SUPPORT ACTIVITIES

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

Drop-In Parkinson’s Café
Last Tuesday of the month 1-3pm, Festival Theatre Café
Nicolson Street, EH8 9FT. Contact Olivia Bell
07594 481175, honsec@edinburghparkinsons.org

Edinburgh Young Parkinson’s Support Group
First Thursday of the month, starts 6.30/7pm
The Steading, Hillend, EH10 7DU. 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, private location
Roseburn. Contact Alison Williams, 0131 557 5979
07719 603321, alison@edinburghparkinsons.org

Side By Side with Parkinson’s Course (Annual)
For anyone living or working with someone with Parkinson’s. Contact Cathie Quinn, 0131 557 6438
cathie@edinburghparkinsons.org

Young Parkinson’s Carers Support Group
One evening a month. New arrangements being made. In interim, contact Olivia Bell, 07594 481175,
honsec@edinburghparkinsons.org

BRANCH COMMITTEE OFFICE BEARERS

HON CHAIR - David Adams
0131 557 5979, chair@edinburghparkinsons.org
HON VICE CHAIR - Patrick Mark
vicechair@edinburghparkinsons.org
HON SECRETARY - Olivia Bell
Parkinson’s UK Edinburgh, PO Box 17482, EH12 1NQ
07594 481175, honsec@edinburghparkinsons.org
HON TREASURER - Weir Brown
hontreasurer@edinburghparkinsons.org

PARKINSON’S UK LOCAL ADVISERS
For help with Services and Benefits:
Abenet Tsegai (Edinburgh City, East Lothian & Midlothian)
0344 225 3771, atsegai@parkinsons.org.uk
Shona Lawson (West Lothian, Clackmannanshire,
E Dunbartonshire, Forth Valley, N Lanarkshire)
0344 225 3727, slawson@parkinsons.org.uk

PARKINSON’S UK VOLUNTEER CO-ORDINATOR
Alice Hall, vc.scotland1@parkinsons.org.uk

PARKINSON’S NURSE SPECIALIST TEAM
Office hours Mon to Fri 8am-4pm, 0131 465 9156
answering machine, please leave your name and phone
no. The aim is to return calls within 2 working days.

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 Helpline is available Monday to Friday, 9am-7pm
Saturday 10am-2pm (closed Sundays and Bank Holidays), hello@parkinsons.org.uk, 0808 800 0303
(free from UK landlines and most mobile networks).

There is more information in our “What we Do” document and at www.edinburghparkinsons.org which has the most up-to-date information
**REGULAR BODY AND MIND ACTIVITIES**

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

**Adaptive Yoga**
Mondays 6-7pm, The Steading, Hillend, EH10 7DU. Contact Jean Itier, 07985 528839, jean@yogatherapyedinburgh.com

**Aquatherapy**
Fridays 2-4pm, Hydrotherapy Pool, Astley Ainslie Hospital, EH9 2HL. Contact David Waughman, davidw@edinburghparkinsons.org

**Art Group**
Thursdays 1.30-3.30pm, the Botanic Cottage, RBGE, EH3 5LR. Contact Lindsay McDermid, 0131 551 5287, lindsay@edinburghparkinsons.org

**Chess**
Oct-April, monthly; Wednesdays 2-4pm, Maitland Bowling Club, 96 Main Street, EH4 5AB. Contact Kenneth Williamson, 0131 336 4088, trainbuff1@virginmedia.com

**Dance for Parkinson's Scotland**
(Sponsored & organised by Scottish Ballet & Dance Base) Wednesdays 11.30am-1pm then 30min. social café, Dance Base, Grassmarket, EH1 2JU. Contact Meghan Bidwell, meghan@dancebase.co.uk

**Edinburgh Leisure Swimming and More**
The Branch has an affiliation with the Edinburgh Leisure Community Access Programme allowing holders to swim and use other facilities for £1. Contact Olivia Bell, 07594 481175, honsec@edinburghparkinsons.org

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

**Parkinson’s (Exercise) Group at Thistle**
Mondays 10.30am-12.15pm, Thistle Foundation, Queen’s Walk, EH16 4EA. Contact Chris Davies, 0131 661 3366, chris.davies@thistle.org.uk

**Pilates**
Mondays 2.45-3.45pm and 4-5pm, Christ Church Morningside, Morningside Road, 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, sasha@edinburghparkinsons.org

**Neurodynamic Exercise**, a development of Pilates based exercise - contact Sasha for more information.

**Singing4Fun**
Tuesdays 2-4pm, Marchmont St Giles, Kilgraston Road, EH9 2DW

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

**Tandem Cycling**
Dates, times and routes arranged independently. Contact: Brian Moore, brian@edinburghparkinsons.org. We also draw your attention to the All-ability Bike Centre, EH6 4RU and Saughton Park. Contact David Glover, 07500 069357, david.glover@cyclinguk.org

**Wu-style Tai Chi Chuan**
Wednesdays 5.30-7.30pm, Centre for Regenerative Medicine, Little France, EH16 4UJ. Contact Philippa Hope, 07720 674924, phobinder@aol.com

**EDINBURGH RESEARCH INTEREST GROUP (ERIG)**
Meetings and communications regarding Parkinson’s research. Contact David Melton (Chair), davidm@edinburghparkinsons.org.