

2015 Annual Parkinson's Lecture – Wednesday, 22nd April. Please see separate flyer with this mailing. We will be videoing the event for those who can't make it.

Speech & Language Development in PD – At the January Branch Meeting, **Isobel McCoy**, Community Speech & Language Therapist, Edinburgh, gave a much appreciated presentation. Her talk slides, including suggestions for self-help, are on the Branch website under *Recent Meetings*. Included are the names of mobile phone apps that may prove useful. Also check out *Speech Tool*, free from the Apple app store (under *Health & Fitness, S – page 16*) and developed as the result of a Parkinson's UK research project.

Annual Coffee Morning – We hope you have **Saturday, 18th April** in your diary for this highly sociable event, which this year is being held in the hall of Marchmont St. Giles, Kilgraston Rd, EH9 2DW. Stalls include home baking, books, flower arrangements, bottle tombola, original artwork and crafts. There will be performances from Singing4Fun and Dance for PwP's. Entry £1.50, payable at the door, includes tea/coffee and scone (or two).

Scotland Participation Events – Being held throughout Scotland, these events aim to provide Parkinson's UK volunteers with the opportunity to help shape developments and changes in the way we support people affected by PD at the local level. The Edinburgh date is **Thursday 5th March**, 11 for 11.30 a.m. to 3pm, Bellevue Chapel, Rodney Street, EH7 4EL. Please contact **Leah Cranney** on **0844 225 3724 ASAP** to register attendance. Further information can also be found on the Branch website under *News*.

Branch Meetings & AGM – The AGM will be held on **Wednesday, 11th March**, 2-4pm, Bellevue Chapel, Rodney Street, EH7 4EL. Afterwards, **Norman Yarrow** will tell us about *Norman's Conquest*, his planned fund-raising walk of the Southern Upland Way (215 miles). Norman, diagnosed with PD in 2013 aged 53, aims to raise £100,000 for research. He begins in Stranraer on the 22 April (Parkinson's Awareness Week), hoping to reach Cockburnspath two weeks later. He'll be accompanied along the way by wife, Carol, Gavin Hastings and many other supporters. Monitor his progress via Facebook and donate via uk.virginmoneygiving.com.



The April Branch Meeting will be on **Wednesday, 8th April**, same time, same place when Dr Conor Maguire will inform us about "Current Parkinson's Developments."

Young Parkinson's Group Burns Supper – Once again this event was a sell-out at the Steading. **Keara Murphy**, comedian, writer and bon vivant gave a highly entertaining *Immortal Memory* (check her website kearamurphy.com). Major contributions to the evening's procedures were also given by folk singer Torcull Kennedy, Pipe Major Iain Roddrick, Jilly Mathews, Fergus McDermid, Linda Forrest, Margaret Forrest and George Cullin, with Joel Mason giving a very worthy Toast to the Lassies, well matched by Eileen Blackwood's reply.



(Movement &) Dance for PwP – The group has settled well under new facilitation by **Jen Farmer**. If you haven't already been along and would like to give it a try, please contact Jen via the Branch website or on 0758 1308 938. Regular attendees find these sessions beneficial on a physical level and for general well-being, due to the strongly supportive environment and the camaraderie. Sessions are held on Wednesdays fortnightly, 11am – 12.30pm, Dance Base, Grassmarket, EH1 2JU. Dates for the next few months are: 4th & 18th March, 22nd April, 6th & 20th May, 3rd & 17th June.

Physiotherapy Research – The Edinburgh Research Interest Group enjoyed a lively presentation by Julie Jones, an experienced and enthusiastic physiotherapist with special interest in gait dysfunction in PD and based at Robert Gordon University. Julie explained how PD affects the brain and the messages it transmits then outlined 7 components of *gait training* – strengthening, balance/stability, directional, amplitude, speed, proprioception and cognitive aspects. She used a review of recent research articles to illustrate how different forms of exercise (treadmill, Tai Chi, boxing etc.) may have diverse impacts on these components. Her slides are on the Branch website, under *Research Interest Group*.

Branch Fund-raising & Donations – The donation by **Davey Johnstone** (Liz McBain's brother) of a guitar signed by himself, Elton John, Nigel Olsson and Ray Cooper and of a ukulele signed by Billy Connolly has raised a staggering £27,000.

In memoriam donations/legacies totalled almost £1900 since the November Newsletter.

Thanks to Lou Ogilvy and her organising team, the much enjoyed November **Quiz Night** raised over £500. **Standard Life** donated a further £250 to boost the evening's success.

The Parkinson's UK **Festive Concert** in Edinburgh raised just short of £3,400 with all monies going to research programmes in Scotland. Our *Singing4Fun* group set the tone for the evening with their joyous and good-humoured approach to their seasonal numbers. Links to a fine selection of photos of the event are on the Branch website under *News*.

Donations continued to come in from **The Jubilo Choir**. The Choir had Parkinson's UK as their 2013-2014 charity and raised a glorious £2,400 throughout the year.

Gordon Reynolds raised £150 by playing the role of Santa Claus in a variety of situations.

Scheduled Events and Activities – **Line-dancing**: Friday 24th April, 7.45–8.45pm, £5, Marchmont St. Giles hall, Kilgraston Rd, EH9 2DW, run by Lou Ogilvy and friends in aid of the Branch. BYOB and food if you wish. See next item for Lou's contact details.

Branch Ceilidh: Friday 29th May, Maitland Bowling Club, 96 Main Street, EH4 5AJ. To reserve a place, contact Lou Ogilvy at lo4parkinsonsfundraising@gmail.com.

Belmont Northern Belle: Win a day-trip for two (to the value of £700). Raffle tickets will be available at regular group meetings and the two aforementioned events.

Art Exhibition by People Living with Parkinson's, 10–24th April, St. Mary's Cathedral, EH12 5AW, 11am–5pm, Parkinson's Nurse Service in partnership with Art in Healthcare.

Moveable Feast, Edinburgh: 23rd April, a unique dining experience with 3 courses, each in a different restaurant, details at www.parkinsons.org.uk/content/scotland.

Branch Summer Lunch: 24th June – details to be announced.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. It is a charity registered in England and Wales (258197) and in Scotland (SC037554), tel. 0808 800 0303, www.parkinsons.org.uk. **Parkinson's UK Edinburgh Branch**, www.edinburghparkinsons.org, Mrs. Pat Stewart, Hon. Sec., tel. 0131 449 2705, Honsec@edinburghparkinsons.org.