

BRANCH COMMITTEE

HON CHAIRMAN

Mr Patrick Mark

Tel: 0131 663 3108

Patrick@edinburghparkinsons.org

HON SECRETARY

Mrs Pat Stewart

Parkinson's UK

PO Box 28819, CURRIE EH14 9AT

Tel: 0131 449 2705

Pat@edinburghparkinsons.org

HON TREASURER

Mr John Stevens

John@edinburghparkinsons.org

MEMBERS

Mr Joel Houck

Joel@edinburghparkinsons.org

Mrs Liz McBain

Liz@edinburghparkinsons.org

Mrs Marian McIntyre

Marian@edinburghparkinsons.org

Mrs Cathie Quinn

Cathie@edinburghparkinsons.org

Mrs Heather Robertson

Heather@edinburghparkinsons.org

INFORMATION SUPPORT WORKERS

For help with Services and Benefits

Mrs Betty Thomson

Tel: 0844 225 3771

Ethomson@parkinsons.org.uk

Ms Shona Lawson

Tel: 0844 225 3727

Slawson@parkinsons.org.uk

PARKINSON'S NURSE SPECIALIST TEAM

Tel: 0131 537 5259

Parkinsons.nursespec@luht.scot.nhs.uk

PARKINSON'S UK EDINBURGH

Branch Aims

We aim to help people with Parkinson's in Edinburgh and the Lothians and provide:

- Opportunities for members to meet, share experience and support each other.
- Information about medical and life style issues.
- Group activities.

We represent Parkinson's interests to NHS Lothian and others. We want standards of care and medical facilities for Parkinson's in Lothian to be the best.

SCOTTISH NATIONAL OFFICE

Parkinson's UK Scotland

Forsyth House

Lomond Court Business Park

Stirling FK9 4TU

Tel: 01786 433811

We are a branch of Parkinson's UK which is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554).

Parkinsons.org.uk

HELPLINE

The Parkinson's UK Helpline offers a 'listening ear' to anyone with Parkinson's or their families who need to talk to someone, safe in the knowledge that their call is confidential and the person listening understands Parkinson's.

The Helpline is available Monday to Friday 9.00am-8.00pm and Saturday 10.00am- 2.00pm
FREEPHONE 0808 800 0303 (calls are free).

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

PARKINSON'S UK EDINBURGH BRANCH

OUR EVENTS IN 2011/12



www.edinburghparkinsons.org

EDINBURGH BRANCH MEETINGS

St James Thistle Hotel
101 Leith Street, Edinburgh EH1 3SW
Meetings start at 2.00pm and close at 4.00pm

2011

Wednesday 14th September
Parkinson's Nurse Specialist Team
PNS Developments in Lothian

Wednesday 12th October
Ken Bowler and Research Interest Group
Focus on Research

Wednesday 9th November
Katherine Crawford and Parkinson's Nurse
Parkinson's Sleep Improvement Project

Wednesday 14th December
Christmas Lunch
Boroughmuir Rugby Club, Meggetland

2012

Wednesday 11th January
Dr Conor Maguire
Parkinson's Service Developments

Wednesday 8th February
Joel Houck
Members Interactive Discussion Session

Wednesday 14th March
Annual General Meeting

Wednesday 11th April
Dr Tilo Kunath
"Can cells from people with familial Parkinson's be used to find a cure?"

The Annual Coffee Morning
April 2012 - Date & Venue to be confirmed

Summer Outing
June /July 2012 to be arranged

ACTIVITIES GROUP

A range of opportunities for people to keep active in every way - so important in Parkinson's.
Contact: Liz McBain on 0131 315 2493
Liz@edinburghparkinsons.org

Swimming
Braidburn School, 107 Oxfords Road North
Mondays 6.15 pm-7.15 pm TERM TIME ONLY
Commencing 22nd August 2011

Indoor Bowling - Portobello Indoor Bowls and Leisure Centre, Westbank Street
Tuesdays 1.45pm-3.00pm ALL YEAR

Gentle Exercise at Drylaw Parish Church
Thursdays 1.30pm-3.00pm ALL YEAR

Gentle Exercise at Portobello
Wednesdays 11.30am-12.30pm ALL YEAR

Art Group - With Christine Ellis. Mon 10.30-12 Noon
Fortnightly from 5th September 2011
At 119, Craighleith Hill Avenue

Fife / Edinburgh Bowls Challenge
Date and details to be advised

Annual Quiz Night
Friday 18th November 2011 - Eric Liddell Centre

Ceilidh May 2012 - Date and Venue to be advised

OTHER EVENTS & ACTIVITIES

Singing4fun With Wendy
No experience necessary
Contact: Cathie Quinn on 0131 557 6438
Cathie@edinburghparkinsons.org

Dancing With Parkinson's
Fortnightly at Dance Base
Contact: Mo Morgan Mo@edinburghparkinsons.org

Occasional Lunches and Garden Visits will be arranged.
Details will be given in branch newsletters
Contact: Kate Mark on 0131 663 3108
Kate@edinburghparkinsons.org

DROP IN CENTRE

The NORTH EDINBURGH Drop In Centre is a regular monthly opportunity for People with Parkinson's, their families and friends to meet and share experience with other people. It is held from 2pm until 4pm at:
POLLOCK PAVILION, 227 Ferry Road, Edinburgh EH6 4SP

Dates for 2011
2nd September, 7th October, 4th November, 2nd December.

Dates for 2012
6th January, 3rd February, 2nd March, 6th April,
4th May, 1st June.

CARERS SUPPORT GROUP

Meets last Wednesday of every month 10.30am to 12.30pm at Pollock Pavilion.

SIDE BY SIDE WITH PARKINSON'S COURSE

Contact: Cathie Quinn on 0131 557 6438
Cathie@edinburghparkinsons.org

YOUNG PARKINSON'S CARERS SUPPORT GROUP

Contact: Joyce Quilietti on 01573 410 363
Joyce@edinburghparkinsons.org

YOUNG PARKINSON'S NETWORK

Contact: Joel Houck on 01383 821 677
Joel@edinburghparkinsons.org
Contact: Gina Allen on 0844 225 3725
bvso.southscot@parkinsons.org.uk

EDINBURGH RESEARCH INTEREST GROUP

Contact: Ken Bowler
Ken@edinburghparkinsons.org

HYDROTHERAPY AT ASTLEY AINSLIE

Autumn 2011 and Spring 2012
Contact: Kate Mark on 0131 663 3108
Kate@edinburghparkinsons.org