

OUR NEWS

<p>Scottish Borders Branch www.bordersparkys.org.uk</p>	<p>June 2022</p>	<p>Written By Gary Hattie</p>
<p>JUNE NEWSLETTER</p>	<p>MONDAY MEETINGS</p>	<p>BORDERS PARKY'S WHAT'S ON GUIDE</p>
<p>Greetings everyone, it's a scorcher oa a day in Selkirk mind an make the most of it, well you just dinnae ken how long it will last!!</p> <p>Sorry for the lateness oa this newsletter, this is due to the fact the Hattie one was lapping up the rays in Menorca, Aye it's aright fur someeh!</p> <p>This will be the last newsletter till September as we stop for our summer break, hopefully I will have loads to tell you as I type another pretty sparse newsletter. We are getting there, honest!</p> <p>In this newsletter we tell you about some changes to our group. Also dates of cuppa ana chat meetings, and anything else we can find to type about. So, sit back relax and enjoy yer read.</p>	<p>The next Monday meeting will be held on Monday 27th June 2-4 in the Chaplaincy Centre at the Borders General Hospital.</p> <p>Everyone will be made welcome, to drop in furra cuppa ana chat, it will be great to see you. We might even have the company of Jill Anderson our Parky Nurse Specialist (depending on whether she has Clinics or not)</p> <p>Since this is the last newsletter before the summer break, you might want to know that Gary will be there at the Chaplaincy with the teas and coffees if you want to pop in fur a chat. That's Monday 25th July and Monday 29th August from 2-4.</p> <p>After that we will be back to normal with meetings. The September meeting will be on Monday 26th September.</p> <p>It might be an idea to put these dates in your diary!</p>	<p>DATES FOR YOUR DIARY</p> <p><u>Monday 27th June</u> – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p> <p><u>Wednesday 29th June</u> – 2pm - 4pm Hawick Cuppa Ana Chat, Frank Scott Court, Hawick</p> <p><u>Every Wednesday</u> – 2.45pm Live Borders Exercise Class Tri-Fitness, Galashiels Contact Paul Davis (07458040481) pdavis@liveborders.org.uk</p> <p><u>Every Thursday</u> – 11.30am – 1.00pm Dance for Parkinson's, Eastgate Theatre, Peebles</p> <p><u>Every Friday</u> – 10.30am Live Borders Yoga Class Old Gala House</p> <p><u>Monday 25th July & Monday 29th August</u> Gary will be in the Chaplaincy Centre with teas and coffees should anyone want a chat. Feel free to pop in. You will be more than welcome to join him.</p> <p><u>Monday 26th September</u> – 2pm - 4pm Chaplaincy Monday Meeting, Chaplaincy Centre, BGH</p>

COMING UP...

THANK YOU

We would like to thank the following for donations received: -

**Christene
Vlemmiks,
Hawick**

PARKINSON'S BORDERS BRANCH

We have just had a committee meeting and as our numbers on the committee are slightly depleted with the help of Alice Hall from Parkinson's UK/Scotland, we are going to change from a Branch to a Support Group. We think that in order to move forward with the Borders Group we felt this was the way. It is a lot more informal than a branch.

Nothing will change for yourselves; it will involve more changes behind the scenes. As I said there shouldnae be any change to the support we offer people living with Parkinson's here in the Scottish Borders. When we get more details, we'll let you know.

SITUATIONS VACANT VOLUNTEERS WANTED

Well, it is a regular request with the group we are forever looking for people to join us volunteers who are always working behind the scenes.

We are not a committee anymore we are more how would you say it a group of folks who want to work together providing support for folk living with Parkinson's, locally.

We are always looking for fresh ideas which will help the group. Meeting 3 times a year. We need you! Just get in touch with Gary on the usual numbers/email, at the moment we have 3 volunteers, but we would love to get fresh faces, so if you are interested, or even if you might like to have a chat about what being a volunteer involves Gary's yer man!

WILL YOU BE ABLE TO HELP?

Well, that's the question we are posting after receiving an email from someone who goes by the name of Susan Foster. Susan is organising a charity event in October; I'll copy a bit of the email.

'The borders group to be one of their chosen charities this year. She has organised the event for quite a number of years, and it raises between £4 and £5k for the charity.'

The other two charities are an injured jockey charity and the MS Society.

It is at Springwood Park, Kelso on Monday 3rd October from 6 to 8.30pm and Tuesday 4th October from 10 - 3.30pm and she is looking for the charity to support with volunteers on both days along with possibly helping with baking cakes.'

If you think you might be able to assist us in this event maybe by home baking or volunteer to attend this event, please let Gary know of your interest it is a long way away, but we're wanting to see if we can help them out.

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

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London, SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554).
© Parkinson's UK, January 2010

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!