

Our aim is to inform members about forthcoming events, foster a sense of community, encourage participation in regular activities and feature your efforts. We welcome suggestions for the Newsletter – contact Helen @edinburghparkinsons.org.

Annual Parkinson's Lecture



More than 250 people attended this year's lecture given by Professor Bastiaan Bloem on his vision for the future of Parkinson care worldwide and based on his experience with the ParkinsonNet integrated and participatory health care system in the Netherlands. It was a truly inspiring and encouraging lecture delivered with much good humour, empathy and profound understanding. A summary written by your editor is available on the Branch website and we hope to make the Powerpoint slides available soon. The photo shows Professor Bloem with Katherine Crawford, Steve Ford, David Adams, Ken Bowler, Dr. Conor Maguire, and Dr. Tilo Kunath, who (together with Professor Siddharthan Chandran) were key players in presenting the event. All are keen to see similar concepts introduced for Parkinson care in the Lothians and further afield. Although missing the grandeur of our usual venue at the Royal Institution, the Chancellor's Theatre, Edinburgh University in Little France was considered a successful venue but we are aware that guiding people from the car parks needs to be streamlined on future occasions.

4th World Parkinson Congress

David Adams, Branch Hon. Chair and Alison Williams, Branch Quality of Life Group returned from WPC full of hope and inspiration. They are working hard to prepare material for their report back to Branch Members on 26th November, 10am to 4pm at Bellevue Chapel, EH7 4EL. They will be covering what is happening in research, in management of the condition by ourselves and with the help of professionals, and the role of the PD community. They noted non-motor symptoms had a strong focus at the Congress. The Quality of Life Group poster was well received and encouraged much discussion between Alison and interested participants and speakers. (It will be available to view on the 26th November.)



Christmas Lunch

Booking is now open for the Branch Christmas Lunch on the 14th December at our usual venue of Boroughmuir Rugby Club, Meggetland. A flyer/booking form is enclosed with this mailing but we encourage as many of you who can to book online via Eventbrite, making our administration that little bit easier and saving on postage. We have reduced the cost this year to £12.50 to encourage as many as the venue can accommodate, because we see it as an opportunity to bring together members in a social capacity at a time of year when sharing, conviviality and mutual support should be a common objective.

The Parkinson's UK Helpline offers a 'listening ear' to anyone with Parkinson's or their families who need to talk to someone, safe in the knowledge their call is confidential and the person listening understands Parkinson's. It is available Monday to Friday 9.00am–7.00pm and Saturday 10.00am–2.00pm, FREEPHONE 0808 800 0303 (free from UK landlines, most mobile networks), hello@parkinsons.org.uk.

Tai Chi for Parkinson's

The Tai Chi Taster has now been running for 6 weeks (out of 10) at Marchmont St. Giles Church, EH9 2DW, Thursdays 11am-12.30pm. The numbers attending have been good and in addition we have encouraging feedback from class participants. *Enjoyable, relaxing, stimulating, positive and helpful with balance, coordination and muscular strength* are some of the feedback words and phrases used. If you would like to hear more about tai chi, please contact Kevin Brown (www.chi-flow.co.uk) on 07714 092626 or email him at kevinbrown2812@gmail.com.

Network News, E-mail Addresses and the Website

Network News is produced by Parkinson's UK and e-mailed to Branch Secretaries. The publication has been given a major revamp and we now feel it worthy of sending digitally to Members who have given us an e-mail address, beginning with the November issue. Each alternate monthly issue will have a theme. Being able to e-mail Members greatly helps our administration and timeliness of communication. We therefore encourage those who have not already registered an e-mail address with us to do so. If you don't have Internet facilities, perhaps you can use a family member's e-mail address. To be added to our e-mail list please contact Membership Secretary, Professor Ken Bowler at Ken@edinburghparkinsons.org. While on the subject of digital communication and the Internet we would like to remind you to **check in on the Branch website** from time to time to see what's new and to remind you of some activities you may now feel ready to try.

Other News

The **Annual Bowls Challenge** between the Fife and Edinburgh Branches took place on 31st August in Dunfermline. Unfortunately, this year it wasn't our turn to win (Edinburgh 20, Fife 27) but as always an enjoyable time was had by all. Our thanks to Fife Branch for hosting the event.



We plan to begin taster sessions of **Nordic Walking** in the Spring. Some Members have been extolling its virtues. Watch out for a further announcement early in the New Year but if you're likely to be interested, let Bill Wright from the Quality of Life Group know – email Bill@edinburghparkinsons.org.

Gavin McBain (son of Branch Members, Liz and Bill McBain) has done us proud yet again in raising over £1200 by completing the *Bloodwise Blenheim Palace Triathlon 2016* in June.

Branch Meeting on Parkinson's UK Strategy

At the October Branch Meeting Steve Ford, CEO Parkinson's UK (supported by Katherine Crawford, Director Scotland Office) brought us up-to-date on progress with the Five Year Strategy, started in 2015. The recent audit of 9,000 Parkinson's patients, their records, and their views about their health care had provided valuable information in what is needed to design and develop an integrated health care system for people with Parkinson's in the UK. One of the major developments has been the establishment of the UK Parkinson's Excellence Network for professionals. This was a timely presentation the day after the 2016 Lecture, with Steve's take-home message: think positively, get informed, stay connected, do things, make plans and be involved. You can find out more about the Excellence Network, watch a short video presentation by Steve, and read reports on the Audit via the Parkinson's UK website under *For Professionals*.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. It is a charity registered in England and Wales (258197) and in Scotland (SC037554), www.parkinsons.org.uk, tel. 0808 800 0303. **Parkinson's UK Edinburgh Branch**, www.edinburghparkinsons.org, Mrs. Pat Stewart, Hon. Secretary, 0131 449 2705, Honsec@edinburghparkinsons.org.