

Parkinson's resources Edinburgh

There are lots of resources available, both through the Parkinson's nurses, and through the Edinburgh Branch of Parkinson's UK. There are also activities that we do because we find them helpful too.

Edinburgh Parkinson's nurses:

The nurses can refer you to different therapies, all of which group members have found very useful:

- MEND course (Managing Energy in Neurological diseases) – what we can do about feeling tired and no energy - 4 weekly sessions
- Physiotherapy – to improve walking and movement
- Speech therapy – working on improving speech and swallowing
- Occupational therapy – support in the home
- CBT (Cognitive Behavioural Therapy)

The Edinburgh Parkinson's branch:

The Branch has a wonderful programme of activities. These are just some of the, and you can find full details at <http://www.edinburghparkinsons.org/>

- Parkinson's Dance at DanceBase (Wednesday morning)
- Singing for Fun (Tuesday afternoon; Wednesday evening)
- Art – painting, drawing and chat (Thursday afternoon)
- Maintenance Group – for regular exercise and fun
- Pilates (Monday afternoon; Friday afternoon)
- Tai Chi (Thursday morning)
- Indoor bowling

Plus:

- Edinburgh Research Interest Group (ERIG) has lectures, seminars, involvement in national research projects <http://www.edinburghparkinsons.org/research-interest-group/>

The Thistle Foundation:

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Life Style management course <http://www.thistle.org.uk/our-services/health-wellbeing>

Edinburgh Leisure:

Activities for the over-50s <http://www.edinburghleisure.co.uk/activities/older-adult-activities/older-adult-sportexercise-activities/ageing-well-walking>

And what we find fun and useful and supportive:

- AquaFit
- Argentinian Tango
- Norwegian pole walking
- Massage (especially targeted therapeutic massage)
- Meditation
- Yoga
- Mindfulness and awareness.
- KICC: Keeping well in chronic conditions <http://www.kiccactive.org.uk/aboutkicc.php>

Counselling - You will normally have access to CBT counselling through your GP, unfortunately there is generally a long waiting list.

Should you wish to go privately there are many other types of counselling available, details of which can be found on the British Association for Counselling & Psychotherapy website www.bacp.co.uk along with a comprehensive list of counsellors nationally. When choosing a counsellor/therapist the most important thing to consider is the relationship, do I feel confident working with this person?

Some counsellors offer special rates or times for a first session, so take your time and find the correct counsellor regardless of their orientation.

If you live in Edinburgh, Wellspring is a reputable centre in Leith offering counselling rates based on people's income: <http://www.wellspring-scotland.co.uk/page.php?pageid=home>

Web-based links

The Parkinson's UK site <http://www.parkinsons.org.uk/> has good information, and also has a Helpline.

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The Michael J Fox Foundation site is full of information, support, research updates and interesting things. Worth a look. <https://www.michaeljfox.org/>

<https://www.patientslikeme.com/> The research interest group have been recommending this, and it can be useful for comparing one's own progress against others'.