

**West Lothian Support Group
Parkinson's UK in Scotland
March 2016 Update**

Roy and Betty Dilkes - 60 Years

For many years we enjoyed the company of Roy and Betty Dilkes at meetings and on annual outings. They recently celebrated their sixtieth wedding anniversary, attracting full coverage in the Linlithgow Gazette:- you can read the story [here](#) We have sent Betty and Roy the group's best wishes and congratulations.

Brooches for Parkinson's

Please remember to send off all the brooches you have been busy making; they should reach Perth by 1st April. The address is:

Brooches for Parkinson's,
Parkinson's UK in Scotland,
Suite 1-14, King James VI Business Centre,
Riverview Business Park,
Friarton Road,
Perth PH2 8DY

New Session of Exercise Classes

We are running another session of six classes; at Uphall, as before, on Fridays, starting at 11.30 and with Linda Donoghue leading. All group members are welcome, and there is no charge. The dates are April 1st 8th 22nd 29th and May 6th and 13th.

SIDE by SIDE

This session of the course for carers starts on Monday, 4th April. It is fully booked, but can be run again once there is demand.

Annual Outing Date Confirmed Wednesday 29th June

The day will include lunch in the River House restaurant at Stirling. This is the restaurant that we enjoyed two years ago, after the visit to Deanston Distillery. The other destinations will be revealed once they have been checked

Parkinson's: Let's Get Moving

This event is organised by the Edinburgh branch and is open to our group members. It appealed as interesting and broad in its scope. Details are on the next page.

March Group Meeting at 1.00 on Wednesday 30th.

I hope you can join us to welcome Emma-Louise Livingstone from the Dogs Trust. As well as talking about the work of the trust she will explain the procedure followed by everybody who wants to rehome a dog. Emma will be accompanied by Serge who has been through the process of selecting a compatible human. Please do not bring your dog to the meeting.

The next Newsletter will be sent in mid-April covering up to the end of June.

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PARKINSON'S: LET'S GET MOVING

A day for everyone affected by Parkinson's

Organised by the Edinburgh Branch of Parkinson's UK with support from
Queen Margaret University Physiotherapy Department

Saturday 7th May 2016, 10am to 4pm (registration from 9.30am)
The Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB

- **Hear from Professor Lynn Rochester**, Institute of Neuroscience, Newcastle University and **Julie Jones**, Senior Lecturer in Physiotherapy, Robert Gordon University
- **Learn why** movement benefits health and wellbeing for people with Parkinson's
- **Experience** pilates, tai chi, movement with music and physiotherapy group sessions
- **Participate** in light-hearted and effective vocal exercises
- **Discover** what the "movement for movement" is about!

The professionally-led taster sessions are designed to help with moving and balance, muscle strengthening, general fitness and voice health. There will be information about all our activities and networking opportunities for health care professionals and those in the fitness industry who have an interest in improving services and facilities for those with Parkinson's. Further details can be found at www.edinburghparkinsons.org.

Tickets: £7.50 per person (includes a light lunch and morning refreshments)

Book online with Eventbrite via www.edinburghparkinsons.org

Book by post using the form below

Early booking encouraged!

I/We enclose a cheque for £.....payable to: *Parkinson's UK Edinburgh Branch*

Name:

Address:

Email:

Phone number..... Wheelchair user?

Special dietary requirements?

Please return to: PLGM, c/o Ken Bowler, 21 Dalkeith Street, Joppa, EH15 2HP