

BRANCH COMMITTEE MEMBERS

HON CHAIR

David Adams
0131 557 5979, chair@edinburghparkinsons.org

HON VICE CHAIR

Patrick Mark vicechair@edinburghparkinsons.org

HON SECRETARY

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Parkinson's UK Edinburgh, PO Box 17482, EH12 1NQ
07594 481175, honsec@edinburghparkinsons.org

HON TREASURER

Weir Brown hontreasurer@edinburghparkinsons.org

MEMBERSHIP SECRETARY & WEBMASTER

Ken Bowler
0131 669 8961, ken@edinburghparkinsons.org

MEMBERS

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NEWSLETTER EDITOR

Helen Harris helen@edinburghparkinsons.org

PARKINSON'S LOCAL ADVISERS

For help with Services and Benefits:
Abenet Tsegai (Edinburgh, East Lothian & Midlothian),
0344 225 3771, 0778 570 1765, atsegai@parkinsons.org.uk
Shona Lawson (West Lothian), 0344 225 3727
slawson@parkinsons.org.uk

PARKINSON'S VOLUNTEER CO-ORDINATOR

Alice Hall vc.scotland1@parkinsons.org.uk

PARKINSON'S NURSE SPECIALIST TEAM

0131 465 9156

PARKINSON'S UK EDINBURGH

Branch Aims

We aim to help people with Parkinson's in Edinburgh and the Lothians and provide:

- Opportunities for members to meet, share experience and support each other
- Information about medical and lifestyle issues
- Group activities

We represent Parkinson's interests to NHS Lothian and others. We want standards of care and medical facilities for Parkinson's in Lothian to be the best.

We are a branch of Parkinson's UK which is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554).

parkinsons.org.uk

SCOTTISH NATIONAL OFFICE

Parkinson's UK Scotland
King James VI Business Centre
Riverview Business Park
Friarton Road
Perth PH2 8DY
0344 225 3724
scotland@parkinsons.org.uk

HELPLINE

The Parkinson's UK Helpline offers a 'listening ear' to anyone with Parkinson's or their families who need to talk to someone, safe in the knowledge that their call is confidential and the person listening understands Parkinson's.

The Helpline is available Monday to Friday, 9.00am-7.00pm
Saturday 10.00am-2.00pm (closed Sundays and Bank Holidays), hello@parkinsons.org.uk, **0808 800 0303** (free from UK landlines and most mobile networks).

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

PARKINSON'S UK EDINBURGH BRANCH

OUR EVENTS IN 2018/19



www.edinburghparkinsons.org

EDINBURGH BRANCH MEETINGS

Bellevue Chapel, Rodney Street, EH7 4EL

2018

Wednesday 12th September, 2-4pm

Edinburgh Napier University Marketing Report for the Branch and Branch Strategy - David Adams, Weir Brown and Graham Kerr (P-UK Scotland)

Wednesday 10th October, 2-4pm

Surgery for PD, Past, Present and Future - Mr Sadaquate (Sonnie) Khan, Consultant Neurosurgeon and Spinal Surgeon, WGH

Wednesday 14th November, 2-4pm

When the Going Gets Tough: Managing Advancing PD - Dr Richard J Davenport DM FRCP Edin, Consultant Neurologist, WGH

2019

Wednesday 9th January, 2-4pm

Practicalities with Parkinson's - Abenet Tsegai and Shona Lawson, Parkinson's Local Advisers

Wednesday 13th February, 2-4pm

Music for Health and Wellbeing - Branch Member Lindsay McDermid

Wednesday 13th March, 2-4pm

Annual General Meeting followed by Annie Macleod Director Parkinson's UK in Scotland

Wednesday 10th April, 2-4pm

Education of OT, Physiotherapy and Social Work Students: creating a workforce that is fit for the future - Dr Jane Hislop Programme Lead Physiotherapy, Edinburgh Napier University

ANNUAL EVENTS

The Edinburgh Parkinson's Lecture 2018

17th September, 7.15pm, Queen's Medical Research Institute, EH16 4TJ - Professor Giovanna Mallucci "The Road to New Treatments for Dementia and Parkinson's" Free but ticketed, see Branch website

Christmas Lunch

Thursday 13th December 2018, Kingsknowe Golf Club 326 Lanark Road, EH14 2JD

Other Events - dates and venues to be advised

REGULAR ACTIVITIES

Activities have holiday periods. Please get in touch with the named Contact before first attendance.

Aquatherapy (with Neurophysiotherapist)

Fridays 2-4pm, Hydrotherapy Pool, Astley Ainslie Hospital Edinburgh EH9 2HL. Sessions offered in short blocks and booked with David Waughman davidw@edinburghparkinsons.org

Art Group

Thursdays 1.30-3.30pm, the Botanic Cottage, RBGE, EH3 5LR Wheelchairs and mobility scooters available at entrance gates Contact Lindsay McDermid, 0131 551 5287 lindsay@edinburghparkinsons.org

Cycling for Parkinson's

We do not have a Branch session but Bangholm Outdoor Centre, Craighall Gardens, EH6 4RJ has a wealth of adaptive bikes. Contact David Glover, 07500 069357 david.glover@cyclinguk.org

Dance for People with Parkinson's

(sponsored & organised by Scottish Ballet & Dance Base) Wednesdays 11.30am-1pm then 30min. social café Dance Base, Grassmarket, EH1 2JU. Contact Allan Irvine 0131 225 5525, allan@dancebase.co.uk

Drop-In Parkinson's Café

Last Tuesday of the month 1-3pm, Festival Theatre Café Nicolson Street, EH8 9FT. Contact Liz Hume, 07594 481175 honsec@edinburghparkinsons.org

Indoor Bowling

Mondays 12noon-2pm, Meadowmill Indoor Bowls, Tranent EH33 1LZ, Contact Marjorie Barker, 0131 449 3450

Nordic Walking for Parkinson's

Thursdays 12 noon-1pm, Jawbone Walk, The Meadows EH9 1JU. Contact Julia Melton, 0131 445 2500 julia@edinburghparkinsons.org

Parkinson's (Exercise) Group at Thistle

Mondays 10.30am-12.15pm, Thistle Foundation 13 Queen's Walk, EH16 4EA. Contact Chris Davies 0131 661 3366, chris.davies@thistle.org.uk

Pilates for Parkinson's

Mondays 2.45-3.45pm and 4-5pm, Christ Church Morningside EH10 4DD
Fridays 11am-12noon, Morningside Parish Church, 2 Cluny Gardens, EH10 6BQ and 2-3pm, Pollock Pavilion, 227 Ferry Road, EH6 4SP
Contact Sasha Baggaley 0131 620 3780 sasha@edinburghparkinsons.org

Singing4Fun with Parkinson's

Tuesdays 2-4pm, Marchmont St Giles, Kilgraston Road, EH9 2DW
Wednesdays 7-9pm, Bellevue Chapel, Rodney Street EH7 4EL
Contact Cathie Quinn - see *Side by Side* below

Tai Chi for Parkinson's

Tuesdays 11am-12noon, Barclay Viewforth Church, 1 Wright's Houses, EH10 4HR. Contact Kevin Brown, 01506 845 498 kevin@chi-flow.co.uk

SUPPORT/INTEREST GROUPS AND SPECIAL COURSES

Carers Support Group

Last Wednesday of the month 10.30am-12.30pm Pollock Pavilion, 227 Ferry Road, EH6 4SP. Contact Cathie Quinn - see *Side by Side* below

Side By Side with Parkinson's Course

Contact Cathie Quinn, 0131 557 6438 cathie@edinburghparkinsons.org

Young Parkinson's Carers Support Group

First Tuesday evening of the month. Contact Joyce Quilietti 01573 410 363, joyce@edinburghparkinsons.org

Edinburgh Young Parkinson's Support Group

First Thursday evening of the month. Contact Scott Wilson 01899 220 827, scottwils01@btinternet.com

Quality of Life (QL) Group for PwP's

First Thursday of the month 2-3.30pm. Contact Alison Williams 0131 557 5979, 07719 603321, alison@edinburghparkinsons.org

Edinburgh Research Interest Group (ERIG)

Contact Ken Bowler (Chair), 0131 669 8961 ken@edinburghparkinsons.org

Please consult www.edinburghparkinsons.org for the latest information