

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

June 2021

Written By
Gary Hattie

THINGS ARE LOOKING UP, I THINK?

Well, a big hello shout out to you all an Welcome to another newsletter hoping we find you all well. Well, we have had some guid weather to enjoy not! Though, it isnae warm, or sunny, we can be heated with the thought that summer is just around the corner. Apologies for lateness of newsletter as Gary has had some software problems, I think you call it! Also, apologies if you left a message to ask us to take your name off of our database, if you did and we have sent it out again could you get back in touch with Gary who will sort it, and he hopes the arrival the newsletter doesn't give you too much personal upset.

So, what has been going on and what's in your newsletter? If you get your kettle on and make a brew, ah'll finish the newsletter, if it isnae too much trouble if one oa ye could make me a brew, black with 2 sugars would be great thanks.
So, in yer newsletter find out how last month's zoom meeting went, find out when the next zoom meeting will be, an fur the next coupla months, who's been doing a bit oa fund-raising, the latest on the meeting front, a message from Agnes Waldie, also an update on clinics and contacting BGH.

As is customary for the group the newsletter will stop for the summer holidays and will return, at the beginning of September, if we can be of any help before then you can contact Gary by phone or email his details are on the newsletter.
So, sit back an relax an enjoy yer newsletter!

MEETING UPDATES

Last month just as we were going to print, we received a message from Peebles community centre who are resuming meetings from the 31st August. They are starting with meetings in the big hall and once they are happy with that, they will phase in the rooms one at a time, we will keep you all posted.
People have been asking about the meetings in spoons Galashiels. At the moment we have no plans to recommence these meetings, again we will keep you all posted.
We haven't heard from any other venues; we will keep you all posted.

HI FROM AGNES WALDIE

We received an email from Agnes Waldie from Darnick, those of you came to the BGH meetings will ken her. Well Agnes was thinking that over the last year carers might like a chat or a bit of support. Over to Agnes!
"I was on a call with a group to look at the setting up of a support group for family, husbands, wives carers of people with Parkinson's it was very interesting and I learnt a lot. Now restrictions are being eased maybe it won't be too long before people can get together again. In the meantime I wondered if any carers who are feeling a bit stuck and just need a chat I am happy to chat on the phone, or hopefully in the future, meet up for a coffee and a chat."

If this appeals to you, you can get in touch with Agnes on 01896 823 015 or email her on agneswaldie@gmail.com

BORDERS PARKY'S WHAT'S ON GUIDE

YER NEWSLETTER

From the feedback we receive, we know how much you enjoy yer newsletter, an look forward to reading it every month. But have ever thought how you get yer newsletter? What goes on behind the scenes!

First, all over the month we collate bits and pieces from folk involved with the group.

During the month Gary sends any new requests for newsletters onto Jennifer who then updates our database.

Then Gary puts all the info into a **language that only he** understauns! Gary then sends his scribe to Jennifer, who sitz scratching her heed, coz she cannae understand it either!!

Jennifer then gets all the articles, copies and pastes them and builds up the newsletter in the format you receive. She then has a group email list, and by the clicking of a couple of buttons sends the newsletter to everyone who has requested it to be sent via email.

The next task, the newsletter is then updated on the website making it available to those that read the newsletter on the internet.

Jennifer then, aye we're still wi' Jennifer, she then scans the new newsletter, and photocopies the number of newsletters required for the mailing (over) 200 at the moment.

The next task is the printing off, of the address labels and attaching them to the envelopes

Next job is to fold all the newsletters and put them into the envelopes and stick the stamps to the envelopes.

Jenniferz final task is to post the envelopes into the big red box leaving the Royal Mail to do the rest.

So now ye know, Gary receives all the plaudits, but we thought you should ken the truth if it wasnae for the hard work of our Admin and IT staff, aye, Jennifer! You wouldnae get yer monthly newsletter. So, THANK YOU Jennifer!

COMING UP...

FUNDRAISING

Someone in the group has been conquering their phobias, in this case his fear of heights, we will supply a photo of someone bungee jumping for Parkinson's. Naming no names this person wants to anonymously thank everyone who supported him.



ZOOM MEETING

It was great to see everyone again and to know you are all keeping well. Also, it was great to see that it worked, hopefully we can make it 2 in a row! Also, a thank you goes to Jill for taking the time to join us it was great seeing her. If you are interested in joining us our next Zoom meeting will be on Monday 28th June from 2p.m. Or 1400 oorz. Details below: -

Gary Hattie is inviting you to a scheduled Zoom meeting.

Topic: Gary Hattie's Personal Meeting Room

Join Zoom Meeting

<https://us04web.zoom.us/j/8451437124?Pwd=OUY1eWtNcDRrV2tiUDVHRFZJdINiQT09>

Meeting ID: 845 143 7124

Passcode: 6ksybv

As you might have read this is the last newsletters, furra coupla months, but we will have zoom meetings planned for the last Monday of July and August. Hopefully see you then.

AN UPDATE ABOUT PARKY SUPPORT AT BGH

COVID has impacted hugely on the way the Parkinson's clinics are being run. As a service we appreciate how patient you have all been over this difficult period. The number of clinics has greatly reduced as has the number of patients who can be seen in a clinic due to social distancing and time required to clean clinical areas between patients. We are hoping to increase clinic capacity when we are able to do so safely.

We no longer have the Day Hospital as a base however contact details remain the same. Jill's telephone number is 01896 827025 which has a voice mail facility to leave a message at all times. Please, if leaving a message include your name, date of birth and a contact number.

Please do not contact other patients or committee members to ask them to contact the service on your behalf please use the number to contact Jill. When Jill is not working the voicemail is not monitored and your message will be picked up when she is next on duty.

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@skv.com to receive your 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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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!