

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

May 2022

Written By
Gary Hattie

MAY NEWSLETTER



Well would you Adam an Eve it, its nearly June already where has the last 6 months go?

It's gonnae be a rather quiet newsletter, as things have slowed down a bit, but hey ho we're still here, still gotta a few things going on to tell you about so it's still worth a read!

Have still got meetings going on and also in the pipeline. Talking about meetings, not be long till we can confirm a new 'Cuppa ana Chat' meeting to be held in Duns the venue is being kept a secret at the mo!

Only joking I just can't remember the name of the venue ma memories starting to go, ha-ha.

We're also planning to get our Coldingham 'Cuppa ana Chat' back on. We think we might be moving from Coldingham Village Hall to the church hall details next month hopefully.

Next month June will be our last newsletter furra coupla months as we stop fur oor summer holidays. But that's fur another newsletter.

Please be aware that the newsletter stops fur the summer, but the meetings will still go ahead as printed in the diary.

Enjoy yer read it willnae take you long!

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 30th May –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

Monday 30th May, Meeting in the Chaplaincy Centre at the BGH, 2pm -4pm is cancelled but we hear some people are going along to have a blether.

Every Wednesday –
2.45pm

Live Borders Exercise Class
Tri-Fitness, Galashiels

Contact Paul Davis
(07458040481)
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

Monday 27th June –
2pm - 4pm
Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

COMING UP...

KELSO ART CLUB

Last month I told you about the Art Exhibition held in Kelso, to raise funds for our group. Well, a couple of weeks ago I was asked back to be presented with a cheque for £435!! Absolutely fabulous!

Pictured on that sunny day in Kelso is Gary being presented with cheque from Judi and Judy. Many thanks for all their hard work and support.



CHAPLAINCY MEETINGS

It was nice to see a couple of new faces at the meeting, we were given a chat on the benefits and how much fun the Galashiels Exercise class is. Gary had made up a quiz on the Borders but it wasnae required as everyone sat an had a right guid natter.

Due to commitments, there will be no Monday meeting in May, meetings will return in June. We apologise for any confusion this causes. June's meeting will be held on Monday 27th June.

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.

COMMITTEE MEETING

Calling all committee members, we are trying to arrange a meeting in June, provisionally trying to get Monday 20th June 10 – 12 noon.

Venue to be confirmed. This will be the first committee meeting for over 2 years, so loads to talk about.



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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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!