

# OUR NEWS

## Scottish Borders Branch

[www.bordersparkys.org.uk](http://www.bordersparkys.org.uk)

## April 2022

Written By  
Gary Hattie

### HAPPY EASTER EVERYONE!

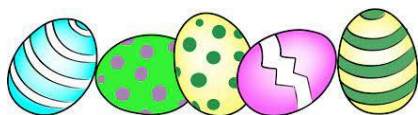


Well, we hope you have a grand easter and a right guid Friday. The suns coming out an the clocks have sprung forward, the lawnmower has been dug out the shed, so it must be near summer, I cannae wait.

Well, the meetings have returned, yes, it is only a bit at a time but at least the ball is rolling. It was great to see some new faces at the meetings, we hope the newbies got something from the meetings, and will return.

The exercise class and Dancin' wi' Parky, is having a wee break at the moment but by the time you receive yer newsletter they'll be back, and they'll be happy to see you again.

It is a bit o a quiet Scottish Borders at mo but there is still plenty going on, we're hearing of a coupla fundraisers details are on the newsletter.



### MONDAYS AT THE CHAPLAINCY

This month's meeting at the chaplaincy, will be on Monday 25<sup>th</sup> April 2022 from 2-4. It was great to see everyone who came along to the March meeting, and also great to see fresh faces taking the time to join us, we hope you liked what you saw and come back.

Normally at our April meeting we would be fighting it out for the 'Parky Brain o a the Borders Trophy', with questions on the Borders, but seeing as we are just starting up again Gary is bringing along his top 30 photos which he has taken from journeys round the Borders for you to guess, no prizes, no teams, it's just for fun, so get yer fingers on the buzzers! Also, we will have a cuppa ana bikky or two, and if she can, clinics permitting, Jill Anderson oor Nurse specialist will drop in and say hi. So, we look forward to seeing you there, so that's Monday 25<sup>th</sup> April 2-4.

Please read NHS Borders Guidelines if you fancy coming along.

**Anyone with symptoms or a positive test is not allowed to enter the building.**

**Bookings must be strictly adhered to. Not arriving too early, just before their booking time.**

**No refreshments in the kitchen, you may however have them in the Tryst.**

**Chairs and anything used must be wiped down after use, wipes are provided.**

**Fire doors may be used for entry and exit. It may be a bit cold in February and March.**

### BORDERS PARKY'S WHAT'S ON GUIDE

#### DATES FOR YOUR DIARY

**Monday 25<sup>th</sup> April** –  
2pm - 4pm

Chaplaincy Monday Meeting,  
Chaplaincy Centre, BGH

**Wednesday 27<sup>th</sup> April** –  
2pm - 4pm

Hawick Cuppa Ana Chat,  
Frank Scott Court, Hawick

**Every Wednesday** –  
2.45pm

Live Borders Exercise Class  
Tri-Fitness, Galashiels

Contact Paul Davis  
(07458040481)  
[pdavis@liveborders.org.uk](mailto:pdavis@liveborders.org.uk)

**Every Thursday** –  
11.30am – 1.00pm  
Dance for Parkinson's,  
Eastgate Theatre, Peebles

**Every Friday** –  
10.30am  
Live Borders Yoga Class  
Old Gala House

# COMING UP...

## YOU FANCY A CUPPA ANA BLETHER IN HAWICK?

We are now getting together in Frank Scott Court in Hawick, next to the bowling clubs. Our next meeting there will be Wednesday 27<sup>th</sup> April 2-4.

So, if you're in Hawick or in the vicinity, pop along it will be great to see you, an remember if you haven't been before we use the word meeting, in the loosest sense it is informal, just pop in between 2 and 4 we'll be there!

## NEXT!!

At last month's Chaplaincy Meeting Gary Noticed Ted was wearing a snazzy t-shirt.



Well, I never knew next supported Parkinson's'. Every day is a school day. Cheers for that Ted.

## BUSY MONTH OA MAY

We heard about an event being organised in Galashiels, a 70's an 80's disco. This event is being held on Saturday 14<sup>th</sup> May in the Volunteer Halls. 7.30 till midnight. Tickets priced £10 (includes supper). It is being organised by 'Good Vibes Disco' in conjunction with 'Niki's Bar' see poster below



## COFFEE MORNING

Just as we are going to print, we heard about a coffee morning that was being organised in Morebattle Institute on Saturday 21<sup>st</sup> May doors open 10.30, so if you're in the area why not pop in we're sure they'd be pleased to see you.

## KELSO ART CLUB EXHIBITION

Just about two years ago before the lockdown, we were invited along Kelso to see if we would open their 2020 exhibition, as they were raising funds for our group. Like everything else it was cancelled.

Two years on and we got asked back to open their 2022 exhibition. Gary an Ted went along to open the art exhibition, Gary was asked to say a few words about the group.

They were raising money at the exhibition to support people living with Parkinson's here in the Scottish Borders. Ted and Gary would like to thank the club members for making us welcome and for choosing our group as the beneficiaries of all their hard work.

## GARY SPELL CHAPLAINCY

Yes, I know I spell it so many ways. I dinnae ken if ah've spelt it right or no! Here goes:

C-H-A-P-L-A-I-N-C-Y



## 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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[jeffilbr@sky.com](mailto: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.

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Drop us a line at [hello@parkinsons.org.uk](mailto: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, an thanks you for your help in spotting them!*