


OUR NEWS

Scottish Borders Branch
www.bordersparkys.org.uk

June 2019

Written By
Gary Hattie

| SUMMER SPECIAL | SUMMER SPECIAL |
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| <p>Ting-ting a-ling tingly ringily ting.</p> <p>This month dinnae put the kettle on instead go an get a 99 off oa the ice cream van am sure a can here its tune!!</p> <p>Hi everyone, this is gonnae be a quick wee newsletter coz Mary an Jennifer have got to get their cases to pack fur their well-deserved summer break!</p> <p>Yup can you believe it's the summer break already where does the time go? Answers please on the back oa a postcard Go on make us jealous.</p> <p>Well last month's meeting was well attended and those attending heard about the drop ins going on all over the Borders from Sarah Horsman an Occupational Therapist from Social Work Dept oa the coonsil, and ably assisted by Andrea Mee and Harry Cockerhill from the British Red Cross who were dealing with community services. We would just like to thank them for giving up their time to join us</p> | <p>for the day. Well that was oor last Chaplaincy meeting till July as the June meeting is our trip to Eyemouth fur chish an fips!! We just hope the sunshines on the day it'll just make the trip to the beach a bit more enjoyable. Please remember that all the Cuppa ana Chat meetings are off for the summer holidays and will start up again in September. This said Gary will be at the Chaplaincy with the tea an coffees bag if anyone is fancying a blether in July and August. On the last Monday oa the month 2-4.</p> <p>So, we'd like to say thank you to Jennifer and Mary Brown, an we hope they catch their flight see you all in September!!!!</p> <p>Adios amigos an hae a monton bueno summer</p>  |

| BORDERS PARKY'S WHAT'S ON GUIDE |
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| DIARY DATES |
| <p>Monday 29th July – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><i>Gary will be in Chaplaincy with the teas an coffees if you want a blether</i></p> <p>Monday 26th August – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><i>Gary will be in Chaplaincy with the teas an coffees if you want a blether</i></p> <p>Tuesday 10th September – 6.30pm - 8pm Buddies Meeting, Wetherspoons, Galashiels</p> <p><i>This'll be oor first meeting furra while cannae wait tae see the new spoons!</i></p> <p>Wednesday 11th September – 2pm - 4pm Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso</p> <p>Monday 16th September – 1pm - 3pm Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm</p> <p>Thursday 19th September – 10am - 12pm Peebles Cuppa Ana Chat, Community Centre, Peebles</p> <p>Wednesday 25th September – 2pm - 4pm Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p> <p>Monday 30th September – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p>  |


COMING UP...

COMMITTEE MEETING

JUST A WEE REMINDER TO THE MEMBERS OF THE COMMITTEE THAT THERE WILL BE A COMMITTEE MEETING IN LANGLEE COMMUNITY CENTRE ON TUESDAY 2ND JULY 10-12.

HOPEFULLY SEE YOU ALL THERE



| WHAT'S GOING ON | WE'LL BE THINKING ABOUT YOU |
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| <p>As we said all the meetings will be stopped for the summer break, as we put this newsletter together, we will have had our final Peebles meeting oor Summer Trip an oor final Hawick meeting. If you check dates for your diary you will see what date the meetings re-commence. So, mind an mark the dates in yer diary.</p> <p>Just to let you ken at our September meeting in the Chaplaincy Centre that's Monday 30th September 2-4 we will welcome 'The Cheyne Gang,' who are a Community Singing Group who incorporate breathing exercises and singing the only snag is they have to leave at 3 pm so we will start prompt at 2 if you can make it fur 2 that wid be great, also a wee reminder that while us Parky's sing oor hearts out Agnes Waldie will hold the first carers meeting in the kitchen in the Chaplaincy.</p>  | <p>As we take our summer break just remember it isnae a break fur everyone. Remember while we bask in the sun-drenched beaches at Coldingham an Eyemouth! Elizabeth Johnstone will be abseiling off the Forth Railway Bridge and Caroline Connor will be swimming across the English Channel. Aye there's just nae rest fur some folk. Hear how they got on in our September Newsletter.</p> <p>Also remember there will be no meetings due to the summer break but Gary will be in the Chaplaincy Centre at the BGH on Monday 29th July and Monday 26th August 2-4 as it might be a long time for some without a meeting so remember if you want a blether pop in or drop in.</p> <p>*****</p> <p>Also, Eileen Balfour will be giving mindfulness an head massages, also Jill Anderson oor Parky Nurse Specialist will be there Time and Clinics allowing.</p> <p>Also, jings this list is endless! Also, there will be tea/coffees an chocolate bikkies to be had! Double jings all that between 2 an 4!!</p> |

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.

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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.

Visit us online at parkinsons.org.uk
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