

## BRANCH COMMITTEE MEMBERS

### HON CHAIRMAN

**Mr Patrick Mark**

0131 663 3108 Patrick@edinburghparkinsons.org

### HON SECRETARY

**Mrs Pat Stewart**

Parkinson's UK, PO Box 28819, Currie EH14 9AT

0131 449 2705 Pat@edinburghparkinsons.org

### HON TREASURER

**Mr Kenneth Williamson**

hontreasurer@edinburghparkinsons.org

### ASSISTANT TREASURER

**Ms Frances Panton**

Frances@edinburghparkinsons.org

### MEMBERSHIP SECRETARY

**Ken Bowler**

Ken@edinburghparkinsons.org

### MEMBERS

**Mr David Adams** David@edinburghparkinsons.org

**Ms Eileen Blackwood** Eileen@edinburghparkinsons.org

**Mrs Liz McBain** Liz@edinburghparkinsons.org

**Mrs Annette McLeod** Annette@edinburghparkinsons.org

**Ms Louise Ogilvy** Louise@edinburghparkinsons.org

**Mrs Cathie Quinn** Cathie@edinburghparkinsons.org

**Mrs Heather Robertson** Heather@edinburghparkinsons.org

### NEWSLETTER EDITOR

**Mrs Helen Harris**

Helen@edinburghparkinsons.org

### INFORMATION SUPPORT WORKERS

For help with Services and Benefits

**Mrs Betty Thomson** (Edinburgh, East Lothian & Midlothian) 0844 225 3771 Ethomson@parkinsons.org.uk

**Ms Shona Lawson** (West Lothian, North Lanarkshire & Forth Valley) 0844 225 3727 Slawson@parkinsons.org.uk

### PARKINSON'S NURSE SPECIALIST TEAM

0131 465 9156

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

King James VI Business Centre

Riverview Business Park

Friarton Road

Perth PH2 8DY

0844 225 3724

scotland@parkinsons.org.uk

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, Saturday 10.00am-2.00pm (closed Sundays and Bank Holidays), [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk), 0808 800 0303 (free from UK landlines and most mobile networks)

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

## PARKINSON'S UK EDINBURGH BRANCH

OUR EVENTS IN 2015/16



## EDINBURGH BRANCH MEETINGS

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Bellevue Chapel, Rodney Street, EH7 4EL  
Meetings begin at 2.00pm and close at 4.00pm

### 2015

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#### Wednesday 9th September 2015

Norman Yarrow: Walking the Southern Upland Way - stories from his 215 miles in 14 days

#### Wednesday 14th October 2015

Alison Stewart (NHS Lothian) and Betty Thomson (Information Support Worker): Services & Benefits etc.

#### Wednesday 11th November 2015

George Laing: The Edinburgh Grassmarket - history and tales related by a leading Festival Guide

### 2016

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#### Wednesday 13th January 2016

Dr Richard Davenport: Current Parkinson's Developments

#### Wednesday 10th February 2016

Kenneth Williamson: Presentation on Granton - our Treasurer has much to tell about this waterfront area

#### Wednesday 9th March 2016

Annual General Meeting

#### Wednesday 13th April 2016

Fiona Morris: Herbalist, a welcome return visit to tell us more about the therapeutic benefits of herbs

## ANNUAL EVENTS

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#### Fife/Edinburgh Bowls Challenge

August 2015, date & venue to be advised

#### Christmas Lunch

Wednesday 9th December, Boroughmuir Rugby Club, Meggetland

#### Annual Quiz Night

October 2015, date and venue to be advised

#### Coffee Morning

Saturday 9th April 2016, Marchmont St. Giles, 1a Kilgraston Road, EH9 2DW

#### Summer Outing

June/July 2016, date and venue to be advised

## REGULAR ACTIVITIES

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#### Art Group

Fortnightly on Mondays, 10.15am-12.15pm, September 2015 to June 2016 with Christine Ellis and Lindsay McDermid, 119 Craighleith Hill Avenue, EH4 2NB

#### Swimming/Aerobics

Mondays, 6.15-7.15pm, August 2015 to June 2016, Braidburn School Hydrotherapy Pool, 107 Oxfangs Road North, EH14 1ED, TERM TIME ONLY

#### Gentle Exercise

Wednesdays 11.30am-12.30pm, Portobello Swim Centre, EH15 12BS and Thursdays, 1.30pm-2.45pm, Drylaw Parish Church, Groathill Road North, EH4 2RG, both ALL YEAR

For all the above including specific dates, contact Liz McBain on 0131 315 2493, or Liz@edinburghparkinsons.org

#### Indoor Bowling

Mondays, 12noon-2pm, Meadowmill Indoor Bowls, Tranent EH33 1LZ, ALL YEAR

Contact: Kenneth Williamson 0131 336 4088 or Marjorie Barker 0131 449 3450

#### Dance for People with Parkinson's

Wednesdays fortnightly, 11am-12.30pm, Dance Base, 14-16 Grassmarket, EH1 2JU

For dates and further information, please contact Jen Farmer on 07581 308938, or Jen@edinburghparkinsons.org

#### Singing4Fun with Parkinson's

Tuesdays, 2-4pm, Marchmont St Giles, 1a Kilgraston Road, EH9 2DW and Wednesdays, 7-9pm, Bellevue Chapel, Rodney Street, EH7 4EL

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

For the most up-to-date information,  
please consult the Calendar of Events at  
[www.edinburghparkinsons.org](http://www.edinburghparkinsons.org)

## CARERS SUPPORT GROUP

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Meets last Wednesday of every month, 10.30am-12.30pm, Pollock Pavilion, 227 Ferry Road, EH6 4SP  
Contact: Cathie Quinn - see Side by Side

## SIDE BY SIDE WITH PARKINSON'S COURSE

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

## YOUNG PARKINSON'S CARERS SUPPORT GROUP

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

## YOUNG PARKINSON'S NETWORK

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Contact: Scott Wilson on 01899 220 827 or scottwils01@btinternet.com or Gina Allen on 0844 225 3725 or gallen@parkinsons.org.uk

## QUALITY OF LIFE GROUP

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Contact: Alison Williams on 07719 603321 or 0131 557 5979 or Alison@edinburghparkinsons.org

## PEOPLE WITH PARKINSON'S LIVING ALONE: SELF-CARERS GROUP

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Contact: Bill Wright on 07981 948402 or 0131 281 6880 or Bill@edinburghparkinsons.org

## EDINBURGH RESEARCH INTEREST GROUP

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Contact: Ken Bowler (Chair) on 0131 669 8961 or Ken@edinburghparkinsons.org

## LIFESTYLE MANAGEMENT MAINTENANCE GROUP

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Thistle Foundation, Mondays 10.30am-12.15pm  
Contact: Kate Mark on 0131 663 3108 or Kate@edinburghparkinsons.org

## HYDROTHERAPY AT ASTLEY AINSLIE

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Due to current unavailability of the pool there are no courses scheduled at time of going to print  
Contact: Katie Wilkie on 0131 537 9164 or Katie.Wilkie@nhslothian.scot.nhs.uk