

Parkinson's UK in Scotland

WEST LoTHIAN SUPPORT GROUP

Newsletter January - March 2017

With best wishes to you for the New Year, and hoping that your support group will be of real help in 2017. This newsletter covers January to March; the next will be sent in April. In the meantime, email updates will provide relevant news items and information as and when we hear about them. Copies will be available at group meetings. Whenever you find something of interest to the group, why not share it? Email wlsupportgroup@aol.com or 'phone or post.

Group meetings are all held at Uphall Community Education Centre, Strathbrock Place, EH52 6BN, 1.00 to 3.00pm on the last Wednesday of the month. Your kind gifts will, as always be welcome as prizes for the raffle held at every meeting.

Wednesday, January 25th Group Meeting

Our 2017 begins with a review of the past 12 months, to give newcomers an idea of what the group does and to let everyone have an opportunity to suggest possible new activities, and to tell us their ideas for guest speakers, and outing destinations.

Our Local Parkinson's Adviser, Shona Lawson, will be at the meeting to help you on the day or to make appointments with her to talk over issues in detail and privacy. As well as support, Shona offers advice on employment, treatment and benefit entitlements, and practical help with things like claim forms, applications for benefits and blue badges.

Barbara Stevenson will present the accounts she has prepared for the year to December 31st. She will also be able to let us know how much was raised for Parkinson's research by the popup shop in Bathgate. The amount raised will need to be substantial if it is a fair reflection of the hard work put in by everyone who helped at the shop and of the generosity of your many donations.

The meeting will end with a quiz. The winning team (the people at each table) will all leave with a prize.

Friday, January 27th Gentle Exercise Class with Linda Donoghue

We have arranged sessions with Linda Donoghue and Excite; they are at 11.30 to 12.30 on Fridays at the Uphall Community Centre in the same room as our meetings. Loose casual clothes and trainers or other soft-soled footwear are suggested. The circuit exercises are only as strenuous as you want to make them, and you can stay seated if you wish. To help with costs there is a small charge of £2.00 for each session; there is no need to book a place - just come along as often as you can.

The first block of 6 sessions will be on January 27th, February 3rd, 10th, 17th, 24th and March 3rd. Further dates will be included in an email update.

Wednesday 22nd February Group Meeting - Guest, Joyce Bryce

Joyce is a practicing therapist whose interest in therapeutic massage started a decade ago. She is a member of the [Complementary Therapists Association](#) and her website shows large number of [testimonials from clients](#) .



Joyce will give a general talk about massage and Reiki, describing the various techniques and covering their benefits. She will be happy to answer your questions about the benefits of the therapies she works with. To round off her visit, she will teach us how to give a simple hand massage.

Wednesday 29th March Group Meeting - Guests The Livingston Players Concert Party

We are very happy to welcome the concert party for a return visit. They will perform a selection of show tunes, including music that is new in their repertoire as well as long-time favourites.



Later this year, on May 24th to 27th, at The Howden Park Centre, the full Livingston Players company will perform the musical comedy, 9 to 5 that was famously filmed with a cast led by Dolly Parton, Jane Fonda and Lily Tomlin.

Opportunity to Take Part in Research

This is a chance to take part in a research project that is undemanding and could be suitable as a first experience for us as volunteers. Eilidh Letham, a post-graduate student at Queen Margaret University in Edinburgh needs volunteers for her Masters dissertation. To participate you will be asked to read aloud a selection of short sentences and a paragraph. A written script will be provided and the researcher will record your speech. The whole procedure should take no longer than 20 minutes. The research aims to investigate speech and voice changes in people with Parkinson's. The project is described, with contact details, on the attached pdf – copies will be available at our group meeting if you are not able to go online.

Tremor Control Prototype

The BBC's Big Life Fix programme covered the promising story of a wristwatch size device that uses vibration to control the tremor experienced by Emma, a graphic designer who was diagnosed with Parkinson's in her twenties and had lost the ability to write or draw. The 3 minute video [clip](#) shows Emma's delighted reaction and how well the prototype worked. It was designed by Haiyan Zhang of Microsoft.



Walk With Path



Path Feel insole's sensors are over the 3 red circles

This firm aims to launch 2 products to aid mobility and reduce falls in 2017. [The website is clear and informative](#)

Path Feel, an insole is designed for individuals with sensory deficit on the bottom of their feet, such as people with Parkinson's. Path Feel uses tactile cues through the sense of touch, to enhance sensory perception of the environment and allow more confident movement. It also incorporates sensors to collect data.

Path Finder triggers movement and prevents falls by administering visual cues. Path Finder is specially designed for Parkinson's patients who suffer from Freezing of Gait (FoG), where they feel as if their feet suddenly become glued to the floor. Visual cues have been found to break FoG. Path Finder incorporates a small laser device that can be attached to the wearer's own shoes.

Walk With Path was founded by Lise Pape, who holds a double Masters in Innovation Design Engineering from the Royal College of Art and Imperial College London. Her father was diagnosed with Parkinson's.