

Warm Welcome to New Branch Secretary, Olivia Bell



We are very pleased to announce that Olivia Bell has agreed to take on the role of Branch Hon Secretary from 1st September. Olivia's late husband, Alan, had Parkinson's and she is well known to many of us through the Carer's Support Group and Singing4Fun. Olivia has previously worked as a volunteer for Oxfam and the Samaritans and also brings valuable experience as a proof-reader, a skill much valued by your Newsletter Editor.

Side by Side Course

The next Side by Side course will run on Monday mornings, 10.30 to 12.30 from 21st October to 25th November at Libertus, 20 Gracemount Drive, EH16 6RN (tea/coffee 10am). The course is free to attend and aimed at anyone who knows, lives with, or works with someone with PD and would like to know more about the professional help, drugs, benefits and support available. Attendees over the years have consistently expressed appreciation regarding the knowledge and insight gained and the opportunity to ask questions and share experiences. Many go on to regularly attend the monthly Carers Support Group held last Wednesday of every month, 10.30-12.30 at the Pollock Pavilion, 227 Ferry Road, EH6 4SP. For more information or to book the course, please contact Cathie Quinn via 0131 557 6438 or cathie@edinburghparkinsons.org.

“Advances in Surgery for Parkinson's” by Professor Andres M Lozano

The flyer for the Edinburgh Parkinson's Lecture 2019 was enclosed with the June Newsletter. The lecture is being held on 30th September, 7.15pm, at the Royal College of Physicians of Edinburgh, 9 Queen Street, EH2 1JQ. Tickets are free but must be booked via Eventbrite or by posting a completed form from the flyer. There is a link to the Eventbrite booking page via our Branch website www.edinburghparkinsons.org, where you can also download more details and biographical information about Professor Lozano. There will be a reception with light refreshments before the lecture, doors opening 6pm.

Singing4Fun Song for Butterflies Café



Before their regular singing session our Tuesday S4F participants are highly appreciative of the fare from the Marchmont St.Giles Butterflies Café. In response to a request from the café and with the encouragement of song leader, Penny Stone, the group devised new lyrics to a well-known traditional camping song (I Love the Mountains). You can see a video of participants singing the song on the Singing4Fun page of the Branch website.

Branch Calendar

The 2019–2020 Branch Calendar is enclosed with this Newsletter. We have some interesting topics and speakers lined up for our monthly Branch *Get-togethers*. We are switching to this term (rather than Meetings) as we feel it better reflects the social element to these second Wednesday of the month sessions. The 16th November date is an exception as this is a Saturday, 10am–4pm when Branch representatives who attended the **Kyoto World Parkinson Congress** in June will present their feedback and choice information from the Congress.

You will see that we have introduced a significant number of new “regular body and mind” activities since last year’s calendar. They are: Adaptive Yoga, Chess, Edinburgh Leisure Swimming affiliation, an additional Pilates class, Neurodynamic Exercise, Tandem Cycling and Wu-style Tai Chi Chuan. We have a new Chair for the Edinburgh Research Interest Group (ERIG), David Melton – see the June Newsletter for more information about David. (A pdf of the Newsletter is available via the Branch website main menu buttons.)

Also enclosed with this Newsletter is the document “**What We Do**” complementing the Branch Calendar by providing more details about our activities and in a format that can be updated throughout the year. It is primarily aimed at new or potential Branch Members but once a year we send the latest version to all existing Members and Friends.

Sasha TV Interview



On 26th June, Sasha Baggaley, who runs our Pilates and Neurodynamics Exercise sessions, was interviewed on **That’s TV Scotland Headline News**, Freeview Channel 8. Sasha talked about the approach to, and benefits of, Pilates for people with Parkinson’s. To watch this informative video, go to www.youtube.com and search for entry 08088 000303.

In association with NHS Lothian, starting 3rd September Sasha will be trialling a physio-based exercise class in the Physio Department of the Midlothian Community Hospital, Hardengreen on Tuesdays, 11.30am to 1pm. It will include a social element in the café. During the trial period, sessions will be funded by the Branch. To find out more please contact Patrick Mark via 0131 663 3108 or patrick@EdinburghParkinsons.org.

News in Brief

The first **Parkinson’s Café** after the summer break is Tuesday 24th September, 1–3pm, Festival Theatre Café, 13/29 Nicolson Street, EH8 9FT. This provides an opportunity for new, potential and established Members and care-partners to meet, share and socialise. The Branch Committee is planning to introduce a second location for a drop-in Café in the near future.

There will be a Parkinson’s UK **can collection**, Craigleith Shopping Complex, 10am–4pm on 19th and 20th October. The 10th/11th August dates were cancelled due to weather conditions.

On August 1st the Edinburgh Young Parkinson’s Support Group held a highly successful **Walk-Football** session on Bruntsfield Links, likely to be repeated. Thanks to Branch Member David Waughman who inspired and organised the session and to Philippa Hope for her impromptu Tai-Chi demonstration at half-time. We will soon launch **boxing** sessions in Clermiston and in Murrayfield a **yoga** class specifically adapted for people with Parkinson’s. We are also looking at possible **tango** and **Taiko drumming** sessions. If interested in any of these activities, please let your Newsletter Editor know via helen@edinburghparkinsons.org.