


OUR NEWS

<p>Scottish Borders Branch www.bordersparkys.org.uk</p>	<p>October 2019</p>	<p>Written By Gary Hattie</p>
<p>JINGS IS IT OCTOBER A'READY?!?!?</p>	<p>MONDAY CHAPLAINCY MEETING OCTOBER</p>	<p>BORDERS PARKY'S WHAT'S ON GUIDE</p> <p>DIARY DATES</p> <p>Thursday 17th October – 10am - 12pm Peebles Cuppa Ana Chat, Community Centre, Peebles</p> <p>Thursday 17th October – 11.15am – 1.15pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p>Monday 21st October – 1pm - 3pm Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm</p> <p>Monday 28th October – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><i>Parky Brain Of The Borders</i></p> <p>Wednesday 30th October – 2pm - 4pm Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p> <p>Thursday 31st October – 11.15am – 1.15pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p>Tuesday 12th November – 6.30pm - 8pm Buddies Meeting, Wetherspoons, Galashiels</p> <p>Wednesday 13th November – 2pm - 4pm Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso</p> <p>Thursday 14th November – 11.15am – 1.15pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p>Thursday 21st November – 10am - 12pm Peebles Cuppa Ana Chat, Community Centre, Peebles</p> <p>Thursday 21st November – 11.15am – 1.15pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> 
<p>As Oor Wullie wid say, 'Jings crivvens an help ma boab is it October a 'ready!' It just seems like it was January yesterday an we had the whole year in front oa us, an here we are just about too approach the festive season, an a big year fur the group.</p> <p>Yup in a couple months' time it will be 2020 an oor wee support group in the Scottish Borders is 20 years old, 20 years oa writing Newsletters! Aye ah ken it shows!! It doesnae seem like 20 years ago we first met in the millennium in the Administration Dept at the BGH. An ah ken there, are a few of you still remember that day and year. Just like it was yesterday.</p> <p>But that's enough remin, remn, rimon, looking back fur now, let's deal wi October 2019 first an the small matter of who will be the proud winners of the October 2019 Parky Brain oa the Borders Cup.</p> <p>Yup still time to get revising in time for the Competition, which this year is on Monday 28th October 2-4 in the Chaplaincy Centre at the BGH. You read all about that and more in this month's Parky Borders Newsletter. ENJOY!</p>	<p>Firstly, apologies for the no show last month, it was completely out of our hands, and fur once Gary wasnae to blame!!</p> <p>This month's meeting will be on Monday 28th October in the Chaplaincy Centre at the Borders General Hospital, 2pm till 4pm. Eileen will be there for head massages and mindfulness, Clinics allowing Jill Anderson oor Parky Nurse Specialist will be there, tea/coffee and IN date bikkies will be available.</p> <p>Also, we will be holding our twice a year quiz for the 'Gordon Melrose Parky Brain oa the Borders Cup'! We will have questions (which will be multiple choice except for the music section). Questions on General Knowledge, TV and Movies, and last but not least Music. This is a fun meeting and always vee popular as well as competitive! Aye right!!</p> <p>Anyway, if you fancy coming along, think about it no more, just get yersel' down to the Chaplaincy Centre on Monday 28th October 2-4.</p> <p>You'll no regret it!!!!!!!!!!!!!!</p>	

COMING UP...

CHRISTMAS PARTY 2019

Just to let you know this year's Christmas Party will be held on Tuesday 10th December in the Focus Centre Galashiels, full details in next month's Newsletter. Just wanted you to know so you can mark this date in yer diary. Hopefully have another great end to the year. So that's Tuesday 10th December.

PANTOMIME 2019 – 'GOLDILOCKS AN THE THREE BEARS!'

Just to keep you posted, we have 6 seats left for this year's Panto on Wednesday 4th December. If you fancy a seat on the bus and at the Kings get in touch today dinnae delay. Panto hotline 07906 527 682, garyhattie1@gmail.com, 01750 22588.

PARKINSON'S SEATED EXERCISE CLASS

Did you know Hawick had these classes every fortnight? Now you'll have to work this out it all started away back in June with the first class held on Tuesday 25th June and fortnightly thereafter, from 1.30 – 2.30. They are held in the Hawick community hospital and this is free to all Parkinson's patients and carers.

If you're interested or would like to confirm times and dates feel free to contact Anne Chisolm on 01450 377 338.

'CARE FURRA WEE HURL ROON THE HALL DOLL?'

'Ye askin'?

'Am askin''

'Am dancin'!'

By the time this Newsletter reaches you Dance For Parkinson's in the Borders will be two weeks auld, "or 2 sessions in, but there is still time for you to pop along. *DANCE FOR PARKINSON'S*, will be held weekly every Thursday in the Eastgate Theatre and Arts Centre, Peebles, 11.15 – 1.15 pm! Running until 12th December, so if you fancy it get yersel' down there the cost will be £5, with carer/companion getting free access! There will also be tea/coffee an bikkys to be had. These sessions will be held an run by Dance Base, Scotland's National Centre for Dance and Scottish Ballet in Partnership with Parkinson's UK.

In the Borders we tend to be a bit oot oa the way when events are on so it's great to see them coming doon here with this, and I'm sure you will receive a warm welcome if you pop along too support this event. Hopefully see you there! 'Now where did I put ma ballet shoes?'

OH, AH DO LIKE TO BE BESIDE THE SEASIDE

We are in the process of trying to put together 'Cuppa ana Chat' meetings in Coldingham, so if you're in Eyemouth or Duns or surrounding areas watch out for updates in the Newsletter time of day and day of week are still being negotiated, so watch this space. Mr. Drover get yer deckchair, an bucket an spade looked oot we're goin' to the beach!!

You might have noticed the absence of Gary at the September meeting, it's not easy finding venues fur meetings an stuff. Gary was actually in Spain trying to find a suitable venue furra Malaga Cuppa ana Chat meeting, or as they say in Espania Malaga cuppa ana chat reuniones. Jimmy Drover will be absent from the October meeting as he has to double check the suitability of the venue out, I know it's a rotten job, but someone's got tae do it!!!

BUDDIES MEETING

Just to let you know that the buddies meeting in November will be the last one for the year, with the next one after November being on the second Tuesday in February 2020. With that in mind we will have carol singing an pass the, only joking!! Hope to see you all in November.

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
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**
Drop us a line at

hello@parkinsons.org.uk

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