

West Lothian Support Group Winter Newsletter 2018

With best wishes for the New Year, and the hope that your support group will be of real help in 2018. This newsletter covers January to March; the next will be sent in April. Until then email updates will provide relevant news items and information as and when we hear about them. Copies will be available at group meetings. When you find something of interest to the group why not share it? Contact details are at the foot of this page.

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

1.00 pm Wednesday, January 31st Group Meeting

Our 2018 begins with a review of 2017, giving newcomers an idea of what the group does and letting everyone suggest speakers, new activities and destinations for outings. Other topics for the meeting include:

- A new scheme to give members free complementary therapies - Aromatherapy, Massage Therapy, Reflexology and Reiki. Initially for people with Parkinson's, and possibly also for carers in due course. Please let us know of qualified therapists you know or have heard of.
- The next Side by Side comprehensive course for carers to be held after Easter. Given by Parkinson's Nurses, NHS Lothian therapists, local advisers and relationship counsellors
- A new group for carers in West Lothian will be set up to meet monthly on a trial basis.

Barbara Stevenson will present the account for the year to December, and the meeting will end with a general knowledge quiz and a prize for everybody in the winning team.

1.00 pm Wednesday 28th February, Group Meeting

We will welcome Siobhán O'Hara, who is Regional Fundraiser, East Scotland for Parkinson's UK in Scotland, and look forward to her professional advice raising funds. Our group's finances are sound, but we still have to meet running costs and would like to contribute to Parkinson's research. For this year's fund raiser one idea is a coffee morning, provisionally on Saturday 21st April, close to Parkinson's Awareness Week, 10th to 16th April, when national media will cover Parkinson's extensively.

1.00 pm Wednesday 28th March, Group Meeting

Guest to be confirmed. Believe it or not, our planned guest visited Canada and decided to live there. He is a professional storyteller.

11.30 am Fridays from 19th January, Exercise Classes

These continue in Uphall Community Education Centre at 11.30 to 12.30 on Friday mornings from 19th January to 23rd March. (January 19, 26. February 2, 9, 16, 23. March 2, 9, 16, 23) There is no need to book, and no charge – all group members and carers are welcome.

Parkinson's in Scotland

An estimated 12,000 people in Scotland have Parkinson's, suggesting nearly 400 in West Lothian. Based on total populations in West Lothian 179,000 and Scotland 5,400,000. Also expected are 30 new diagnoses in Scotland each week in 2018, this implies an average one person each week diagnosed with Parkinson's in West Lothian.

Two New Faces at Parkinson's UK in Scotland

The new Director of Parkinson's UK in Scotland is Annie MacLeod who joins from the Argyll and Bute Health and Social Care Partnership. She succeeds Katherine Crawford - a good friend to our group for many years – who has taken up a new post for Parkinson's UK based in London. Alice Hall has joined Parkinson's UK in Scotland, taking over from Gina Allen as our group's main contact with the Perth office.

Wednesday 27th June Annual Outing

One idea, Tunnock's Teacakes factory tour, is not available this year. Your suggestions for a place to visit will be very welcome.

Assistive Products for Parkinson's



'Walk to Beat' is a walking aid with innovative technology installed in its handle, providing a constant, vibrating beat felt by the user who can adjust the tempo. This is a new cueing method to help with freezing and gait abnormalities. The device will look just like a walking stick. There is more information on this [website](#)

After several years' development, the Gyro Glove is due to launch this year. It is a responsive, wearable glove that's designed to counteract the hand tremors suffered by people with Parkinson's. The glove uses gyroscopes and accelerometers to help wearers to do everything from dressing to preparing meals and aims to reduce tremors by 60 percent. See the [website](#).



Early Detection of Parkinson's by Smell

You may have appreciated the BBC Scotland programme on Joy Milne from Perth who has a very rare ability to detect Parkinson's by smell. The programme is on You [Tube](#).



The charity, Medical Detection Dogs, working with Manchester University, have started a two year study looking at whether its dogs can detect early stage Parkinson's disease. Funding is by Parkinson's UK and The Michael J. Fox Foundation for Parkinson's Research.

See the website for a video on the [project](#)

BBC Radio 4 Inside Health

On 17th January this programme covered research into Parkinson's with a long interview with Professor Roger Barker, who gave the inaugural Edinburgh Parkinson's Lecture in 2012. You can listen to it or download and read a [transcript](#).

Volunteering for Parkinson's UK

Two interesting opportunities are now open for applications. Development Volunteers and Local Experts to be part of the new Scotland Development Team for Parkinson's Links. This is the list of support and activities that people affected by Parkinson's have said they want to see in their local communities, including opportunities for mutual support, information and advice, exercise, therapeutic activity, befriending, self-management programmes, social activity and financial assistance.

Details of the Development Volunteer role are on Parkinson's UK [website](#).

Appointments will be made via an application form and interview process. For the application form [click on this link](#). The closing date is Monday 19th February 2018.

To discuss the opportunities and for detailed information contact Chloe MacMillan or Cathy Orr, Area Development Managers in Scotland.

Cathy – 0344 225 9831, corr@parkinsons.org.uk

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