

West Lothian Support Group

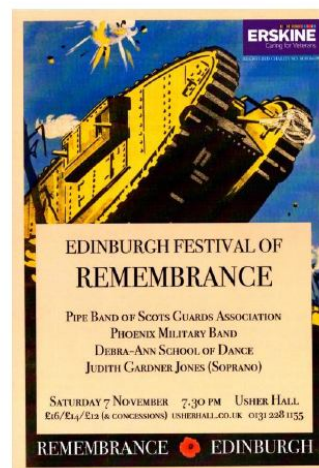
Update 5th November 2015

Edinburgh Festival of Remembrance, Saturday 7th November

The programme for this year's event is richly varied, with something for everyone: a memorable night of musical tribute and dance in Edinburgh's Usher Hall. The annual Festival of Remembrance concert, now in its fourth year is given in the presence of The Lord Provost the Rt Hon Donald Wilson.

The concert will start at 7.30pm. This year's event acknowledges the end of WWII, 70 years ago and marks the 100 years since the invention of the tank. The Phoenix Military Band will take the lead with a programme that includes some of the ever-popular tunes played by Glenn Miller and his orchestra. With performances from the Pipe Band of Scots Guards Association, from the soprano, Judith Gardner Jones, and the Debra-Ann School of Dance this year's Festival is a spectacular tribute and one that is not to be missed.

Scotland's veterans are once again to benefit from the concert, as money raised will be donated to ex-service charity Erskine.



Exercise Class

The first two sessions have been very successful and enjoyed by group members with a wide range of mobility. There is room for up to half a dozen more members. If you are interested, please join us for an hour starting at 11-30 in Uphall Community Centre on Friday 6th, 13th, 20th and 27th November. The class will continue next year.

Christmas Lunch Wednesday 9th December

If you haven't already done so, please email wlsupportgroup@aol.com or telephone 01501 762510 by next Wednesday 11th November to reserve your place and to let us have your menu selection.

Dance and Parkinson's



A Dance for Parkinson's session in London

Please follow the link to a very positive, 4 minute long, Channel 4 News report on English National Ballet's [dance](#) classes for people with Parkinson's. These are now held in a number of locations in England as well as London. They are also offered by National Dance Company Wales. While it is evident that most people would agree that dance can bring really worthwhile benefits, accurately quantifying them is not easy. If you would like to read in more depth, the investigative study from Roehampton University who work closely with ENB has recently been released, and can be downloaded [here](#). The study is apparently thorough, and easy to read. The main conclusion is that ballet practice unlocks and reveals physical abilities that participants already have but needed confidence to put them to use.

Thanks are due to Jack for passing on this item.