

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

March 2019

Written By

Gary Hattie

A PLEA FROM GARY

Well howdy doody everyone out there, if this is your first newsletter, we bid you welcome. We have new faces coming along to the meetings all the time which is always great to see.

Before the plea can I send you an apology, last month's newsletter received plenty of compliments because it arrived in plenty of time before the meetings, Gary responded by saying it was his new efficiency drive, well as you can gather this new efficiency didnae last too long!! Five weeks to be precise!! Apologies for lateness of this newsletter. Normal service has been resumed, sorry! In this newsletter hear what Elizabeth Johnston is getting up to conquer her fear oa heights. Hear how Scott Wilson got on when he visited Peebles. Check up on the dates of all the meetings we have all o'er the Scottish Borders.

But first we're looking for your assistance!! Normally we have things planned for our meetings but not this month we apologise. But this month we would love you to assist us in making this next meeting in the Chaplaincy one to remember! A few years ago, people attending meetings brought along a black and white photo of when they were a bairn and we blue tacked them up and people had to try and guess who is who out of a list of names. As some members seem to have a competitive streak, we have a couple of prizes left over from the Christmas Party which will be up for grabs, to the people getting most correct.

PEEBLES GUEST

Last month we let you know of the visitor who was heading to the Peebles cuppa ana chat gig. Scott Wilson from Biggar was popping along to do a Q and A session on his chosen subject Deep Brain Stimulation (DBS).

Those who came along heard Scott talk about his Parkinson's journey after receiving DBS. What a star, Scott who runs the Edinburgh Young Parkinson's Group, chatted about his life before and after his operation. It's not an easy thing to do talk about yourself, but we all appreciated him coming along to chat, and answer the many questions put to his way, we'd like to thank him for taking the time to come along. Normal service will be resumed this month, an if you'd like to join them, this month's meeting will be held on Thursday 21st March 10-12 in the Peebles Community Centre.

← The only catch is we need you to bring an old (it doesnae have to be black an white) any snap of you in yer childhood, and your pic will be safe just collect it at the end of the meeting. It's just a bit oa fun are you game furra laugh? We look forward to you coming along with your pic at the next Chaplaincy meeting at the BGH, which is on Monday 25th March 2- 4 pm. We look forward to seeing you and your younger self there!!!

BORDERS PARKY'S WHAT'S ON GUIDE

DIARY DATES

Monday 18th March – 1pm - 3pm

Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm

Thursday 21st March – 10am - 12pm

Peebles Cuppa Ana Chat, Community Centre, Peebles

Monday 25th March – 2pm - 4pm

Chaplaincy Monday Meeting, Chaplaincy Centre, BGH

Wednesday 27th March – 2pm - 4pm

Hawick Cuppa Ana Chat, Frank Scott Court, Hawick

Tuesday 9th April – 6.30pm - 8pm

Young Parky Buddies Meeting, Wetherspoons, Galashiels

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

Wednesday 10th April – 2pm - 4pm

Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso

Monday 15th April – 1pm - 3pm

Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm

Thursday 18th April – 10am - 12pm

Peebles Cuppa Ana Chat, Community Centre, Peebles



COMING UP...

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

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

MRS. ANN WHITEHEAD, DUNS

MR. ALAN HASTINGS AND FAMILY,

IS IT A CHRISTMAS PARTY OR NO A CHRISTMAS PARTY?

Well due to the big success and the positive feedback received re last year's Christmas Party it was decided at the last committee meeting that we hae another Party this year, with a bit oa adjustment here an there.

We dinnae hae dates yet or mair details, jings crivvens an help ma boab its only bloomin March, but it is just something we thought you should know!

It's only 281 days 12 hours an 51 minutes till Christmas!

THE FLYING LASS FRAE LILIESLEAF!!

If you have a fear of heights Elizabeth Johnston has the answer to all your problems, go on an ABSEIL OFF THE FORTH RAILWAY BRIDGE!!! She must be aff her heid.

Well this is exactly what Elizabeth is going to be doing on Sunday 7th July. At last week's Buddies meeting in Spoons Elizabeth announced her intentions kick her fear oa heights into touch as she aims to raise some money fur Parkinson's UK Research!! If you managed to catch the recent 2-part documentary on BBC 2, you'll understand why research is so important in the fight against Parkinson's.

If you would like to support Elizabeth on her abseil, she has a Just Giving page on the internet, this is the link <https://www.justgiving.com/fundraisin/g/ehjohnston-123>. We look forward to hearing how she gets on as she attempts to beat her fear oa heights phobia!!



CHAPLAINCY MEETING AT THE BGH

Those who attended last month's meeting thoroughly enjoyed the educational talk on fire safety in the home given by Dave Wilson from the Scottish Fire Service. I know I have found a new home for the 30 plus adaptors ah've got scattered aroon ma hoose!!

This month's meeting will be on Monday 25th March from 2-4, and as you may have read, we are looking for your help. We are looking for you to bring along an auld photo of yourself as we play 'Picture This'. Do you think people will recognise you from a photo of you as a bairn, so please, please can you bring along an auld snap or as they say these days an auld fashioned selfie of yersel. Your pic will be safe, and you can take it back hame with you after the meeting. Also, Aileen will be there giving head massages to those who wish it, Jill Anderson oor Parkinson's Nurse Specialist will be there Clinics allowing, an teas, coffees ana bikky will be available.

There will also be plenty oa time furra natter which is the best bit. If your recently diagnosed, or no recently diagnosed but would love to meet other folk who understand you'll be made mair than welcome. That's Monday 25th March at the Chaplaincy Centre at the BGH 2-4.

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
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
Drop us a line at

hello@parkinsons.org.uk

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