

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

October 2021

Written By
Gary Hattie

HAPPY OCTOBER TO YOU ALL

Hi there everyone,
Well welcome to your October newsletter, hope this finds you well. We're right excited this month coz we got something to tell you that's happening, YES! We've got something to write in the diary!
What can that be? Well, we're no gonnae tell you, let's keep it as a wee surprise, don't you just love surprises! Well, I have hadda writers block again this month, the computers been switched on, sitting on the bunker furra week, it is now Wednesday and it's five past four in the morning and here ah've no been able to sleep, coz ah've got this newsletter in ma heed, so thought ah'd come doonstairs an start waxing lyrical. Hope you are getting your jabs and starting to get oot a bit. I have to confess that we've been getting out a bit more, but still making sure ah mask up and have got hand wash an stuff, dinnae want tae get too complacent!
Well, am gonnae go so as I can tell you about what's happening in the Borders for everyone living with Parkinson's. Enjoy yer October Newsletter, oh aye, an Happy Halloween.



OCTOBER'S ZOOM ROOM HAS BEEN BOOKED FOR THE 1ST NOVEMBER

Gary apologises for the shortness of the zoom meetings, but it is great just seeing everyone, as it says October's zoom meeting is on 1st November 1400 hours and the November meeting has been booked for the 29th November 1400 hours. See you all then, invites are below

Gary Hattie is inviting you to a scheduled Zoom meeting.

Topic: Gary Hattie's Zoom Meeting
Time: Nov 1, 2021, 02:00 PM London

Join Zoom Meeting
<https://us04web.zoom.us/j/71679549960?pwd=VlU4YnRmNkRhCHYdTDZOUxpLlRvZz09>

Meeting ID: 716 7954 9960
Passcode: CDjc8v

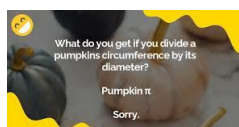
And November's Zoom Room has been booked for 29th November

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=MzRvMDY3aDVIaW5yQ1Y1a3liSGcwUT09>

Meeting ID: 743 1223 2531
Passcode: 0A8Kgc



BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

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

Every Thursday Dancin' fur
Parkinson's Eastgate Peebles
11.30am -1.00 pm

Zoom Room 1st November
2.00pm (see invite)

Zoom Room 29th November
2.00pm (see invite)



What did the pumpkin say to the carver?

Cut it out!!!



If you have something you want to share with everyone or you have a pic to share, send it to: -
garyhattie1@gmail.com

COMING UP...

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
Another step in the right direction!



HAPPY HALLOWEEN



'CARE FURRA BURREL ROON THE HALL DOLL?'



FANCY GAUN UP TAE PEEBLES FUR THE DANCIN'?

ARE YE ASKIN'?

'AM ASKIN' YE DANCIN'?

'AM DANCIN'!

Yes, you're not seeing things, the 'Dancing with Parkinson's' is back, every Thursday at the Eastgate in Peebles. It has been up and running for 4 weeks or so, we received word just after the September newsletter. It is the same as before, the same faces as before the only difference is numbers are limited so there is enough space for everyone, and at the moment it is all seated.

I have to say it's fantastic to see folk again, the first week we were all chatting about what we had been up to for the last 18 months!! But it is great to be dancin' again!!!!

I can tell you Alex one of the dancers has hadda bairn going by the name of Hattie, whatta swingin' name!!

Congratulations to Hattie's maw an paw!

Back to the dancing. Everyone is welcome to come along, it is same as before £5 is all it costs, the only thing is to remember to book it in advance, to ensure it isn't over booked.

There is a new contact in the Eastgate, hello to Cayleigh, this is the email Cayleigh sent out last month: -

Dear Dance for Parkinson's participant,
I am writing to let you know that, after an exceptionally long 18 months, Dance for Parkinson's sessions will resume at the Eastgate Theatre in Peebles this autumn. We are postponing the start date to next **Thursday 23 September** and will run each week until 9 December. Sessions will start at **11:30am** and still be priced at £5 a week. This includes the chance for refreshments and social café after the class. As you may expect with returning to in-studio sessions, we will have to cap numbers to allow for sufficient distancing and recommend booking ahead of time.

I also realise that you may not be ready to return to physical sessions just yet, but I can let you know about the online classes that will continue to be available.

Sending you warm wishes from everyone at the Eastgate Theatre, and if you have any questions at all about returning to classes, please let me know!

Kind regards Cayleigh

Cayleigh Gardner, Activities Coordinator

You can get in touch with CAYLEIGH by email

Cayleigh Gardner
activities@eastgatearts.com
or by phone

Telephone: 01721 725 777

Tell you what folks it feels really great to tell you about something that's happening in the Borders!

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!