

## West Lothian Support Group March 2015 Update

### Side by Side Course for Carers starts March 12<sup>th</sup>

We are running another session of this course as a result of demand. As before, it will be delivered in six 2-hour sessions from 10 to midday, on Thursdays at the same venue we always use for meetings, Community Education Centre, Strathbrock Place, Uphall. The sessions are as follows:

12th March, Emma MacLeod, speech therapist and Sue Howgate. Physiotherapist, will set out the range of treatments and therapies available to help people with Parkinson's

19th March, Clare Hickie from Carers of West Lothian will discuss Wellness Recovery Action Planning (WRAP) with particular focus on wellness tools. Betty Thomson will also be at this meeting to outline her role as an Information Support Worker and answer any questions from the group

26th March and 2nd April, Alison Stewart and Tina Daniels, our Parkinson's Disease Nurse Specialists will use the two sessions to give a thorough survey of symptoms and medication

9th April, Irene Nicol from Astley Ainslie will talk about the work done there on rehabilitation. Shona Lawson, Information Support Worker, will also join us at this meeting

16th April, Pampering session by two therapy specialists. This may seem self-indulgent but has proved the best way to show how important it is that carers take breaks and reward themselves.

### Group Meeting 25<sup>th</sup> March

If you would like to take an active part and experience Pilates, please wear loose, comfortable clothing. Rhona Watt will also talk in outline about keeping moving and the range of exercise types and classes offered by KICC Active in West Lothian. If group members feel they or someone they care for would benefit from KICC Active's programme, they can ask any of the committee (in confidence) about funding by the group.

### Edinburgh Parkinson's Lecture April 22<sup>nd</sup>

Professor Patrik Brundin's theme is "The battle to beat Parkinson's: the end of the beginning"<sup>1</sup>. At [www.michaeljfox.org/foundation/researchers.php?id=471](http://www.michaeljfox.org/foundation/researchers.php?id=471) there is a summary of his impressive career.

Tickets are now available for this popular event; there is no charge but for admission you are required to obtain a ticket, which is easily done online at [www.edinburghparkinsons.org](http://www.edinburghparkinsons.org) The lecture starts at 7.15 in the Royal College of Physicians, Queen Street, Edinburgh. Registration and light refreshments service start at 6.30.

### Festive Concert, Date Confirmed December 4<sup>th</sup>

This year's event will be at Greyfriars Church in Edinburgh. The programme is still in development, but it can be revealed that the Parkinson's Singing4Fun group led by Wendy Carle Taylor have accepted an invitation to be among the performers. Tickets will be on sale later in the year; a newsletter or update will keep you informed.

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<sup>1</sup> (In case the lecture title seems familiar, but elusive) Winston Churchill at the November 1942 Lord Mayor's Luncheon in Mansion House, London "Now this is not the end. It is not even the beginning of the end, but it is, perhaps, the end of the beginning"

# PARKINSON'S UK CHANGE ATTITUDES. FIND A CURE. JOIN US.

Exhibition of art by people living with Parkinson's 10<sup>th</sup> to 24<sup>th</sup> April

This is being organised by Alison Stewart, who leads the Lothians' Parkinson's nurses team. If you are interested in exhibiting your work please contact her on 0131 465 9156 or send a message to [alison.stewart@luht.scot.nhs.uk](mailto:alison.stewart@luht.scot.nhs.uk)



## Our group's Coffee Morning, Saturday April 25th

The venue is now confirmed as the South Church, Uphall. The event is our group's main fundraising effort for the year with proceeds probably going to research in Scotland. It is also an important chance to raise local awareness of our group and of Parkinson's. We will soon be asking for your help in one or more ways: selling tickets, distributing posters to shops, surgeries, libraries etc., making handicrafts, baking temptations and helping out on the day.

## Recent press and broadcast mentions

Using a breath analyser developed at Israel's Technion Institute of Technology, a breath test appears to offer much earlier and faster diagnosis of Parkinson's. A trial with 200 volunteers is being organised by Parkinson's UK to see if earlier small scale trials' results can be confirmed. To read more, go to [www.bbc.co.uk/news/health-31364407](http://www.bbc.co.uk/news/health-31364407)

At [www.theguardian.com/society/parkinsons-disease](http://www.theguardian.com/society/parkinsons-disease) there is an interesting overview of one paper's coverage of Parkinson's during the past several years. The most recent item, as we reach the 50th anniversary of the first use of levodopa, includes coverage of a neurosurgeon's call for urgent efforts to develop new classes of drug treatments; with the implication that progress over the five decades has not been substantial or effective.

It is tempting to see identities and editorial treatment by the media of well-known people with Parkinson's - saintly, likeable, roguish or unpleasant – as clues to how some others see us.

With my regards,  
John Ormerod