

OUR NEWS

Scottish Borders Branch

www.bordersparkys.org.uk

May 2018

**Written By
Gary Hattie**

THE SUN HAS GOT HIS HAT ON HIP, HIP,

Hey day doody and sunny greetings to you all!! Well whit about this weather? Am no complaining, no way! There's nothin' like a little sunshine to put a skip ana jump into yer day. It's a joy tae drive aboot to the sub groups this time oa year coz you see the Scottish Borders in all its glory! My it must be great to be 'Born in the Borders'!

Talkin about Born in the Borders, in this newsletter read about this year's summer outing, read about whits going on this summer for Parky's in the Borders, find out who won the April 2018 Gordon Melrose Cup, find out whits happening at the Chaplaincy meeting this month here's a wee clue to wet yer appetite, 1-2-3 stretch, to the side 1-2-3! Aye you have that as they say these days OMG all that an more!!! Jing's crivens an help ma boab am definitely gonnæ hae tae put the kettle on fur this lot! Enjoy!!

WHAT'S GOING ON AT THE CHAPLAINCY THIS MONTH?

Well this month's meeting at the Chaplaincy will be on Monday 28th May. This month we will have Denise Carmichael from fit borders coming to pay us another visit!! If you've not experienced Denise's demonstration before, get down to the Chaplaincy!! Move to the beats, sing to the tunes, an have a laff. That's Monday 28th May Chaplaincy centre at the BGH, 2-4. Also, Jill Anderson will be there clinics allowing, Eileen will be giving head massages if her flight from Malaga gets back on time, and, Yes tea/coffee and biscuits will be served after Denise. So, if you ever needed a reason to get down to the Chaplaincy meeting you've got it!! That's Monday 28th May 2-4!!

DONATIONS RECEIVED WITH THANKS

We would like to send a great big **THANK YOU!!** To the following for donations received to the group,
Elizabeth Lawrie Kelso Proceeds From Tha Sale Of Her Now Legendary Tablet!!!
Trinity Church Hawick, Proceeds From The Recently Held Coffee Morning

GUID LUCK TAE JACKIE JOHNSTONE

At the last coupla Buddies meetings someone has been missing? We have all noticed the absence of Mr Johnstone who bides near the leaf! Well the reason will be there fur all to see at this year's Selkirk Common Riding. Aye, Mr. Johnstone is this years 'Fleshers Standard Bearer!' And Tuesday nights are flag practice nights. We think that is a good enough reason no to be at 'Spoons'!



Am sure you all will join us in wishing Jackie all the best for the Common Riding on Friday 15th June. The newsletter asks if yer there can you get a photo of Jackie and email it to the newsletter the more pics we get the merrier we will be garyhattie1@gmail.com.

GOOD LUCK JACKIE!!!!

GARY'S GOT COMPETITION!

It has been brought to the attention of the newsletter team that someone actually turned up at a meeting a week early!! This is one of the things Gary does on a regular basis, among his many other bloopers. To think you give him such a hard time for this! Unfortunately, we are nae allowed under privacy laws to tell you the name of person, so yer secrets safe wi' us Claire, oops!!

BORDERS PARKY'S WHAT'S ON GUIDE

DIARY DATES

Monday 28th May - 2pm - 4pm
Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

GET INTO SHAPE WITH A SESSION FROM DENISE FROM 'FIT BORDERS,' ALSO EILEEN WITH HEAD MESSAGES, TEAS AN COFFEES, JILL ANDERSON WILL COME ALONG CLINICS ALLOWING.

Wednesday 30th May - 2pm - 4pm
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick

Tuesday 5th June - 10am - 12pm
Committee Meeting, Langlee Community Centre, Galashiels

Tuesday 12th June - 6.30pm - 8pm
Young Parky Buddies Meeting,
Wetherspoons, Galashiels

Wednesday 13th June - 2pm - 4pm
Kelso Cuppa Ana Chat, Seminar Room,
Kelso Hospital. Kelso.

Monday 18th June - 1pm - 3pm
Langholm Cuppa Ana Chat, Thomas Pope Hospital, Langholm

Thursday 21st June - 10am - 12pm
Peebles Cuppa Ana Chat, Community Centre, Peebles

Monday 25th June
Group summer outing to 'Born In The Borders' book your seat!!!!

Wednesday 27th June - 2pm - 4pm
Hawick Cuppa Ana Chat, Frank Scott Court, Hawick



COMING UP...

SUMMER BREAK

Well summer is upon us again, and that means the summer holidays. We're going where the sun shines brightly. Yup it means next month's newsletter is the last one till September, Jennifer and Mary get a well-deserved break, the June meetings where ever you are will be the last till September.

But this year for the first time we will carry on meeting at the Chaplaincy in July and August. Gary will be there with the teas and coffees and biscuits if you want to pop down furra blether. Last year we had a few enquiries over the summer asking when the next meeting was and when we say September it seems an awful long time. So, if you fancy a blether over the summer break the Chaplaincy will be the place to be, Gary will be there 2-4 on Monday 30th July and Monday 27th August. Maybe see you there.

TABLET JUST WHAT THE DOCTOR ORDERED



One of the joys of Parky I'm sure you'd all agree with is the number of tablets we have to take daily. Can I say this isnae so bad when instead of Boots or Borders Pharmacy you get yer tablet from Elizabeth Lawrie frae Kelso. For the past few months Mary can be seen heading for the Chaplaincy with a box under her arm the contents of which are bags o' her hame knitted tablet! 'mmmmm delicious!' For the last few months Elizabeth has donated the proceeds from the sale of her own legendary tablet, Gary for one is hooked!! I never appreciated the time, effort and stirring it takes to produce this healthy treat, until I spoke to Elizabeth at the recent cake sale at the BGH. There is nae limit to her talents, recently she showed her reggae talents by bringing along the results o' her other hobby, Jamming!! I for one am gonnae ask Dr. Connor for a monthly repeat prescription at ma next appointment!!

PARKY BRAIN OA THE BORDERS'

Last month at the Chaplaincy we had our quiz for the Gordon Melrose Cup, as we held April's quiz. Every April we have our picture quiz. Where teams test their knowledge on photographs of the Borders, for their chance to hold the 'Gordon Melrose Cup'!

Well in what was a passionately and closely fought competition where only 7 points separated first from last, hey, even Eileen temporarily stopped her massaging as the excitement was getting unbearable!

But alas it is with great sadness I must announce that 'Team Midnight,' were pipped at the post by 2 points, they two points belonging to the 'Three BL *% Y Amigos!! Congratulations go to them. Below is a pic of them receiving the cup again!! From left to right we have Jim Drover, John Shiell, Gordon Melrose presenting cup and Alan Robertson.



Here's hoping someone else gets a team together by October to owtst them if that's how you spell owtst? (*Oust Gary, Ed*) And snatch the cup from the hands of the 'Three Amigos!' October's quiz will be on General Knowledge, TV and Music. You got all summer to revise.

PEEBLES ANNUAL SUMMER MEAL

This year's summer meal will be on Thursday 26th July at 7pm in Peebles Golf Club. Anyone interested in coming along will be made more than welcome, contact John MacKay on 01721 721631 for more details and to book a place.

SUMMER OUTING 2018

This year's summer outing will be on Monday 25th June. This will mean there is no Chaplaincy meeting on this day. On the 25th of June we will be heading to Born In The Borders just off the A68 outside Jedburgh.

The day is completely free of charge!!!! It costs you nothing!!!

'Born in the Borders is an extraordinary new visitor centre located next to the Scottish Borders Brewery.

Set on the banks of the River Teviot, it brings together the best of everything that is grown, made, spun, produced, cooked and created in the area.

With a food and drink shop, a goods and gifts shop, a stunning cafe and restaurant, riverside walks, picnic spots and brewery tours, there's no better way to discover the incredible wealth of products and goods our amazing region has to offer.'

We have booked a light lunch for 12 noon of soup, sandwiches, cake, tea/coffee. Then you are free to do as you please, there's the brewery, gin distillery, walks, shop, see the burds!!

We are going by coach even if you stay near. Remember to pick up the bus to give you that outing fever!! There are some people who are going by car and meeting us there. Whatever is easier the coach will pick up at Peebles east gate car park 10.15, Galashiels at fountain 10.45 St Boswells bus station 11.05, then off to born in the borders!! Whey hey!! Then departing 2.30 ish.

Seats are unlimited! Okay well the coach holds 50 sumfin, but get yer name down, contact Gary on 01750 22588, 07906 527 682, or email garyhattie1@gmail.com.

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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 **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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