

**West Lothian Support Group
November 2016 Update
and
Christmas Lunch Invitation**

October Notes

The first day of the month saw a successful Craft Sale and Coffee Morning in Uphall for which our thanks and congratulations are owed to Moira Campbell and her family. After planning and effort over some months, and making use of their own creative talents they raised over £400 for Parkinson's in just three hours.

On the 11th Professor Bastiaan Bloem, a prominent neurologist from The Netherlands gave the annual Parkinson's Lecture organised by the Edinburgh branch. Based on his leading role in developing the ParkinsonNet system he covered lessons to be drawn from progress in improving care in Holland (with costs contained) and the future of treatment for Parkinson's with more use of technology including the internet and ensuring that all medical teams include the patient as an active member. Please follow [this link](#) for a very readable report on the lecture.

Group Meeting Wednesday November 30th

Please join us to welcome Katherine Crawford, Parkinson's UK Scotland Director. As well as talking about the charity's progress and developments with its Five Year Strategy, she will hold an open discussion session giving you an opportunity to ask any question and to have your say on what you would like Parkinson's UK to do to help patients and carers. Katherine will also be able to explain the Path Through Parkinson's self-management programme: an initiative that is in line with the concept of patients being full members of treatment teams.

Please bring your donations for the pop-up shop from 12th to 18th January at the HomeAid shop in Bathgate. If you can help with setting up and running the shop be sure to talk to Gale Perry either any time now, at the meeting on November 30th or at the lunch on December 14th. To get in touch with Gale, telephone 01501 762 510, or email wlsupportgroup@aol.com or text 07522 226178, and we will let her know of your interest.

Occupational Therapy Event on Tuesday 8th November 10.00 -15.00.

The event in Livingston at the Howden Park Centre, is an excellent chance to discover the many ways in which OT helps to make lives easier, and its key role in supporting people to live independently for as long as safely possible. As well as explaining what is available in West Lothian, there will be specific information about self-management of illness, managing one's own personal care, access to work, to education and to leisure activities. There will be opportunities to try small items of equipment, discuss specific issues you may have and enjoy some refreshment and the chance of a raffle prize. Presentation times on individual topics are 11:00 Community OT, 12:00 Paediatric OT, 13:00 Mental Health OT, and 14:00 Physical OT (to include REACT and Reablement). For further information email billy.thomson@nhslothian.scot.nhs.uk or telephone Billy Thomson at St John's Hospital on 01506 524 131.

Christmas Lunch at Uphall Golf Club - 12.30 for 1.00 on Wednesday December 14th

Menu Choice

Starters

- A1 Homemade Soup of the day served with warm crusty bread
- A2 Chicken Liver Pate with a red onion & apple chutney served with oatcakes
- A3 Melon balls layered with grilled pineapple and topped with mango sorbet and passion fruit syrup

Mains

- B1 Galantine of Turkey served with all the trimmings and a rich cranberry gravy
- B2 Slow cooked beef with black pudding mash, vegetables and red wine gravy
- B3 Tomato and thyme cod served with crushed potatoes, seasonal vegetables and herb oil

Dessert

- C1 Warm Christmas pudding and brandy sauce
- C2 Chocolate profiteroles with pouring cream
- C3 Selection of ice cream with a crisp wafer

We hope to see you at our annual festive lunch; please bring a friend if you are single. As before, the meal and a drink from the bar are met by group funds. We have to give the caterers notice so please email or phone (leave a message and your name) with your choices. Use the codes shown above, and say how many of you will join us. Reply by 23rd November unless you are sure to be at the group meeting on 30th November.

Edinburgh Concert of Remembrance November 12th at 7.30 pm

The event is at the Assembly Rooms, 54 George Street, with music from a hundred years ago, including Mars from The Planets, and choral music by Parry sung by the Edinburgh University Singers. The programme includes performances by Siamsoir, the Irish Dance Academy, the Phoenix Military Band and the Royal Scots Association pipe band.

Reminders

The exercise classes are proving to be appreciated by regulars. The Pilates format means that there is plenty of room for more to join, every Friday 11.30 to 12.30, in Uphall until December 2nd. No need to book, just come along to the community centre.

From now on we will store items you are donating for the pop-up shop in January: you can bring them to Stoneyburn at any time or to the November meeting. Sometimes we can collect from your home - please ask. 01501 762 510, email wlsupportgroup@aol.com or text 07522 226178. If you can help Gale Perry with the shop, please use the same contact details.

The Edinburgh branch offers a range of activities, and makes them all available to West Lothian members. Details are on www.edinburghparkisons.org

Swimming and Aerobics

Indoor Bowling

Gentle Exercise

Singing4fun with Wendy

Art group

Parkinson's Group at Thistle

Drop-in

Carers Support Group

Movement & Dance for People with Parkinson's

Young Parkinson's Carers Support Group

Pilates for Parkinson's

Tai Chi for Parkinson's

Young Parkinson's Network

Occasional Lunches and Garden Visits