!! But we need nae had worried Niki arrived soup pans in hand. The food at the party was plentiful as was the raffle table as people donated galore. The first prize hamper went to Peter Hardy from Newcastleton, Congratulations Peter!!! *(Pictured with hamper on previous page.)* We raised £250 from the Raffle this year a massive amount, thank you to everyone who bought tickets and donated prizes. By now we were onto ice cream and trifle then it was time for Jill to judge the Xmas bunnet competition, as we all took to the catwalk wi oor bunnets oan oor heed!! The winner? Rita Thomson frae Innerleithen well done Rita, Rita is pictured *(on the previous page)* without her hat on!! Well did you enjoy yourself or would you prefer the meal? Let us know yer thoughts. A massive thank you to everyone who helped, you know who you are the day wouldn't have been a success without you. P.S. nothing usually surprises me these days, but after the Party we got in touch with Niki to collect the Bill. There was NAE BILL!! Aye NAE BILL Beats having nae bus!! As Niki's Bar were donating the food and Niki gave up her time making everything. I am lost for words, and that doesnae happen often!! A massive thank you goes to Niki and her son Norman for their generosity, THANK YOU!

## BEAUTY AN THE BEAST

Well the beginning of December brought us our annual pilgrimage to the Panto at the Kings this year we were seated in a block over the front three rows, an all the extra fun that that brings!! Well we have to say a massive thanks once again to Greggs Bakers Foundation for their funding of this trip for the group!! That's the last 3 years they have supported this group trip. Thank You!! A good day had by all, well no really all as one of our band decided tae heeder the radiator in Juniper Lea, and an ambulance was called fur. As if the panto wasnae enough excitement fur one day! We might also say a big Thank You Carly fur a lovely chish and fips there is always one person that suffers as a result o a Gary's planning this year it was Gordon oor Treasurer as the meals were handed out Gordon was last an there was no fish an chips left, Gary had miscounted! 'Sorry Gordon, oops!!' Well from being half an hour early at Juniper Lea, with all the excitement, an deciding to leave 2 of our party there we got to the Kings just in time wi' 2 minutes tae spare, we just got oor bums on seats an the show started. This year we missed Andy Grey who has health problems and we wish him well. In saying that the Panto gets better each year after the Panto it was time to head home an I think everyone hadda kip on the coach back. Yes, it is a long day, but hell it's worth it!! This year's panto will be 'Goldilocks An The 3 Bears'. Details later in the year. We do have to add that we hadda a big donation from Niki of Niki's Bar fame to the value of £300!! Aye we remember she gave us a donation at our summer trip also! Whit a star you are Niki!!! Thank You!!!

## 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 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](http://parkinsons.org.uk)**  
**Drop us a line at**

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

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