

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

February 2022

Written By
Gary Hattie

CHECK OUT THIS NEWSLETTER HEADLINE
NEXT MEETING MONDAY 28TH FEBRUARY
IS THAT NO A SIGHT FOR SORE EYES.

Yes, your eyes are not deceiving you, we're back, we're gonnae meet again. Monday the 28th of February is the golden date; we will get a chance to meet up with friends again an chat an chat an chat!

Do we sound excited? Too right we're excited!!

But please read the article and the guidelines to make sure we all stay safe, if in doubt stay away let's look after each other.

Also, if you are in the Galashiels area and have been looking at the dancing with parky in Peebles but you just cannae get there we might have the answer.

Finally, we have our seats booked for the Panto information in newsletter.

So, get that kettle boiled sit down an relax an enjoy yer newsletter!

We're gonnae go an let you read on!

Dancing with Parkinson's'

Do you live in the Galashiels area and have been wanting to go to Dancing with Parkinson's?

We have 2 spaces available in a taxi from Galashiels to Peebles and returning to Galashiels from Peebles after dancing the taxi will be free of charge. It is on a first come first serve basis just get in touch with Gary to book a seat for you or you an yer partner.

All you have to do is get to Galashiels, and the taxi will pick you up.

An we'll get you to the dancing! It's never been easier to go furra burrel roon the hall, just give Gary a call - 07906 527 682, or email him on garyhattie1@gmail.com



BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 28th February –
2pm - 4pm

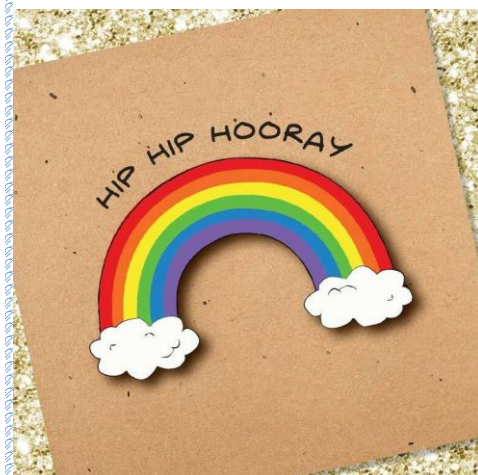
Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

Wednesday 30th March –
2pm - 4pm

Hawick Cuppa Ana Chat,
Frank Scott Court, Hawick

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

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



COMING UP...

HAWICK MEETING

Thanks to Anne Chisholm we have booked Frank Scott Court to kick – off the Hawick meetings. The first one is scheduled for Wednesday 30th March 2 – 4. To which everyone is invited. The meeting will be very informal as are all our meetings, maybe there will be a chance of some tea or coffee on the day. (Ha ha).

A big thank you to Anne for her hard work in getting us up and running in Hawick again.

We look forward to seeing you all there!

Staying in Hawick, remember the exercise class is still going on. Organised by the local MS Society this is open to Parkinson's folk it is on Mondays 11.30 – 12.30 Teviotdale Leisure Centre, Hawick.



PANTO NEWS

We have managed to book some seats for this year's Panto at the Kings Theatre Edinburgh full details will be in future newsletters once we can confirm feeding details, watch this space.

MONDAY MEETINGS AT CHAPLAINCY TO RESTART THIS MONTH!

Yes, it is the news we all wanted to hear, as support for people with Parky restarts in February, aye that's this month. The first meeting is scheduled for Monday 28th February 2-4. There is nothing planned for this first get together for quite some time. Just two hours of quality chat and time to catch up with people we might not have seen for a while.

Please read and follow the guidelines, remember if you don't feel confident in meeting folk yet don't worry take your time there is no rush come along to meetings when you feel the time for you is right. We can't stress enough, read, and follow guidelines don't put others at risk, if you don't feel right stay away.

At the meeting we will be keeping fire door open for fresh air to circulate please wear warm clothing! We are not able to use kitchen, so no home baking is allowed. I know I can't believe we're not allowing home baking. Also arrive as near time as possible as we have to clean area before and after.

Please wear a mask when entering or leaving the building, also give yourself plenty of space from one another.

Sandra from chaplaincy has forwarded us the rules to follow-

NHS Borders states:

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.

All being well we look forward to seeing you there, that's Monday 28th February 2-4 in Chaplaincy Centre at the BGH.

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!