

EDINBURGH BRANCH MEETINGS

Goldenacre Bowling Club, 36A Warriston Gardens, Edinburgh EH3 5NE

2017

Wednesday 13th September, 2-4pm

Topic and speaker to be advised

Wednesday 11th October, 2-4pm

Train your health professionals: patient involvement schemes – Kirsty Egan EPPSAT, Judith Lane, QMU, Judith Sim & Jeni Harden, University of Edinburgh

Wednesday 8th November, 2-4pm

When the going gets tough: managing advancing PD – Richard J Davenport DM FRCP Edin, Consultant Neurologist

2018

Wednesday 10th January, 2-4pm

Anne MacColl, Trustee, Parkinson's UK in Scotland

Wednesday 14th February, 2-4pm

Tilo Kunath and John MacPhee will reprise their Edinburgh Fringe CODI show "Eradicate Parkinson's?!"

Wednesday 14th March, 2-4pm

Annual General Meeting followed by Mixed Methods Evaluation of the Dance for Parkinson's Scotland programme – Dr Bethany Whiteside, Royal Conservatoire of Scotland

Wednesday 11th April, 2-4pm

Topic and speaker to be advised

ANNUAL EVENTS

The Edinburgh Parkinson's Lecture 2017, 20th September, 7.15pm, Royal College of Physicians, EH2 1JQ, Prof. Andrew Lees, free but ticketed, see Branch website

Christmas Lunch

Wednesday 13th December 2017, Boroughmuir Rugby Club, Meggetland, EH14 1XN

Other Events – dates and venues to be advised

Please consult www.edinburghparkinsons.org for the latest information

REGULAR ACTIVITIES

Before attending an activity or group for the first time, please get in touch with the named Contact.

Art Group

Thursdays, 1.30-3.30pm, the Botanic Cottage, RBGE
Wheelchairs and mobility scooters available at entrance gates. Contact Lindsay McDermid, 0131 551 5287, lindsay@edinburghparkinsons.org

Cycling for Parkinson's

Tuesdays, 11am–12noon, Bangholm Outdoor Centre, Craighall Gardens, EH6 4RJ. Contact David Glover, 07500 069357, david.glover@cyclinguk.org

Dance for People with Parkinson's

(sponsored & organised by Scottish National Ballet & Dance Base), Wednesdays, 11.30am–1pm then 30min. social café, Dance Base, Grassmarket, EH1 2JU. Contact Allan Irvine, 0131 225 5525, allan@dancebase.co.uk

Gentle Exercise

Wednesdays 11.30am–12.30pm, Portobello Swim Centre, EH15 2BS. Contact Helen Harris, 07849 402933, helen@edinburghparkinsons.org

Indoor Bowling

Mondays, 12noon–2pm, Meadowmill Indoor Bowls, EH33 1LZ. Contact Marjorie Barker, 0131 449 3450

Nordic Walking for Parkinson's

Thursdays, 12 noon–1pm, Jawbone Walk, The Meadows, EH9 1JU. Contact Bill Wright, 0131 281 6880, 07981 948402, bill@edinburghparkinsons.org

Parkinson's Group at Thistle Foundation

Mondays 10.30am–12.15pm, 13 Queen's Walk, EH16 4EA. Contact Chris Davies, 0131 661 3366, chris.davies@thistle.org.uk

Pilates for Parkinson's

Mondays, 2.45–3.45pm and 4–5pm, Christ Church Morningside, EH10 4DD; Fridays, 2–3pm, Pollock Pavilion, 227 Ferry Road, EH6 4SP. Contact Sasha Baggaley, sasha@edinburghparkinsons.org, 0131 620 3780

Singing4Fun with Parkinson's

Tuesdays, 2–4pm, Marchmont St Giles, Kilgraston Road. EH9 2DW; Wednesdays, 7–9pm, Grace Baptist North, 64 Logie Green Road, EH7 4HQ. Contact Cathie Quinn, 0131 557 6438, cathie@edinburghparkinsons.org

Tai Chi for Parkinson's

Tuesdays, 11am–12noon, Barclay Viewforth Church, 1 Wright's Houses, EH10 4HR. Contact Kevin Brown, 01506 845 498, kevin@chi-flow.co.uk

SUPPORT/INTEREST GROUPS AND SPECIAL COURSES

Carers Support Group

Last Wednesday of the month, 10.30am–12.30pm, Pollock Pavilion, 227 Ferry Road, EH6 4SP. Contact Cathie Quinn – see *Side by Side* below

Side By Side with Parkinson's Course

Contact Cathie Quinn, 0131 557 6438, cathie@edinburghparkinsons.org

Young Parkinson's Carers Support Group

First Tuesday evening of the month. Contact Joyce Quilietti, joyce@edinburghparkinsons.org, 01573 410 363 or Gina Allen – see *below*

Young Parkinson's Network

First Thursday evening of the month. Contact Scott Wilson, scottwils01@btinternet.com, 01899 220 827, or Gina Allen, gallen@parkinsons.org.uk, 0344 225 3725

Quality of Life (QL) Group for PwP's

First Thursday of the month, 2–3.30pm. Contact Alison Williams, 0131 557 5979, 07719 603321, alison@edinburghparkinsons.org

Edinburgh Research Interest Group (ERIG)

Contact Ken Bowler (Chair), 0131 669 8961, ken@edinburghparkinsons.org

Hydrotherapy at Astley Ainslie We are working to re-establish these courses

BRANCH COMMITTEE MEMBERS

HON CHAIR

David Adams

0131 557 5979, chair@edinburghparkinsons.org

HON VICE CHAIR

Patrick Mark

vicechair@edinburghparkinsons.org

HON SECRETARY

Liz Hume

Parkinson's UK Edinburgh, PO Box 17482, EH12

1NQ, 07594 481175

honsec@edinburghparkinsons.org

HON TREASURER

Weir Brown

hontreasurer@edinburghparkinsons.org

MEMBERSHIP SECRETARY & WEBMASTER

Ken Bowler

0131 669 8961, ken@edinburghparkinsons.org

MEMBERS

Eileen Blackwood eileen@edinburghparkinsons.org

Annette McLeod annette@edinburghparkinsons.org

Louise Ogilvy lou@edinburghparkinsons.org

Cathie Quinn cathie@edinburghparkinsons.org

Heather Robertson

heather@edinburghparkinsons.org

Judith Shepherd judith@edinburghparkinsons.org

Bill Wright bill@edinburghparkinsons.org

NEWSLETTER EDITOR

Helen Harris helen@edinburghparkinsons.org

NEW VOLUNTEERS ARE ALWAYS WELCOME

PARKINSON'S LOCAL ADVISERS

For help with Services and Benefits

Betty Thomson (Edinburgh, East Lothian & Midlothian) 0344 225 3771,

adviser5.scotland@parkinsons.org.uk

Shona Lawson (West Lothian) 0344 225 3727,
adviser6.scotland@parkinsons.org.uk

PARKINSON'S UK EDINBURGH

Branch Aims

We aim to help people with Parkinson's in Edinburgh and the Lothians and provide:

- Opportunities for members to meet, share experience and support each other
- Information about medical and lifestyle issues
- Group activities

We represent Parkinson's interests to NHS Lothian and others. We want standards of care and medical facilities for Parkinson's in Lothian to be the best.

We are a branch of Parkinson's UK which is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554)

parkinsons.org.uk

SCOTTISH NATIONAL OFFICE

Parkinson's UK Scotland

King James VI Business Centre

Riverview Business Park

Friarton Road

Perth PH2 8DY

0344 225 3724

scotland@parkinsons.org.uk

HELPLINE

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 that their call is confidential and the person listening understands Parkinson's.

The Helpline is available Monday to Friday, 9.00am-7.00pm, Saturday 10.00am-2.00pm (closed Sundays and Bank Holidays), hello@parkinsons.org.uk, **0808 800 0303** (free from UK landlines and mobile networks)

PARKINSON'S UK EDINBURGH BRANCH

OUR EVENTS IN 2017/18

www.edinburghparkinsons.org