

OUR NEWS

Scottish Borders Support Group

www.bordersparkys.org.uk

October 2022

Written By
Gary Hattie

HELLO KELSO, WE'RE BACK

Oh, how we long to utter those words again, yup its October, and this month will see the return of our Kelso Cuppa ana Chat and the birth of a new one our first ever Cuppa ana Chat in Duns!!

Yeah, it is slow but we're getting there, it was great to see some new faces at the meeting in the Chaplaincy, meanwhile in Hawick we saw some new faces and the return of an old wan, aye we're keeping their identity secret, yup you ken who you are, it's guid see you back.

Also, how we got on at 'Presents Galore,' the event we were invited to in Kelso. Our diary is back and filling up as we get meetings back on the go!! Still got a couple seats left for the Pantomime in December but you'll have to be quick.

So go an put yer kettle on, dinnae fill it too much, save the leccy then sit back wi your cuppa an enjoy your October Newsletter.

CHAPLAINCY MEETING

We realise a lot oa you will be getting your costumes ready to go out trick an treating. But we hope you can come out to the meeting before that. As it sees the return of our October Quiz, yup the battle for the Gordon Melrose 'Parky Brain oa the Borders' Cup is on. For those of you new on the scene, we split into teams and answer questions on General Knowledge, TV and Movies (multiple choice) and Music (no multiple choice). The battle for this cup is held twice a year at our April an October meetings, well you now know what the October quiz is on, the April one is on the Scottish Borders. The quiz has proved to be competitive but FUN! With a capital **F**! So will your teams name get onto that famous trophy.



So that's Monday 31st October, in the Chaplaincy Centre at the BGH, from 2-4, oh aye even though the quiz is on there will still be time for a Cuppa ana Chat.

If you've not been before or havenae been furra while, why not make this the one.

We will hopefully see you there, that's the Chaplaincy Centre at BGH 2pm-4pm Monday 31st October.

BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Wednesday 12th October –
2pm - 4pm

Kelso Cuppa Ana Chat,
Abbey Row, Community Centre, Kelso

Saturday 22nd October –
10am - 4pm

Crafts4U Exhibition, Memorial Hall,
Innerleithen.

*Raffle Tickets for Christmas Quilt will be
available.*

Monday 31st October –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

Tuesday 25th October –
2pm - 4pm

Duns Cuppa Ana Chat,
Trust Housing, Longfield Road, Duns

Wednesday 26th October –
2pm - 4pm

Hawick Cuppa Ana Chat,
Frank Scott Court, Hawick

Every Monday –11.30am – 12.30pm

MS Society Exercise Class

Teviotdale Leisure Centre, Hawick

£5 per person contact Gary to register.

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

**£8 for Parky's with their partner getting in
for free. Includes a cuppa as well.**

Every Friday –10.30am

Live Borders Yoga Class
Old Gala House, Galashiels

COMING UP...

HAPPY RETIREMENT

We would like to wish Sandra Henwood a Happy Retirement, Sandra has been the backbone of the Chaplaincy, the place where she worked for 25+ years. Sandra has helped our group a lot over the last 20+ years. We send our best wishes and hope she has a happy and long retirement.

THE GROUP WOULD LIKE TO SAY A MUCKLE BIG THANK YOU FOR DONATIONS RECEIVED

Clive Bewley from Bonchester Bridge
Christine Brown from Chirnside
Tom and Yvonne from Ancroft Tractors, Berwick-upon-Tweed
C Reid from St. Boswells
Anonymous donation received at Presents Galore Event Kelso
Another anonymous donation received at Presents Galore Event Kelso
Thanking all of all the above for their support

PRESENTS GALORE

During the summer we were told that our group were one of the chosen charities that would benefit for this yearly event. Well, we hadnae heard of the event that has been going on for 28 years. We were asked if we could supply some home baking for the cake and candy stall and an information table which we would share with MS Society in the borders. Well, we managed to fit our table on to the end. We were truly fortunate as the ladies from MS Group were going to take our cakes and sell them with there's a split 50/50. The showground in Kelso was the venue it was a busy night Monday, then it was also busy as folk wandered, Gary must be the only person in the Borders who hadnae heard of 'Presents Galore'!! with over 60 tables it's safe to say he's heard of the event now!!

Over the 2 days the girls from MS Society sold just under £1000 of home baking..... Fantastic, thank you to all the bakers who donated home baking, we'll keep you posted on how the event got on. Gary says he's pencilled in the October event for next year, as a customer. Thank you to Susan Foster for including us as one of the chosen charities in this year's event.

CUPPA ANA CHAT

October sees us returning to Kelso, the second Wednesday of the month. This month will be on Wednesday 12th October, and we'll be there 2-4. Abbey Row Community Centre is the venue. If you're in the area pop in for a cuppa ana blether. Also starting up again this month is our brand-new meeting in Duns. We will be there 2-4 but where is it, we're going to be. Cuppa ana Chat will be served in: Trust Housing Longfield Road Duns. The date of the meeting will be Tuesday 25th October. So, if you fancy some chat and the trip to BGH is too far away, get yourself down to Trust Housing, we look forward to seeing you there.



Hope to see some of you there!

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
Phone 01750 22588, (07906527682)

Email garyhattie1@gmail.com

jeffilbr@sky.com to receive your newsletter by email.

Free* confidential helpline **0800 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, an thanks you for your help in spotting them!