


OUR NEWS

<p>Scottish Borders Branch www.bordersparkys.org.uk</p>	<p>September 2019</p>	<p>Written By Gary Hattie</p>
<p>IT'S NICE TO BE BACK!!</p>	<p>ON THE MOVE</p>	<p>BORDERS PARKY'S WHAT'S ON GUIDE DIARY DATES</p>
<p>We're back!! Welcome to the first newsletter after the summer break, aye summer, blink an ye've missed it. Unfortunately, last year's summer wasnae repeated, oor sun loungers were pretty redundant this year, as was the need fur oor amber solairey, but hey ho we're no wan tae complain, well nobody listens anyway. Tell who was listening, Mary, Alice, Claire an Tanith from Parky UK were. Aye they didnae half listen to the feedback they received from everyone who attended the rushed meeting back in July, a Big Humongous Thank You to all 44 of you who turned up on the day it was a terrific turnout, more details in this newsletter. Also, in this newsletter details of how you can book a seat for our annual trip to the pantomime in December. So, you have an action-packed newsletter to read so that's enough frae moi, ah hear yer kettle is boiling, go get yer cuppa made an', oh aye, enjoy yer September Newsletter.</p> <p>THIS SUMMER'S SPONSORED ACTIVITIES</p> <p>I am pleased to tell you that Elizabeth Johnstone successfully bungeed her jump, and Caroline Connor conquered the English Channel. We at the Newsletter an am sure everyone involved with the group will join us in congratulating Elizabeth and Caroline on their fund-raising adventures. We're sure you both must've had a summer to remember.</p>	<p>'Who's on the move?' I hear ye ask. 'Well listen an ah'll tell ye!' Unfortunately, I have to tell you all that Claire Wilson our Parkinson's UK Local Adviser is moving on to pastures new and has left the Charity. Claire has been a big help to us here in the Borders, an am sure you will join us in wishing her all the best in her new career. Claire said she was sad that she would not have a chance to become 'Parky Brain oa the Borders.' Never mind Claire you'll just have tae make do with this Muckle Big Thank You, which is heading your way, for all the assistance/support/help you have given us, awrabest!!</p> <p>ARE YE ASKIN'? DANCE FOR PARKINSONS COMES TO THE BORDERS</p> <p>The Eastgate Theatre in Peebles is the venue for Dance for Parkinson's Scotland. This is a programme of dance workshops which will be held on a weekly basis, designed for those with Parkinson's, their families and carers. The sessions will be accompanied by live music and includes tea/coffee, biscuits and a blether. Dance for Parkinson's Scotland Programme is a joint initiative managed by Dance Base, Scotland's national centre for dance, and Scottish Ballet. Thursdays 10th & 17th October free introductory workshops Thursdays 24th October-12th December, £5 per person, incl. refreshments 11.15-1.15 (tea/coffee at 12.45) See Gary at meetings for more info. P.S. aye we ken the Peebles group meet on the third Thursday oa the month, sometimes meetings are like buses you wait an wait furra bus then two come at once!!</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> <p><i>Singing with the Cheyne Gang</i></p> <p>Tuesday 8th October – 10am - 12pm Committee Meeting, Langlee Community Centre</p> <p>Tuesday 8th October – 6.30pm - 8pm Buddies Meeting, Wetherspoons, Galashiels</p> <p>Wednesday 9th October – 2pm - 4pm Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso</p> <p>Thursday 17th October – 10am - 12pm Peebles Cuppa Ana Chat, Community Centre, Peebles</p> <p>Monday 21st October – 1pm - 3pm Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm</p> <p>An dinnea forget the weekly exercise class held in Hawick. Full details from Anne Chisholm.</p> 

COMING UP...

Summer Outing to Eyemooth

Numbers weren't great for this year's outing but everyone who came had a great time. Our hosts at MacKays were excellent as was the small (aye right) plate of fish and chips, as a treat coz the weather was so dreich, we were treated to one of their yummy scrummy ice creams!! Gary highly recommends the tablet ice cream and am now wanting to tell but our Jimmy Dee couldn't decide what one to have so he had two!! Our coach driver treated us to a trip up the River Tweed, hahaha we counted that we crossed the Tweed 8 times, that's gotta be some sort of record! It was also fab to catch up with Borders Parky's Vets Norman and Maureen from Eyemooth, fantastic seeing you both.

All in all, a great day out, with great company, thanks to all who came along!!

BUGGY SEEKING GOOD HOME

We have a mobility scooter (Go Go Elite Traveller Plus) available **FREE**. The group will get this serviced for you. Interested? Get in touch with Gary on 07906527682.



The picture is of the model, not the scooter itself.

September Chaplaincy Meeting

This month's Chaplaincy Meeting will be on Monday 30th September at the BGH 2 till 4. If you haven't been to one of these meetings watch your waiting fur?

This month we welcome Community Singing group 'The Cheyne Gang.' They encourage you to come along and join them and feel the benefit of the breathing exercises, the singing and their great company.

Also fancy a head massage and some mindfulness Eileen Balfour will be there. Clinics allowing, Jill Anderson our Parky Nurse Specialist will join us, oh aye and ye can have a cuppa, bikkies and a chat!! Try and get there 2pm sharp as the Cheyne Gang can only make the first half of the meeting, we don't want you missing out!

Well we'll see you there hopefully, la la la la la la la la!!!!!!

2019 PANTO – GOLDBLOCKS AND THE THREE BEARS

Wednesday 4th December is the date for this year's panto, we have 30 seats booked at the theatre for this event, one of our highlights of the year, if you haven't been you don't know what you're missing. The day includes coach to theatre, lunch usually fish and chips, ticket for panto, coach home.

If you fancy this day out and would like to book a seat get in touch with Gary using one of these methods, call Gary on 07905527682, or text Gary on 07905527682, or email him at garyhattie1@gmail.com. Tickets are on a first come basis, the coach pickups will be Peebles, Galashiels and St. Boswells. Times to follow.

LINES ARE NOW OPEN!!!

Summary from the Borders Consultation meeting relating to the NHS Borders review of Neurology Services

44 people using neurology or Parkinson's services in NHS Borders met together at the Chaplaincy Centre at Borders General Hospital on the afternoon of Monday 29th of July 2019 for some discussion on their experience of services.

The purpose of the meeting was to gather comments from people using neurology or Parkinson's services, and also the associated therapy services like speech and language, physiotherapy and occupational therapy.

The event was facilitated by staff from Parkinson's UK. The first two questions were in relation to people's experience of using the services and these were 'What's working well?' and 'What's not working so well?'. People were then asked, 'What might give you concern in future?'

Parkinson's UK would like to thank the people who gave up their time to attend the meeting and to provide them with comments.

Full copy of review available from Gary on request at meetings.

COMMITTEE MEETING

Just a wee reminder that there will be a Committee Meeting on Tuesday 8th October 10 – 12 in Langlee Community Centre Galashiels. This will be the last one for 2019.

HOPEFULLY SEE YOU ALL THERE

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 receive your 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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