

OUR NEWS

<p>Scottish Borders Branch www.bordersparkys.org.uk</p>	<p>February 2020</p>	<p>Written By Gary Hattie</p>
<p>NOW THE WEATHER REPORT</p>	<p>MONDAY MEETINGS</p>	<p>BORDERS PARKY'S WHAT'S ON GUIDE DIARY DATES</p>
<p>Well what's this weather all about, one its blue skies, next it's goes right dark an the blizzards commence, then back to blue skies?</p> <p>As a result of the bad weather we had to cancel a coupla meetings, sorry Kelso an Gala for any inconvenience this has caused you. It just means you'll enjoy the cuppa ana chat even more next month. Well am suffering frae 'writers block' today, picture the scene in the Hattie hoose listening to weather an traffic reports, while sitting looking at a white screen, ma fingers ready tae do the walking over the keyboard, but nothing is happening, come on brain "Engage!!!" please.</p> <p>Well thank you to everyone who attended the A.G.M. last month it was great to see so many faces coming along and a coupla new faces were spotted, hope you return for another visit. In this newsletter we have details of Panto 2020, we're on the search for all you home bakers, coz we've managed to book the Charity Table at the BGH, some fab news on the Dancing With Parkinson's.</p> <p>All that an so much more in this month's newsletter!</p> <p>COMMITTEE MEETINGS</p> <p>I can now confirm dates for oor meetings for 2020. All meetings are from 10-12 and will be in the Langlee Community Centre Galashiels. Committee members dates for your diary are: -</p> <p>Tuesday 3rd March Green Room Tuesday 14th July Blue Room Tuesday 13th October Blue Room</p> <p><i>Aye, am I organised or whit?</i></p>	<p>As we have already said it was great to see the turnout at last month's AGM, great to see everyone taking an interest in the group. This month is gonnae be a chill oot meeting we have had a few new faces coming along recently and we really dinnae have much time to get to know each other, so this month we're gonnae make time!! It's good to chat, also Eileen Balfour will be present to give head massages and mindfulness, Jill Anderson or granny Jill oor nurse specialist will be there clinics allowing. Add to that have a tea or a coffee ana bikkie, whats your excuse for not popping along.</p> <p>Well for our March meeting we are chuffed tae bits to let you know that we will have some folk from the dancing with Parkinson's activity. We might have if we're lucky Robert coming with them on the piano, and Rhiana and possibly Alex also from Scottish Ballet who host the activity. People are being put off by the term dancing wi parky, it's hard tae put it into words what the activity is, well it is fur me!! So, come along and find out what it's all about, the enthusiasm of the volunteers and staff involved with dancing with parky is contagious!! So, mark Monday 30th March in yer diary 2-4 in the Chaplaincy Centre. Are ye askin'? Am askin! Well am dancin'!!</p> <p>There's just time furra quick reminder in April we will all be competing for Parky Brain Oa The Borders Cup, and the questions will be on the Scottish Borders!!</p>	<p>Monday 17th February – 1pm - 3pm Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm</p> <p>Thursday 20th February – 10am - 12pm Peebles Cuppa Ana Chat, Wetherspoons, Peebles</p> <p>Monday 24th February – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH.</p> <p>Wednesday 26th February – 2pm - 4pm Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p> <p>Tuesday 3rd March – 10am - 12pm Langlee Community Centre, Galashiels</p> <p>Wednesday 4th March – 1pm - 3pm Coldingham Cuppa Ana Chat, Coldingham Village Hall, Coldingham</p> <p>Tuesday 10th March – 6.30pm - 8pm Buddies Meeting, Wetherspoons, High Street, Galashiels</p> <p>Wednesday 11th March – 2pm - 4pm Kelso Cuppa Ana Chat, Kelso Community Centre, Abbey Row, Kelso</p> <p>Dance for Parkinson's – 11.15am - 1.15pm Eastgate Theatre, Peebles</p> <p>Thursday 20th February Thursday 27th February Thursday 5th March Thursday 12th March</p> <p>Hawick Exercise Class –, details from Ann Chisholm</p> <p>Tuesday 18th February Tuesday 25th February Tuesday 3rd March Tuesday 10th March</p>

COMING UP...

DONATIONS RECEIVED

We'd like to thank the following for donations made to the group: -

Rachel McKenzie, Earlstoun from a collection taken at the funeral of her son Gary

We have a donation in memory of the late Matt Dale, Newcastleton

Thanks also to Agnes Waldie and family for a collection taken at the funeral of the late Scott Waldie

On behalf of the group can we just say a big thank you!

MANY APOLOGIES

BUT PERSONAL SAFETY IS OUR AIM

As touched on at the beginning of this month's newsletter, we had to cancel a couple of meetings at the last minute due to the recent snowfall. Firstly, we had to call off the Buddies Meeting, though that was rescheduled for the following Tuesday. Then we had to cancel the Kelso meeting the very next day, as the snow fell at the wrong time in heaps! We contacted Radio Borders to ask them to let listeners know. We hope you understand cancelling at the last minute, we don't want to put people at risk trying to make a meeting. If in doubt just dinnae go out there's always the next meeting.

WORLD PARKINSON'S DAY 2020

This year World Parkinson's Day will be Saturday 11th April. We have managed to book the Charity Table at the BGH for Monday 13th and Tuesday 14th we will hopefully have pin badges on sale and information books to give anyone seeking information and support.

Now here's our plea, it would be great to sell some home baking over these two days, but we need all you bakers out there to come forward, can you do some baking and get it to us at the BGH on the above dates, we would gratefully appreciate all donations of home baking if you're able to do this can you let Gary know by the usual ways.

Also, as if one plea is not enough, we have another one, if you would like to help out on the information table, we try to do it in 3 hour shifts or 4 max. If you fancy helping at the information/support table just contact that Gary one and we can sort out shifts.

This is a crackin way to increase awareness of the support group, so if you can help with any of our pleas just get in touch with Gary.

HAWICK SEATED EXERCISE CLASS (NOW THAT'S MA KIND OF EXERCISE CLASS)

Just so as I've got this right, the exercise in Hawick on a Tuesday is now on every week, full details available from Ann Chisholm, Hawick.

While we're talking about Hawick just a reminder that the meeting for February will be back in the usual venue Frank Scott Court 2-4, last Wednesday of the month!

PANTO NEWS

What ya mean it cannae be the panto already? Oh yes it is! Oh no it isnae! Oh yes, don't you just love panto season?

Well we have a date for this year's panto trip, we already told you about the panto being Sleeping Beauty this year, we have a date for your diary. The date of this year's trip to the panto will be Wednesday 2nd December, and we are sticking with the 2pm matinee. So, you can now circle that date on yer calendar. We are not taking names yet, just confirming the date for you. Full details later in the year.

COLDINGHAM MEETING

Next month we start another of our 'cuppa ana chat' groups, yup, march sees us visiting the seaside as the Coldingham group kicks off.

The first meeting will be on Wednesday 4th March and the second meeting Wednesday 1st April, (hopefully we can sort out a regular date for any future meetings over these two get togethers). The time of these meetings will be 1pm to 3pm, and the venue is the Coldingham Village Hall. So, if you're in the area and you know of people living with Parkinson's, please spread the word that we're in town!

Come along and meet and chat to others, share experiences, that's where the phrase 'cuppa ana chat' comes from. We look forward to seeing you on Wednesday 4th March. Can we just thank Mike Clift for all his help in getting these meetings off the ground.

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
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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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DISCLAIMER

Though we try to get all information correct sometimes we, ok, Gary, gets it wrong, for all those deliberate mistakes Gary apologises, and thanks you for your help in spotting them!