

Invitation to Celebrate with Paul Mayhew-Archer



As mentioned in previous Newsletters, Paul is bringing his one-man show about the therapeutic power of comedy, *Paul Mayhew-Archer: Incurable Optimist* to the Edinburgh Fringe, running 1st to 26th August (not 13th), at 5.15pm. Paul, diagnosed with PD in 2011, has worked on a variety of much-loved TV and radio comedy shows and was co-writer for *The Vicar of Dibley*. Hon Chair David Adams and the Branch Committee want to celebrate Paul's visit to Edinburgh. Branch Members, care-partners, volunteers and activity facilitators are therefore invited to a **lunchtime get-together with Paul and his wife, Julie, Monday 13th August, 12noon–2pm, in the Botanic Cottage, RGBE, EH3 5LR.**

Adhering to the rules under which the Cottage is made available to us, the event is free but to plan for sandwich lunch catering, **it is ticketed and early booking** is recommended, preferably via Eventbrite (use the link on the Branch website News page) or by phoning Liz Hume, 07594 481175. For those with mobility issues we will have special access to the Cottage from the back gate in Inverleith Place (opposite no.40). Anyone wishing to make a donation later to the Branch in recognition of the event can do so via our website Just Giving link or at a Branch Meeting.

2018–2019 Calendar and First Monthly Meeting

You will see from the Branch Calendar (enclosed with the postal mailing of this newsletter) that we have an interesting range of topics and speakers arranged for our Monthly Meetings and that we will be back in Bellevue Chapel. The first, on 12th September, 2–4pm will be given by Hon Chair David Adams and Treasurer Weir Brown. They will report on the Edinburgh Napier University Marketing Study carried out for us by final year students and will propose how we may incorporate some of the suggestions into our Branch Strategy. We hope that attendees will also let us hear their thoughts on how the Branch might move forward.

Branch ART Exhibition

Our Art Group is holding its 2018 exhibition 5th to 30th September at the *Bon Papillon* café/gallery, 15 Howe Street, EH3 6TE. The venue is open 9am–5pm, closed Mondays and Tuesdays. There is an opening night with refreshments 5th September, 6–8pm to which all are invited with friends. Do visit the café to view the variety of artwork from the Group. Many Members have been well pleased with their purchases in past years and the Group donates proceeds to the Branch. It is also an excellent opportunity to partake of the delicious fayre the café offers. If you would like to know more, please contact Liz McBain via w.mcbain@blueyonder.co.uk or 0131 315 2493.



World Parkinson Congress Song Competition



The 5th Congress will be held in Kyoto in June 2019. Earlier this year the organisers called for entries to a song competition. The song could be original or new lyrics to an existing melody. Songs had to have a Parkinson's theme, with lyrics expressing the hope that research, medical teams, caregivers and the wider Parkinson's community bring to those living with PD. Our Tuesday Singing4Fun Song Leader, Penny Stone, got wind of this and suggested S4F members might like to have a go. A number of our singers worked with Penny over two sessions, as the June 30th deadline loomed ever closer – how the creative juices flowed! At the eleventh hour, Penny submitted our completely original 2-part harmony song to the Congress organisers – recordings, sheet music and a short essay setting out our approach to the composition. Ours may not be the winning number performed by the Congress Choir at the opening ceremony in Kyoto next year, but the collaborative process proved uplifting and extremely rewarding for those involved AND we now have a Branch song we can call our very own. We hope to let you hear it soon (the title is *Side by Side*) but in the meantime, we are indebted to Penny for initiating the task, guiding us through the creative process and preparing the material submitted to the WPC.

Services for Unpaid Care-partners

The Carers Act (Scotland) 2016 came into force on 1st April 2018. To support implementation of the Act, funding has been made available for the next 5 years from the Scottish Government to support care-partners. A survey has been launched as the start of a consultation process which will help with the update of The Edinburgh Joint Carers Strategy and the development of future services that will meet the needs of care-partners. Those in such a role are encouraged to complete the short (ten minute) survey via www.surveymonkey.co.uk/r/carers2018.

Reminders & News in Brief

If you have not reserved your place for the **Edinburgh Parkinson's Lecture 2018**, 17th September 2018, 7.15 pm, we encourage you to do so. The flyer accompanied the June newsletter or details can be found on the Branch website.

The self-referred Aquatic Exercise sessions with Jackie Rochmankowska in the Astley Ainslie Hydrotherapy Pool have been renamed **Aquatherapy**. Feedback from participants has been very positive. Sessions are on a summer break and resume late August, Friday afternoons with spaces available. To find out more and/or book, please contact david.waughman@gmail.com.

The monthly Drop-In **Parkinson's Café** is also on a summer break, resuming last Tuesday of each month from 25th September (except December), 1-3pm at the Festival Theatre Café, Nicolson Street, EH8 9FT.

After their summer break, **Singing4Fun** sessions will resume Tuesdays 2–4pm at Marchmont St. Giles on 4th September. Wednesday sessions will resume on 5th September and will be back in Bellevue Chapel, 7–9pm with Ellie Logan.

We remind you that we have a free **Branch sticker for the back window of a car** to advertise the existence of the Branch. For more details or to order, please contact Newsletter Editor Helen Harris via helen@edinburghparkinsons.org.