

# OUR NEWS

<p><b>Scottish Borders Branch</b>  <a href="http://www.bordersparkys.org.uk">www.bordersparkys.org.uk</a></p>	<p><b>March 2020</b></p>	<p><b>Written By</b>  <b>Gary Hattie</b></p>
<p><b>WHAT'S BEEN GOING ON</b></p> <p>So, our first meeting in Coldingham? Did anyone else come to the seaside? Details in yer newsletter!</p> <p>In March it wasnae just the Wurzels who were singing about tractors, what are we on aboot? Details in yer Newsletter!</p> <p>At last we catch up with Niki and Norman.</p> <p>Hurrah! Was the cry as we found out we were allowed back into the Community Centre in Peebles!</p> <p>Cheers all round as we cannae wait tae see Jimmy again? Awe boo hoo was the cry when we found out <b>all meetings have been cancelled</b>, 'Hope to see you soon Jimmy!'</p> <p>Cuppa ana chat latest from around the area.</p> <p>That's enough from me go get yer cuppa tea sit an relax an find oot whit's in yer newsletter this month!</p> <p><b>ENJOY!</b></p>	<p><b>SO JUST TO CONFIRM EVERYTHING CANCELLED TILL FURTHER NOTICE!!</b></p> <p>Sorry folks but having received direction from London and Steve Ford chief executive of Parkinson's UK all meetings and events have been cancelled until further notice. That's Chaplaincy Meetings, Cuppa Ana Chat Meetings, Beer Ana Blether, Tabletop Baking Sale And Information Table, Dancing Wi' Parky, Summer Outing, Aye everything. Cancelled!! No exceptions!! So just to confirm everything cancelled till further notice!!</p> <p>Apologies but everyone's health is the priority in the current climate.</p> <p><b>BELOW IS A COPY OF SOME OF THE EMAIL FROM STEVE FORD</b></p> <p><b>Advice on volunteer and local group events</b></p> <p>Our advice, where groups of people are coming together, is that you cancel your activities as a precaution. This includes AGMs, Working Together days, and other volunteer-led activities.</p> <p>For people with Parkinson's, there's no increased risk of catching coronavirus. However, the advice for slowing the spread of the virus does include staying away from vulnerable individuals, such as elderly people and people with underlying health conditions. And, as volunteers you are likely to be in contact with these groups.</p> <p>We're asking volunteers to cancel group activities for now. In these uncertain and unsettling times developments are evolving and we'll keep you up to date as our advice changes.</p> <p>I understand this time of year for many people means looking ahead to group outings and holidays. Thinking about the future, please do consider cancelling outings or holidays booked up until the end of July. Contact coach companies, venues or trip organisers as soon as possible because there may be a financial loss involved with cancelling a holiday at this late stage.</p>	<p><b>BORDERS PARKY'S WHAT'S ON GUIDE</b></p> <p><b>CUPPA ANA CHAT UPDATES</b></p> <p>Well systems were up and running, in Hawick we moved back into Frank Scott Court, after our brief stint at the Leisure Centre, over a dozen turned up to last month's meeting, poor wee Rachel was run off her feet doing heed massages for those wishing one.</p> <p>Yup news spread that we were back into the Peebles Community Centre after oor short stay in Wetherspoons, we couldnae wait to get back in but our return was put on hold as aye you guessed it coz, <b>EVERYTHING CANCELLED TILL FURTHER NOTICE!!</b></p> <p><b>JUST A REMINDER BEFORE WE LEAVE YOU, PLEASE BE PATIENT WITH THE CANCELLATIONS, EVERYONE'S HEALTH COMES FIRST AND REMEMBER EVERYTHING CANCELLED TILL FURTHER NOTICE!!</b></p>

# COMING UP...

## GORDON ALLAN HAS A PROPOSAL FOR YOU

Our treasurer Gordon Allan is wondering if any person in the group is interested in joining him to play badminton. He is looking to book the main hall in Langlee Community Centre for a weekly two-hour session of friendly, social, no-pressure badminton.

This would be for patients, carers and supporters looking for exercise in a fun atmosphere, resting and chat included Tuesdays 2pm to 4pm.

If you would be interested joining Gordon or this sounds like this activity is right up your street, then let Gordon or Gary know of your interest.

## GARY SAYS A BIG HUMUNGUS THANK YOU TO NIKI!!

This is getting a bit of a habit this, we're beginning to think Gary has a drinking problem, well no he hasn't, but it is the easiest way of catching up with Niki, Norman and family at the same time!!

Gary finally got a chance to say thank you to Niki and Norman for the donation to make the groups Christmas party a cracker!!



## Oh, a do like to be beside the seaside COLDINGHAM UPDATE

So off we jolly well went to Coldingham on Wednesday 4<sup>th</sup> March, to the launch of the Cuppa ana Chat group. On arrival we were welcomed by Mike Clift the person who got the group up and running. And what a village hall it is in Coldingham as it comes with 2 tea ladies!! Fantastic!



Jim and Ted check the village map to see where the Parky meeting is!

1 o'clock arrived and so did the locals travelling from further afield, Eyemouth and Duns!! Yup we got off to a flier with 15 of us chatting and enjoying tea and coffee, yup Coldingham proved to be exactly what it says on the label Cuppa ana Chat, a very successful day! Gary was wondering if the sun always shines in Coldingham. Thanks to everyone who came along and made the first meeting a huge success, thank you! the next meeting was booked for Wednesday 1<sup>st</sup> April. But, yup, you got it, the **April meeting has been cancelled!**

## DO YOU REMEMBER THE WURZELS (A BOY BAND FROM 70'S)

That was the group that sang the tractor tune Gary could nae get oot his heid, as the Coldingham meeting finished off we jolly well went to Ancroft Tractors to meet Tom Brown and his sister Yvonne who run Ancroft Tractors in Berwick Upon Tweed.

They were celebrating the company's 40<sup>th</sup> year in business and had a party to celebrate, raising £3,000 for the group. Tom and Yvonne's father has Parkinson's and they wanted to do something for the group.



(FROM L TO R TOM AND YVONNE, PRESENT THE CHEQUE TO JIM AND TED)

We would like to say a huge thank you for their hospitality and generosity, since this day Gary wrote a letter to Santa which read, dear Santa can I have a tractor for me Christmas!! Pleez!!

## 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.**

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Visit us online at [parkinsons.org.uk](http://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!*