

BRANCH COMMITTEE MEMBERS

HON CHAIR

Mr David Adams

0131 557 5979, Chair@edinburghparkinsons.org

HON VICE CHAIR

Mr Patrick Mark

Vicechair@edinburghparkinsons.org

HON SECRETARY

Mrs Pat Stewart

Parkinson's UK, PO Box 28819, Currie EH14 9AT
0131 449 2705, Honsec@edinburghparkinsons.org

HON TREASURER

Mr Kenneth Williamson

Hontreasurer@edinburghparkinsons.org

MEMBERSHIP SECRETARY

Prof Ken Bowler

0131 669 8961, Ken@edinburghparkinsons.org

MEMBERS

Ms Eileen Blackwood Eileen@edinburghparkinsons.org

Mrs Annette McLeod Annette@edinburghparkinsons.org

Ms Louise Ogilvy Lou@edinburghparkinsons.org

Mrs Cathie Quinn Cathie@edinburghparkinsons.org

Mrs Heather Robertson Heather@edinburghparkinsons.org

Mr Bill Wright Bill@edinburghparkinsons.org

NEWSLETTER EDITOR

Mrs Helen Harris Helen@edinburghparkinsons.org

PARKINSON'S LOCAL ADVISERS

For help with Services and Benefits

Mrs Betty Thomson (Edinburgh, East Lothian & Midlothian) 0344 225 3771, Ethomson@parkinsons.org.uk

Ms Shona Lawson (West Lothian, North Lanarkshire & Forth Valley) 0344 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
0344 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-7.00pm, Saturday 10.00am-2.00pm (closed Sundays and Bank Holidays), hello@parkinsons.org.uk, **0808 800 0303** (free from UK landlines and most mobile networks)

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

PARKINSON'S UK EDINBURGH BRANCH

OUR EVENTS IN 2016/17



www.edinburghparkinsons.org



EDINBURGH BRANCH MEETINGS

Bellevue Chapel, Rodney Street, EH7 4EL

2016

Wednesday 14th September, 2-4pm

Sasha Baggaley, Neurophysiotherapist and Pilates Instructor - Pilates for Parkinson's

Wednesday 12th October, 2-4pm

Steve Ford and Katherine Crawford: Parkinson's UK Strategy 2015-2019 - Our Progress So Far

Wednesday 9th November, 2-4pm

Lindsay McDermid: Art Workshop for Everyone - Discover Your Artistic Skills

Saturday 26th November, 10am-4pm

David Adams and Alison Williams - What We Learned at World Parkinson's Congress

2017

Wednesday 11th January, 2-4pm

Dr Gordon Duncan, Consultant Physician, NHS Lothian and Hon. Senior Lecturer, Edinburgh University: What's New in Parkinson's? Our Vision for PD Research in Edinburgh

Wednesday 8th February, 2-4pm

Gill Smith, Clinical Hypnotherapist: Possible Uses of Hypnotherapy in Parkinson's

Wednesday 8th March, 2-4pm

Annual General Meeting

Wednesday 12th April, 2-4pm

Denise McNiven: Regional Fundraising - Where We Are Now, Including Some Scotland Highlights

Tanith Muller: Making Change Happen in Scotland - Current Issues, Future Plans

ANNUAL EVENTS

Fife/Edinburgh Bowls Challenge

31st August 2016 at Abbeyview BC, Dunfermline

Christmas Lunch

Wednesday 14th December 2016
Boroughmuir Rugby Club, Meggetland

Annual Quiz, Coffee Morning and Summer Lunch

Dates and venues to be advised

REGULAR ACTIVITIES

Art, Swim, Gentle Exercise: contact Liz McBain
0131 315 2493, Liz@edinburghparkinsons.org

Art Group

Weekly on Thursdays, 1.30-3.30pm, with Lindsay McDermid, the Botanic Cottage, RBGE, wheelchairs and mobility scooters available at entrance gates

Swimming/Aerobics

Mondays, 6.15-7.15pm, August 2016 to June 2017
Braidburn School Hydrotherapy Pool, 107 Oxfords Road North, EH14 1ED, TERM TIME ONLY

Gentle Exercise

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

Indoor Bowling

Mondays, 12noon-2pm, Meadowmill Indoor Bowls Tranent EH33 1LZ, ALL YEAR: contacts - Kenneth Williamson 0131 336 4088 or Marjorie Barker, 0131 449 3450

Dance for People with Parkinson's

(sponsored & organised by Scottish National Ballet & Dance Base), Wednesdays, 11.30am-1pm then 30 minute social café Dance Base, Grassmarket, EH1 2JU (at Festival Theatre during August): contact - Allan Irvine, 0131 225 5525 allan@dancebase.co.uk

Lifestyle Management Maintenance Group

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

Pilates for Parkinson's

Fridays, 2-3pm, Pollock Pavilion, 227 Ferry Road, EH6 4SP: contact - Sasha Baggaley, 0131 620 3780

Singing4Fun with Parkinson's

Tuesdays, 2-4pm, Marchmont St Giles, Kilgraston Road EH9 2DW and Wednesdays, 7-9pm, Bellevue Chapel Rodney Street, EH7 4EL: contact - Cathie Quinn, 0131 557 6438 Cathie@edinburghparkinsons.org

SUPPORT/INTEREST GROUPS AND SPECIAL COURSES

Carers Support Group

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

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

Young Parkinson's Carers Support Group

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

Young Parkinson's Network

Contact: Scott Wilson, 01899 220 827
scottwils01@btinternet.com or
Gina Allen, 0344 225 3725, gallen@parkinsons.org.uk

Quality of Life Group for PwP's

Meets first Thursday of the month, 2-3.30pm
Contact: Alison Williams, 07719 603321, 0131 557 5979
Alison@edinburghparkinsons.org

Edinburgh Research Interest Group (ERIG)

Contact: Prof Ken Bowler (Chair), 0131 669 8961
Ken@edinburghparkinsons.org

Hydrotherapy at Astley Ainslie

We plan to restart courses during 2016/17 and will advise Members accordingly

For the most up-to-date information,
please consult the Calendar of Events at
www.edinburghparkinsons.org