

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

November 2017

Written By
Gary Hattie



PANTOMIME UPDATE

No many sleeps till Christmas.
Greetings to everyone, well it's always a sure sign that Christmas is a comin' when at the end o a meeting the parting words are,
'well we'll no see ye till January then?'
Well we can oa-fish-ally reveal seeing as there isnae many things going on meeting wise.
Yer newsletter willnae see ye till January!!
So, Christmas cannae be far away folkz!!
Can we add as we are no gonnae be here till January please check diary dates for details about meetings.
Last month it was fab to see so many folk turn up in the chaplaincy for the October quiz, so who won it? Ye'll find out in this newsletter. Also, final details for the trip to the panto, also details of the Christmas meal at the blue coo!
Seeing as we are fast approaching Christmas time instead oa putting the kettle on, why not pour yersel' a wee dram, an sit back, relax and enjoy yer November newsletter.
'slanj! An hae yersel a braw braw Christmas!!'

NOVEMBER AT THE CHAPLAINCY

Well last month saw another good attendance at the chaplaincy, as everyone turned up all looking to take home the 'Gordon Melrose Parky Brain Oa The Borders Cup'! Find out who did win the coveted trophy, in this newsletter.
This month we have another 'relax wi bob, it's magic' session. As bob gives us a relaxation session and reminds us of the benefits we can get from relaxation and mindfulness. Also, Eileen will be with us performing head massages, Jill oor parky nurse specialist will be there clinics allowing, add to that hae a cuppa ana biscuit what more could you want? (answers please on the back oa a postcard)
This will all be happening on Monday 27th November 2 – 4 in the chaplaincy centre at the BGH, if you've not been furra while come along it would be great to see you!

Well it'll no be long till panto day, which is on Wednesday 6th December. Just as the newsletter was going to print we found out that Greggs the bakers had yet again stepped in to help us fund this year's event. I think you'd agree it gives most of us a chance to see the Edinburgh Xmas pantomime where normally we wouldn't even think about attending. Due to the difficulties we might encounter going alone as opposed to going with fellow Parky's.

The bus pick up times and details are as follows;
Peebles park car park – 9.30am
Galashiels fountain – 10.05am
St. Boswells bus station – 10.45am

After St. Boswells pick up we will head up the 68 an stop at the Juniper Lea for some fish an chips, unfortunately it is under new management, so we will miss oor usual hosts an the banter that went round the tables.

'You Ask Her!'

'No No You Ask Her!'

'You Gonnae Ask Her Fur Ketchup Or No?'

'Naw You Ask!'

'Oh, Ah Dinnae Really Want Ketchup Any Way!'

Oh, the memories come flooding back to me. It just adds towards a fun day out. After the Panto the bus will head down to Peebles an drop off there, then Gala and then Bozellz.
See you all there, oh yes you will!!

PADDY SAYS TO MICK, 'I CAN'T REMEMBER THE NAME OF THAT HISTORICAL GREEK FILM BRAD PITT WAS IN'
'TROY,' SAID MICK
PADDY, 'I BLOOMIN WELL AM, BUT I STILL CAN'T REMEMBER!!'

THE POLICE ARE LOOKING FOR A MAN WITH ONE EYE, IF THEY USED BOTH THEY'D CATCH HIM QUICKER.

BORDERS PARKY'S WHAT'S ON GUIDE

DIARY DATES

Thursday 16th November – 10am - 12pm
Peebles Cuppa Ana Chat, Community Centre, Peebles (oops that was last week)

Friday 17th November – 1pm - 3pm
Newcastleton Cuppa Ana Chat, Health Centre, Newcastleton (Double oops that was last week)

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

RELAX WI' BOB IT'S MAGIC! HAVE YER HEED
MASSAGED BY EILEEN, HAVE A NATTER WI'
JILL (CLINICS PERMITTING)

Wednesday 29th November – 2pm - 4pm
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick

Wednesday 6th December
Trip to pantomime, oh no its not! Oh yes it

Wednesday 13th December
Annual once a year Christmas meal at the blue coo in St Boswells doors open 1 furra 130 start.

Monday 25th December
Christmas Day

Monday 1st January
New Year's Day

Thursday 18th January – 10am - 12pm
Peebles Cuppa Ana Chat, Community Centre, Peebles

Monday 29th January – 2pm - 4pm
Chaplaincy Monday Meeting, Chaplaincy Centre, BGH

Wednesday 31st January – 2pm - 4pm
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick

COMING UP...

HELEN BYERS

Unfortunately, I have to let you all ken that, Helen Byers our local advisor for Parkinson's UK has decided to part company with the society and move onto pastures new. Helen has been working with Parkinson's UK for over 10 years and I bet it wasn't an easy decision to come to. Helen who upped sticks and moved to our area from Fife has decided to see what's out there. I'm sure along with Gary you would like to wish Helen all the best whichever path she takes. She has helped us Parky's out a lot and has always been ready to help us when required and when possible, always on the end of the phone, and willing to give up her own time to help others. I think she will be a big miss especially at this time where PIP applications are a big concern. We don't realise how lucky we are to have that support on the end of the line, as I have seen friends with other conditions who do not have people such as Helen there to help them as they tackle something like the PIP application form! Thank you Helen! Finally, can I just say a muckle big Borders thank you to Helen and wish her all the best for the future.

DONATIONS

We would like to thank the following for donations received many thanks go to;

JOHN AN CO MCKAY, PEEBLES
JAN KENNEDY, GALASHIELS
TOM BROWN, CHIRNSIDE
FAMILY AND FRIENDS OF THE LATE TONY GREEN, KELSO

On Behalf of All Involved with The Borders Branch Can We Send a Big Thank You to All of The Above for Their Donations

GORDON MELROSE PARKY BRAIN OA THE BORDERS CUP OCTOBER 2017

Well what can we say that hasnae been said already, 'aye ya jammy sods!' was one oa them. Hahaha. Well it's amazing how a wee quiz brings out people's competitive edge! In the Absence of Aprils' Winners Tony's Terrors, it was left to all the other teams to make sure the Three Amigos name remained off oa the cup!!

In what was a closely fought contest 'The Cowboys' (26) an 'The Movers An Shakers' (26) were pipped at the post by aye you guessed it 'The Three Bloomin' Amigos'!! (on 27)

But after close scrutiny by the a-jood-eh-takers it was found that the three amigos had spelled the name of Sydney Devine wrong. So, a point was deducted taking them back to 26 and a three-way tie for the cup. Cries for them to be disqualified were turned down by the judges and a 3-way sudden death was called for. In the absence oa buzzers it was down to each team to make some noise, one team binging, one team bonging and one team beeping!! You could cut the atmosphere wi a knife it was so tense. In the end it was the Three Amigos who answered the sudden death question correctly getting there quickly wi a loud bing! They are pictured below receiving the cup from Gordon Melrose! Ocongratulations to everyone who participated remember it's the taking part that counts! No the winning!



CHRISTMAS MEAL 2017

Bookings for the Xmas meal are still coming in, can I just say for new folk or those that havenae been to this event before, there is no limited seats if you would like to come just get in touch with Gary. If you put your name down, you **will not** be depriving anyone of a seat. The more the merrier!! For some of you it may be the only event you attend that's not a problem we ken it gives you a chance to catch up with friends old an new! That's what it's all about, well it is Christmas after all!! The Xmas meal is funded so it doesnae cost you a penny. Below is the menu again if you fancy joining us just get in touch with Gary via the usual ways, call him 01750 22588 (please dinnae leave a message on this line as its no working!). Call or text 07906527682, email garyhattie1@gmail.com with yer choices. The only thing we will say is please get your order to Gary by Tuesday 5th December. That is the only stipulation!

Starters

Fruit Juice

Lightly Curried Cauliflower And Almond Soup

Coarse Game Terrine

Beetroot And Orange Cured Scottish Salmon

Main Course

Turkey Wi' All The Trimmings

Butternut Squash Gnocchi, Tarragona An

Basil White Sauce

Seared Fillet Of Sea Bream Spinach An

Parmesan Risotto

Desserts

Christmas Pudding

Sticky Toffee Pudding

Ice Cream

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 you 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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