

WEST LOTHIAN SUPPORT GROUP NEWSLETTER January - March 2015

Hello All,

With best wishes to you for the New Year, 2015, and the hope that your support group will help make it a happy one. As always, the committee are keen to hear your ideas for new activities – a member recently asked if we could arrange something in the evenings. This newsletter covers the period up to the end of March; the next one will be sent in April. In the meantime, if you have given your email address, we can send you relevant news items and information when we hear about them. If, or when you learn about anything of interest, why not share it? Email [wlsupportgroup@aol.com](mailto:wlsupportgroup@aol.com) or 'phone or post.

### **Wednesday, January 28<sup>th</sup> Group Meeting**

We will start the year with a review of the past 12 months, a look at the programme for this year and Barbara Stevenson will present the accounts she has prepared for the year to December 31<sup>st</sup>. Shona Lawson, the Parkinson's UK Information and Support Worker who looks after West Lothian will be at the meeting. She will only be able to answer questions then in general terms. She will offer you an appointment for private and confidential discussion with you on a range of topics, including benefit and treatment entitlements.

Carol Yarrow will give a short talk on her husband, Norman's, fundraising challenge to walk the 215 miles of the Southern Upland Way from Portpatrick to Cockburnspath. He has set a target of £100,000, and will be accompanied by Gavin Hastings, the former Scotland and Lions rugby player, whose wife, Diane, has Parkinson's.

We will round off the meeting with a quiz competition, with prizes for the winning table.

### **Wednesday, February 25<sup>th</sup> Group Meeting**

We will welcome the Faucheldean Wind Trio, for a programme which will be part concert and part talk about music. Two of the trio, Trish and Trona, run successful workshops for adults who are resuming playing an instrument after many silent years, and for adults who are complete beginners. Their work was commended in Classic FM Music Teacher of the Year 2013. The many therapeutic benefits of playing an instrument are significant and similar to the rewards of singing. We can look forward an enjoyable meeting, and one that might even inspire you to have a look for an instrument that you have hidden away.

### **Wednesday, March 25<sup>th</sup> Group Meeting**

We have arranged a Pilates taster session with Rhona Watt from KICC Active Lothian, a charity specialising in exercise programmes for people with long term conditions. Exercise is an important part of self-management and helps maintain the best possible health and emotional well-being. KICC Active run classes including yoga, Pilates, circuits and hydrotherapy that aim to improve posture, ease muscle pain and build energy. They also teach relaxation techniques which can improve sleep. All classes are led by qualified and experienced tutors who understand the needs of people with varying levels of mobility and familiarity with exercise. Classes are held in Livingston and Bathgate. Rhona will bring leaflets, or you can contact [www.kiccactive.org.uk/](http://www.kiccactive.org.uk/) and 0743 610 2726.

### **Wednesday, June 24<sup>th</sup> 2015 Support Group Day Out**

In recent years we have been to The Falkirk Wheel, The Scottish Parliament, Kelvingrove Art Gallery, Riverside Museum, Arniston House, Deanston distillery and the Kelpies. Arranging a programme for the day and checking the venue take time, so if you can suggest a destination please let us hear from you by the end of February. It should be within an

hour's driving time from Uphall, be at least partially accessible to all our members, and be able to provide lunch for 40 to 50 or be near a restaurant that can. Initial suggestions include Dawyck Gardens near Peebles part of the Botanical Gardens of Edinburgh, perhaps too costly, and The Museum of Flight in East Fortune, where access for limited mobility visitors may not be adequate

### Support Group Dates for 2015

The venue for all meetings is as before, Community Education Centre, Strathbrock Place, Uphall, EH52 6BN, and the time is still 1.00 to 3.00 pm on the last Wednesday of the month. There will be a raffle at all meetings, so please bring your kind gifts to provide the prizes.

January 28 <sup>th</sup>	Group Meeting, review, Carol Yarrow, quiz,
February 25 <sup>th</sup>	Group Meeting, guests the Faucheldean Wind Trio
March 25 <sup>th</sup>	Group Meeting, guest Rhona Watt from KICC Active
April 25 <sup>th</sup>	Group Coffee Morning, South Church, Uphall
April 29 <sup>th</sup>	Group Meeting, guest Anne Chilton, of Relationships Scotland
May 27 <sup>th</sup>	Group Meeting, guest to be confirmed
June 24 <sup>th</sup>	Group Day Out destination, to be confirmed: start from & return to Uphall
	July and August summer break
September 30 <sup>th</sup>	Group Meeting, guest to be confirmed
October 28 <sup>th</sup>	Group Meeting, guest to be confirmed
November 25 <sup>th</sup>	Group Meeting, guest to be confirmed
December 9 <sup>th</sup>	Christmas Lunch, Uphall Golf Club

### Fundraising

As the group's fundraising activity for the year, we will hold a coffee morning on Saturday, April 25<sup>th</sup>, in Uphall at the South Church. To publicise it we will ask you to take a small supply of our own leaflets to your GP surgery and pharmacy. We will provide A4 size posters for supermarket community boards, council information offices, libraries, etcetera.

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

This annual event is still being held at the Royal College of Physicians in Edinburgh, but the date has changed to one about a month earlier. Admission to the lecture is free but by ticket only. Tickets are first-come first-served, from the week commencing 23<sup>rd</sup> February at [www.edinburghparkinsons.org](http://www.edinburghparkinsons.org), or 'phone 0131 449 2705. This year, the lecture will be given by Professor Patrik Brundin, one of the top cited researchers in the field of neuroscience with nearly 300 publications on Parkinson's disease and related topics. In addition to managing his laboratory at Van Andel Research Institute in Grand Rapids, Michigan, he is the co-editor in chief of the Journal of Parkinson's Disease, the chair of the Linked Clinical Trials committee, and has coordinated multiple international research programs.

### December 2014 and 2015 Festive Concert at Greyfriars Kirk, Edinburgh

Those of you who were at this event will be pleased to hear that it raised more than £3,700 for Parkinson's research projects in Scotland. The event will be repeated early in December 2015, when you will be most welcome, in the audience or as a performer with Parkinson's Singing4Fun. Practice sessions are on Tuesday afternoons at 2 to 5 or Wednesday evenings 7 to 9; [cathie@edinburghparkinsons.org](mailto:cathie@edinburghparkinsons.org) for further information.

Yours

John Ormerod