

## 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

There is more information in our "What we Do"  
document and at [www.edinburghparkinsons.org](http://www.edinburghparkinsons.org)  
which has the most up-to-date information

## 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](http://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](mailto: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](mailto:hello@parkinsons.org.uk), 0808 800 0303  
(free from UK landlines and most mobile networks).

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

## PARKINSON'S UK EDINBURGH BRANCH

OUR EVENTS IN 2019/20



[www.edinburghparkinsons.org](http://www.edinburghparkinsons.org)

## EDINBURGH BRANCH GET-TOGETHERS

Bellevue Chapel, Rodney Street, EH7 4EL

### 2019

#### Wednesday 11th September 2-4pm

Self-care Matters: Joint Forum with East & West Lothian Groups and Parkinson's UK Scotland

#### Wednesday 9th October 2-4pm

Speech and Language Therapy with Parkinson's: Isobel McCoy

#### Wednesday 13th November 2-4pm

Fighting Fit - for Parkinson's: Mike Webb  
MTK Clermiston Boxing Club

#### Saturday, 16th November 10am-4pm

World Parkinson Congress Feedback Seminar:  
Branch Representatives who attended WPC

### 2020

#### Wednesday 8th January 2-4pm

Parkinson's Research in Edinburgh - Where Are We Now?:  
Dr Gordon Duncan, Consultant, Medicine for the Elderly  
NHS Lothian

#### Wednesday 12th February 2-4pm

What Parkinson's Has Taught Me: David A Allan, Parkinson's  
UK Trustee in Scotland

#### Wednesday 11th March 2-4pm

Branch AGM followed by  
Refreshing Our Charity In Scotland: Annie Macleod,  
Parkinson's UK Scotland Director

#### Wednesday 8th April 2-4pm

Topic and Speaker to be advised

## ANNUAL EVENTS

#### The Edinburgh Parkinson's Lecture 2019

30th September 7.15pm, Royal College of Physicians of  
Edinburgh, EH2 1JQ - Professor Andres M Lozano "Advances in  
Surgery for Parkinson's". Free but ticketed, see Branch website

#### Christmas Lunch, December

Date and venue to be advised

**Other Events** may be planned during the year

## 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

#### Nordic Walking

Thursdays 12-1pm, 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, 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  
Wednesdays 7-9pm, Bellevue Chapel, Rodney Street, EH7 4EL.  
Contact Cathie Quinn, 0131 557 6438  
cathie@edinburghparkinsons.org

#### Tai Chi

Tuesdays 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 4RJ and Saughton Park. Contact David Glover  
07500 069357, david.glover@cyclingsuk.org

#### Wu-style Tai Chi Chuan

Wednesdays 5.30-7.30pm, Centre for Regenerative Medicine,  
Little France, EH16 4UU. 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

Please consult [www.edinburghparkinsons.org](http://www.edinburghparkinsons.org)  
for the latest information