

**Parkinson's UK West Lothian Support Group
Autumn Newsletter 2016**

We hope you have enjoyed summer and look forward to seeing you at meetings and at the weekly exercise classes. This newsletter covers activities from September to the Christmas Lunch; the next will be sent in January 2017. In the meantime, updates with news and information on events will be emailed as we hear of them, with copies available at meetings. The venue for all meetings is the Community Education Centre, Strathbrock Place, Uphall, EH52 6BN, and the time is 1.00 to 3.00 pm on the last Wednesday of the month. As always your gifts are very welcome as prizes for the raffle at all group meetings.

Fridays 9th September to 2nd December Exercise Classes, at 11.30 to 12.30

With little notice Xcite, who employ Linda Donoghue withdrew from all external work, so very sadly we had to look for another instructor. Luckily, we found Judi Sansom who has all the necessary qualifications and exceptional experience of helping people with Parkinson's. The classes will be at the community centre in Uphall, and will be on a drop in basis with no need to book. There will be a charge of £2.00 per session.

Wednesday 28th September group meeting

The Faucheldean Wind Trio is an established ensemble of professional musicians, performing on flute, clarinet and bassoon. Their extensive, 'easy-listening' repertoire has been chosen to appeal to almost all ages and musical tastes. Many of the items have been arranged specifically to take advantage of the charm and character of the three instruments. They will present a special musical quiz for us.

The meeting is a good opportunity to discuss our group's week from 12th to 18th January at the HomeAid shop in Bathgate. If you are donating items to sell, and if you will be able to help with staffing the shop and various other tasks we can start to sort out who does what, taking our lead from Gale Perry, who has very kindly agreed to manage the project. Proceeds will go to Parkinson's UK in Scotland.

Thursday 29th September 'Allo 'Allo at Howden Park Centre Starts 7.30 .

This play is adapted from the hugely successful television comedy is The Livingstone Players' next performance after Sister Act, which many of us enjoyed so much. Once again we are offered tickets for £10 instead of the full £13 if 20 or more are going. Contact 01501 762510 or wlsupportgroup@aol.com

Saturday 1st October Crafts Sale 10.00 am - 2.00 pm Uphall South Parish Church EH52 5HY

This event is organised by our group member, Moira Campbell, and almost all the proceeds will be for Parkinson's UK. So, there are two very strong reasons for all of us to support the sale. The church is on East Main Street, a short walk from the community centre. There will be 8 craft stalls selling everything from home-made gifts for adult and children, handmade cards, pictures by an award winning photographer, painted glass lanterns, jewellery and much more. Coffee, tea and baking will be served. Contact 01501 762510 or wlsupportgroup@aol.com if you can help out on the day, or can give a prize for the tombola.

Monday 3rd October Path Through Parkinson's Self-Management Courses

A path through Parkinson's is a free self-management programme designed to help people with Parkinson's, partners and carers to navigate life with the condition. The format is discussion led by a volunteer who is trained to facilitate group activities. 3rd October is the planned date for courses in Edinburgh, Glasgow and Stirling. . Courses can be run over six weeks with sessions at 10.30am-1pm or 1pm-3.30pm or over three weeks at 10.30am-3.30pm. To find out more about the programme see the Parkinson's UK website. For times and dates contact Shona Lawson on 0844 225 3727 or email slawson@parkinsons.org.uk Shona will also help if you are interested in training as a volunteer facilitator.

**Tuesday 11th October Edinburgh Parkinson's Lecture at 7.15 Refreshments from 6.00
Chancellor's Lecture Theatre, Edinburgh Royal Infirmary**

Professor Bastiaan Bloem will talk on *The Future of Parkinson Care*. He is a leading neurologist from Nijmegen in the Netherlands and is acknowledged for development of ParkinsonNet. (see details at www.parkinsonnet.info). Admission is by ticket only. Go online to www.edinburghparkinsons.org, register and then print off your ticket or telephone 0131 449 2705 to ask for an application form.

Wednesday 28th October group meeting

We will welcome our guest speaker, Wendy Doran, who is a published historian and a walking tour guide. Wendy is a graduate in history from Edinburgh University and a post graduate in Scottish history from Glasgow University. She has written several text books and for 28 years taught history in Scotland's secondary schools. She now leads walking tours of the Royal Mile and Castle in Edinburgh and leads groups on visits to Western Front battlefields. Her talk to us will cover aspects of the First World War.

Wednesday 30th November group meeting

Katherine Crawford, who is the Director of Parkinson's UK in Scotland has agreed to give us a talk on the charity's current work and planned developments. She will also hold a question and answer session which will let us ask questions and have a say on how Parkinson's UK can best serve members.

Christmas Lunch Wednesday 14th December

We have booked our lunch at Uphall Golf Club. It is a popular venue, so we are limited to 40 places. Please let us know by 30th November at the latest, if you can come, and how many places you would like. You can put your name down on the sheet at the September and October meetings, or telephone 01501 762510 or email wlsupportgroup@aol.com. Several weeks before the lunch you will be contacted to give your choices from the menu. The lunch and a drink from the bar will be provided free from the group's funds.

SIDE by SIDE
with Parkinson's



We are planning to repeat this course, which is specifically designed for carers, in Spring 2017. As before it will be delivered by specialist medical professionals in 6 sessions and aims to provide comprehensive information on all aspects of Parkinson's, while also being a valuable meeting point where carers can share experiences and ideas. If you are interested in finding out more about the course's contents, contact details are at the foot of this page. You can also provisionally reserve a place.

Dates for your diary in 2017

Wednesday 25 th January	Group Meeting in Uphall	Review and quiz
Wednesday 22 nd February	Group Meeting in Uphall	Joyce Bryce J.B. Therapies
Wednesday 29 th March	Group Meeting in Uphall	No guests confirmed for March, April and May. Your suggestions are welcome
Wednesday 26 th April	Group Meeting in Uphall	
Wednesday 31 st May	Group Meeting in Uphall	
Wednesday 28 th June	Group Annual Outing	Destination and lunch to be chosen



Support Group 2016 Outing in June at Dunblane Cathedral

Reminder - Please Help Getting Ready for January 12th to 18th

Now is the time to start sorting out all that stuff you never use and making things to sell in our January Sale

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Parkinson's^{UK} is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. A charity registered in England and Wales (258197) and in Scotland (SC037554).