

OUR NEWS

<p>Scottish Borders Branch www.bordersparkys.org.uk</p>	<p>November 2019</p>	<p>Written By Gary Hattie</p>
<p>WELCOME TO THIS YEARS LAST NEWSLETTER</p>	<p>YOU ARE INVITED TO THE CHRISTMAS PARTY 2019</p>	<p>BORDERS PARKY'S WHAT'S ON GUIDE DIARY DATES</p>
<p>Aye, yer eyes are nae playing up. This will be the last newsletter of the year. Due to the fact that next month will be aye you guessed it December!! It being December it means its Christmas time!!</p> <p>Tis the season to be jolly fa lalala lala la la! Also, tis the season of the pantomime trip and oor Christmas Party! You'll find details of both events in this newsletter. And look out for the Walkerburn Crafts4U And Parky Borders Christmas Raffle, with a beautiful handmade quilt as the first prize!! Also find out who won Octobers' Parky Brain Oa The Borders. Also dates for the next meetings as not only is there no newsletter in December there are nae any meetings either.</p> <p>Find out about the 'carers cuppa'?</p> <p>All that and so much more in this month's newsletter, so sit back, relax, and enjoy the read!</p>	<p>This year's Christmas Party will be on Tuesday 10th December at the focus centre in Galashiels (nr the swimming pool). We wud love you to join us at the Christmas Party. Don't forget we are holding our design a Christmas Hat Competition; judging will be on the day so bring yer hat with you. Let yer creative juices flow.</p> <p>There is no limit to numbers, but we do need to know how many will be there on the day.</p> <p>So, if you're coming to the party, all we ask is let Gary ken by phone 01750 22588, by text 07906 527682, email garyhattie1@gmail.com.</p> <p>Also, if you have no transport but want tae go let Gary ken an we'll see if we can help you.</p> <p>That's our 2019 Christmas Party Tuesday 10th December 1.00 for 1.30 start, finishing around 3.30, just get in touch so we can confirm numbers.</p>	<p>Monday 25th November – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p>Wednesday 27th November – 2pm - 4pm Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p> <p>Thursday 28th November – 11.15am – 1.15pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p>Wednesday 04th December Panto Trip, Details in Newsletter.</p> <p>Thursday 05th December – 11.15am – 1.15pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p>Tuesday 10th December 2019 Christmas Party 1.30-3.30, Focus Centre Galashiels</p> <p>Thursday 12th December – 11.15am – 1.15pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p>Wednesday 08th January – 2pm - 4pm Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso</p> <p>Thursday 16th January – 10am - 12pm Peebles Cuppa Ana Chat, Community Centre, Peebles</p> <p>Monday 20th January – 1pm - 3pm Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm</p> <p>Monday 27th January – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH, Annual AGM</p> <p>Wednesday 29th November – 2pm - 4pm Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p> 

COMING UP...

PANTOMIME TRIP

This year's panto will be on Wednesday 4th December, and we will be going to see Goldilocks And The Three Bears. Times and pickups are as follows -

Peebles Car Park at Sainsburys - 9.45

Galashiels Fountain - 10.20

St. Boswells Bus Station - 11.00

Stopping off at Juniper Lea on the way for fish and chips, then onto panto for 2pm. The panto finishes at 4 and coach back will go via Peebles, Galashiels and St Boswells on way home.

We are very grateful to Greggs the bakers for yet again funding this event for the fourth year in a row. Their support is amazing, as are their cakes an pies!!!

DANCING WI' PARKINSON'S

Just to give you a quick update, this event is proving very popular in Peebles. The Eastgate Theatre in Peebles is the place to be on a Thursday 11.15 dancing can be done sitting down or standing. It safe to say it's fun, coz ah've no seen so many happy faces in one room furra while.

Rhiana Laws one of the group is going to come to one of our meetings to give folk a taster of what Dancing With Parkinson's is all about.

Just a final bit of info it was said the sessions would finish on 12th December, that isnae quite true, they will take a festive break and then return in the new year. Happy days indeed!!

If you fancy seeing what it's all about it is on every Thursday, from 11.15 to 1.15, in the Eastgate theatre Peebles cost is £5 for Parky's and carers/chaperones free.

As if that wasnae enough oa a temptation, the session ends with a cuppa ana bikky wi loadsa chat.

PARKY BRAIN OA THE BORDERS WINNERS

It was a well fought quiz with only 4 points separating first from last, I must be making it too easy! As you will see from the photo it's nice to see some fresh faces receiving the cup. Unfortunately, 2 of the team had to depart early prior to the results being announced. The photo shows the remainder of the winning team half oa the 'famous four!' receiving the cup from Jill Anderson. Congrats go to the 'famous four', Jan, Elizabeth, Jannette and Bill.



So, there is a new name on the cup well done to the 'famous four' on a well won quiz. Pictured left to right Jill Anderson, Jan Kennedy and Elizabeth Johnstone. Next quiz will be April 2020.

MONDAY MEETING AND CARERS CUPPA

The next Monday meeting will be Monday 25th November and what a packed meeting it promises to be, we have local historian Ian Landles coming along to do a talk on 'Robert Burns Tour Of The Borders.' also we have another guest coming along Marlene Henderson from Paxton Music Festival is joining us with a big surprise for the group, yeah am a bit curious too? What could the surprise be? An we also have Eileen doing head massages, and clinics permitting Jill will be there too, add to that tea/coffee ana a bikky. So that's Ian, Marlene, Eileen, Jill, an hot drink add to that Agnes Waldie will be there, ready to hae a 'Carers Cuppa.'

What is this 'carers cuppa'?

The carer's cuppa is a chance for carers to have time for a chat over a cup of tea/coffee at 2 pm with other carers in the kitchen in the chaplaincy while the meeting is on in the main tryst. It's sometimes nice to hear how others deal with the challenges that arise.

So, there you have a few guid reasons to come along to the meeting, especially if it might be yer first Monday meeting, or you haven't been for a while.

A brief reminder the meeting is on Monday 25th November 2-4, in the chaplaincy centre at the BGH.

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
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