

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

November 2021

Written By
Gary Hattie



BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

DECK THE HALLS WI'

Yup cannae believe that we're saying that (ok singing), well it is our last newsletter of the year. So, it will come wi' Seasons Greetings, well after all it is Christmaaassssssssssssssssss!!

Well, it certainly is coming, judging by the Christmas Adverts on tele just now. Which is your favourite? Also, a sure sign Christmas is not far away when you see the coca cola trucks, 'the holidays are coming!' But not before I finish this newsletter. Speaking newsletters where was I?

Not much happening on the Parky front this month, usually we're getting ready for the panto, and our trip to Juniper Lea fur oor fish an chips. We'd also be organising oor Christmas lunch. Maybe this time next year we'll be doing all these things. Now did I say that at this time last year.

The one thing being done again is the Crafts 4 U Christmas Raffle.

Our friends at Walkerburn Crafts4U are organising their Christmas raffle. Jennifer is gonnae put info about it in this newsletter, (ah've seen the first prize so am gonnae get ma tickets).

DANCING WITH PARKINSON'S

Well last week's class was pretty popular, it really is good to see everyone again. There has been a slight change to the order of stuff (I cannae mind the word am looking for so stuff will hae to do). Instead of having tea coffee at the end it is being served about 11.20ish, once all the beverages are done then we dance an

ALL THAT JAZZ!!



It's a fun packed hour ana half, an if you been thinking about coming along now's the time to do it, but if you are it may be worth calling up Cayleigh to book you a spot or get her by email.

activities@eastgatearts.com

or by phone
Telephone: 01721 725 777



Look that's another session over an we're still smiling

Well, it's getting exciting, there is a slim chance we might be restarting our meetings sometime early next year. We are at the moment checking our venues to see who's opening an who's no. All info will be put in the newsletter, please be aware that this might be subject to change due to co-vid. But watch this space maybe we might hae a guid new year after all. Here's what's on this month

DATES FUR YER DIARY

MS Society Exercise Class
Mondays 11.30 – 12.30
Teviotdale Leisure Centre,
Hawick

Every Thursday Dancin' fur
Parkinson's East Gate
Peebles 11.30-1.00 pm

Zoom Room 29th November
2.00pm (see invite)

COMING UP...

HAWICK EXERCISE CLASS

A REPEAT OF THE ARTICLE THAT WAS IN LAST MONTHS NEWSLETTER

HAWICK EXERCISE CLASS

WE HAVE RECEIVED AN INVITATION TO OUR MEMBERS FROM THE BORDERS MS SOCIETY, THEY ARE STARTING UP THEIR EXERCISE CLASS AND THEY ARE WONDERING IF ANYONE IN OUR GROUP WOULD LIKE TO JOIN THEM. THEY ARE TAKING PLACE IN THE TEVIOTDALE LEISURE CENTRE, EACH

MONDAY FROM

11.30 – 12.30

IF YOU ARE INTERESTED MORE DETAILS ARE AVAILABLE FROM

ANN CHISHOLM 01450 377388

We have received a donation we received this month. Thank You very much for supporting the group.

Mrs M Grogans, Galashiels from a collection at the funeral of the late George Grogans



NOVEMBERS ZOOM MEETING

You are invited to join us on our November Zoom meeting this will be held on Monday 29th November, at 1400 hours details below: -

Gary Hattie is inviting you to a scheduled Zoom meeting.

Topic: Gary Hattie's Zoom Meeting
Time: Nov 29, 2021, 02:00 PM London

Join Zoom Meeting
<https://us04web.zoom.us/j/74312232531?pwd=MzRvMDY3aDVIaW5yQ1Y1a3liSjcwUT09>

Meeting ID: 743 1223 2531
Passcode: 0A8Kgc

**CAN WE AT THE NEWSLETTER
JUST WISH YOU ALL A MERRY
CHRISTMAS AND LOOK
FORWARD TO SEEING EVERYONE
NEXT YEAR ROLL ON 2022,
BRING IT ON!!!
OH, ANA HAPPY NEW YEAR.**

CRAFTS4U CHRISTMAS RAFFLE

It's that time of year again when all our challenging work over the last year or years in this case are raffled for an exceptionally worthy cause.



This is the quilt made by me and quilted by Kirsten and hand stitched by Vicky.

The quilt is our first prize in this year's raffle, second prize is an extremely delicious home-made Christmas Cake made by Amy, with various other prizes donated by our members including a handmade Christmas ornament.

Tickets are available from myself, contact me on email at jeffilbr@sky.com or by text on 07903559804, or I'm sure Gary can get you some.

The draw will take place at our stall on Switched on Saturday, on 4 December 2021 at the Vale Club Innerleithen before the lights go on. Hope to see some of you there, lots of other nice goodies to buy for Christmas Prezzies.

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 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!