

The next Newsletter will be August. There are a number of items we'd like to draw your attention to before then. And do keep an eye on the Branch website.

Tai Chi Continuation

These free sessions have been much appreciated by participants. Kevin Brown will be running a new 6-week block beginning 6th June, 11am-noon, Barclay Viewforth Church. To book or find out more, contact Kevin via kevin@chi-flow.co.uk, or 01506 845498, or 07714 092626. And we wish Kevin well for his half-marathon, 28th May raising money for the Branch via justgiving.com.

Singing4Fun with Parkinson's

Our new song leaders Penny Stone and Ellie Logan have settled in well, getting to know us, challenging us with new songs, rounds and part harmonies and introducing vocal exercises to encourage dulcet tones. We laugh a lot and attendees (includes people who don't have PD) look forward to the sessions. If you haven't been for a while or haven't given these sessions a try, do come along, Tuesdays Marchmont St.Giles, 2-4pm, Wednesdays, Bellevue Chapel, 7-9pm. Contact Cathie Quinn via Cathie@edinburghparkinsons.org or 0131 557 6438.

P-UK Self-Management Programme in Edinburgh

The current sessions complete early June. There will be another Edinburgh programme in the autumn. To find out more and/or register interest, please do so via the Parkinson's UK website.

EdFringe Cabaret of Dangerous Ideas

Tilo Kunath (Centre for Regenerative Medicine, University of Edinburgh) and Parkinson's fundraiser, John MacPhee, will show how a foreseeable future without Parkinson's can be achieved in their very own Edinburgh Fringe CODI show "Eradicate Parkinson's." CODI provides an informal but high-profile platform for researchers to discuss their work with members of the public in an entertaining and thought-provoking way (guided by a team of theatre-makers). Shows last an hour with a different topic every day. Tilo and John's show is 6th August 1.50pm, New Town Theatre. Tickets available now via tickets.edfringe.com.

Branch Art Group Exhibition

Bon Papillon, the gallery cum café, 15 Howe Street, EH3 6TE will be exhibiting the Group's artwork from Saturday 17th June to Sunday 16th July. There will be a pre-exhibition opening with refreshments, Friday 16th June, 6-8pm. Normal Bon Papillon hours are 9am – 5pm, Wednesday to Sunday. All moneys raised, less gallery commission, will be donated to Branch Funds. Come with family and friends to see the work and enjoy the café's delicious fayre.

Nordic Walking Continuation

The ten week pilot scheme for Nordic Walking with instructor Trevor Jones (Thursdays, noon to 1pm in the Meadows) has proved to be a big success, with a waiting list of people wanting to join the class. The sessions will continue as is while the Branch Committee negotiates a longer-term arrangement for Nordic Walking. If interested, please contact Bill Wright via 0131 281 6880 or 07981 948 402 or Bill@edinburghparkinsons.org.

Traquair Medieval Fayre – 27th & 28th May, Innerleithen

Scott Wilson of the Young Parkinson's Network has arranged a Parkinson's group discount for both days. If interested, please contact Scott via scottwils01@btinternet.com or 07835 820898.