



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

Burns Night for Parkinson's



Member, Lindsay McDermid, has again pulled out all the stops to organise this highly enjoyable evening so soon after the Christmas festivities. This year it's being held on **Saturday 21st January**, 6.00-10.30pm at a new, more spacious venue, **The Charwood Grill**, 47 Buckstone Terrace, EH10 6QJ. The Immortal Memory will be delivered by John McPhee. John was diagnosed with PD at the age of 47 and in 2014 made the journey in *as straight a line as possible* from Land's End to John o' Groats, covering 300 miles of the distance on foot (see longstraightwalk.co.uk). And just so we're not totally swamped in Burns, singer-songwriter, George Machary from East Lothian, will perform a selection of his material, ranging from social comment to the witty and humorous. Tickets are £20 (includes 2-course meal, coffee, shortbread) and can be ordered from Lindsay McDermid, 30 Boswall Drive, Edinburgh EH5 2DX (cheques payable to *Parkinson's Edinburgh Branch*, include SAE), 0131 551 5287. Further details are on the Branch website. This is a highly popular event so prompt booking is advisable.

A Workshop about Falls

We've been keen to cover the topic of falls for some time. We finally managed to put together a team to organise a Branch Workshop on this key subject. The details are in the enclosed flyer. Because of the practical sessions, **places are limited**; so we encourage those interested to book as soon as possible and preferably online via Eventbrite. We'll consider repeating the event if over-subscribed or there are others interested who can't make the date (let us know).



Recordings and Information Newly Available

The Branch Review of the 4th World Parkinson Congress, held on 26th November, was considered a great success, not just because of the standard of presentations from Alison Williams, David Adams and Tilo Kunath but thanks to the lively audience interaction and the smooth running of the day by the Branch team. Video recordings of the presentations together with speakers' PowerPoint slides are now available on the Branch website.

PowerPoint slides and other downloads are also available on the Branch website for the **Edinburgh Parkinson's Lecture 2016 – The Future of Parkinson Care** held in October. For those unable to attend, a video recording of Professor Bloem's presentation plus the discussion that followed is available to purchase as a DVD via the Branch website.

Instead of sending you the electronic form of Parkinson-UK's **Network News** each month, as previously announced, we have decided the best approach is to let you access it via the Branch website and remind you of its availability at various opportunities – the December issue has just been published with the theme of **governance**.

Singing4Fun Changes

Since its inception, Wendy Carle Taylor has been Song Leader for the Branch singing group and together with Committee Members, Cathie Quinn and Heather Robertson, has been instrumental in establishing the group as a joyous, viable, coming together of like-minded souls to sing all manner of genres, languages, rounds and harmonies. With Wendy as Leader, no matter how well or poorly they thought they could sing, participants have been welcomed and put at ease. Sadly, Wendy will not be carrying on in the role. The Tuesday and Wednesday sessions before the Christmas break were charged with emotion and demonstrations of people's appreciation for Wendy's contribution over the last seven years. We know she will be a hard act to follow but we're hopeful that from the established Song Leaders we've asked to come and run trial sessions, we'll be able to appoint one or more Leaders to carry on Wendy's good work and take the Group from strength to strength, while Wendy has definitely promised to keep in touch.



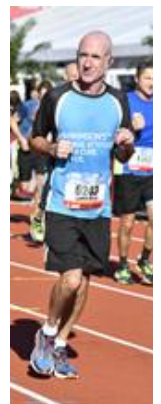
Art Group News



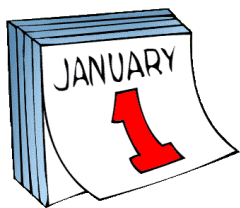
The Group was honoured by a visit from HRH The Princess Royal when she visited the Royal Botanic Garden Edinburgh for the formal opening of the Botanic Cottage on 15th December. The Cottage is where the Group meets on Thursdays, 1.30-3.30pm. Other news – members raised £530 for the Branch from an exhibition of “small” items of their work displayed at the *Bon Papillon Gallery* in Howe Street, EH3 (renowned for the cakes and scones in the Gallery café).

Other Donations and £ Contributions

Recent donations to the Branch have included over £1000 from *Bill McBain* in lieu of presents to celebrate his 80th birthday. Bill has been a stalwart Member for many years, contributing time and energy to supporting the running of our Swimming and Bowling Groups and much more. We had already gone to press with the last issue when information came in that *James Mark* (son of Vice-Chair, Patrick) had raised £700 for P-UK by running the Amsterdam Marathon in October, with a time of 3hrs 37mins. To the many others who have made donations throughout 2016 whether as in memoriam, through personal fund-raising challenges, by collecting at local events, or by parting with cash at our own Branch meetings, we say a huge “Thank-YOU.”



Exercise Activities & New Year Resolutions



After the success of the 10-week pilot for Tai Chi sessions, we are pleased to announce that feedback has been very positive, which means we will now run an established weekly Tai Chi class with Kevin Brown. We take this opportunity to remind you about other exercise activities the Branch organises: swimming, indoor bowling, gentle exercise, Pilates, Parkinson's group at Thistle, as well as Movement & Dance for PwP (currently run by Scottish Ballet & Dance Base). If there's something you've been thinking about trying but not quite organised yourself to get there, we encourage you to **start the year with positive results** and get along to a session – check the Branch website for locations and times.

Parkinson's UK is the operating name of Parkinson's Disease Society of the United Kingdom, a charity registered in England and Wales (258197) and in Scotland (SC037554), www.parkinsons.org.uk. The **Helpline**, Monday to Friday 9.00am–7.00pm, Saturday 10.00am–2.00pm, FREEPHONE 0800 800 0303, hello@parkinsons.org.uk.