

## Parkinson's UK in Scotland West Lothian Support Group Update May 2016

### Outing Changes

For several reasons we have decided to replace the visit to Stirling Castle with a less taxing look at the Kelpies visitor centre. The castle's paths were steep and much of their surface was coarse cobbles. The courtesy vehicle for visitors with mobility difficulties could not be booked, is not certain to be available and is in any case only offered for the outwards trip.

The Kelpies and the new centre present no mobility hurdles. There is also a welcome minor alteration to the plan for Dunblane: as well as coffee when we arrive there will also be home baking. There are no other changes. In case anyone needs to borrow them, we will have a wheelchair and a walker with us on the coach. Let's all hope for fine weather on June 29<sup>th</sup>.



### Exercise class with Linda Donoghue

The last of the present session was on Friday May 13<sup>th</sup>. We have extended the classes into June, on the extra dates June 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> all at the same place and at 11-30. There are no classes in July and August, so we'll make a point of asking Linda for "homework". The classes have been extremely well received and will resume in September - details will be in the September newsletter.

### Fundraising

Instead of a coffee morning, we will take over the HomeAid shop in Bathgate from 12<sup>th</sup> to 18<sup>th</sup> January. The shop will be ours to use in selling almost anything, except mains electricals and foods. Organising the sale, staffing the shop, pricing the different items and other details will take some time and thought, so any help will be greatly appreciated. The sums raised at the shop by other charities suggest that the effort will be well rewarded. The location next to Bank Santander is a bonus.



From now on until our shop keeping week in January please put aside any sellable items you no longer want to keep. New, little used or carefully kept; books, CDs, DVDs, Vinyl LPs, EPs, and games (jigsaw puzzles with no missing pieces welcome). Please bring clothes that are new, or dry cleaned or laundered. Kitchen and cooking ware, crockery, and cutlery must be spotless as the shop's facilities are limited. Once decluttering is under way, and even in

our July-August summer break, we will store any items you are offering – email [wlsupportgroup@aol.com](mailto:wlsupportgroup@aol.com) or telephone 01501 762 510.

### Parkinson's: The Funny Side

Only available until Saturday May 21<sup>st</sup>, if you still haven't seen this programme by TV comedy script writer Paul Mayhew-Archer, here is the link on BBC [iPlayer](#). Paul was diagnosed with Parkinson's in 2011; the programme shows how one person manages to keep his spirits up, and follows him as he chats to others living with the condition. Many find it a heart-warming half hour.

He confessed to eating generous quantities of chocolate, but did not seriously claim that it relieved symptoms. Since the programme was made Kingston University's [study](#) indicates that dark chocolate really can help with Parkinson's. However this welcome news is compromised by the ease with which one can find an academic study that supports almost any opinion. To quote a study from a university that need not be named, smoking 60 cigarettes a day for 10 years cuts the risk of developing Parkinson's:

*"One unit of coffee and tea (3 cups/day for 10 years) would lead to a 22% and 28% risk reduction of PD. One unit of cigarette smoke (3 packs/day for 10 years) reduced the risk of PD by 62%. Conclusions: We demonstrated a dose-dependent protective effect of PD in coffee and tea drinkers and smokers."*

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