

New Year Greetings



2019 was sociably rounded off with the Branch Christmas Lunch at the Leonardo Murrayfield Hotel on 11th December. There were 34 who made it on the day and this year during an interlude they were entertained by long-established folk-singer, Ian Young (see also next item). A few days later the Art Group enjoyed their festive cheer with a lunch at Murrayfield Golf Club. The Group had due cause to celebrate as their Oct/Nov 2019 exhibition at the Bon Papillon Café/Gallery in Howe Street raised £1,029 net proceeds for the Branch with the sale of 26 items. This is a sum significantly more than previous years and a much appreciated effort. There are more photos of both lunches available via the Branch website News item titled "And a Good Time Was Had by All."

The calendar year may have ended but we are just half-way through the Branch year with much yet to come in the way of regular activities and group support sessions as well as our monthly Branch Get-togethers, the next being 12th February, 2-4pm, Bellevue Chapel, EH7 4EL. David Allan, Parkinson's UK Trustee for Scotland, will tell us about "What Parkinson's Has Taught Me." David is a much travelled, experienced and entertaining speaker so we hope you have the date in your 2020 diary. On 11th March after the Branch AGM, Annie Macleod, P-UK Scotland Director will talk on "Refreshing our Charity" (see also last item below) and on 8th April, Art in Healthcare will create a participatory experience for us around printmaking and sculpture.

Ian Young and Friends *Time and Tide* CD

The CD has been created at Ian's own expense with all proceeds of CD sales going to the Branch and to St. Columba's Hospice. Ian and his friends play new and old tunes on traditional as well as less familiar instruments. He has written most of the tracks, but includes a few well-known tunes. The CD is £10.00+£2.00 p&p if purchased from Hon Secretary, Olivia Bell, 07594 481175, honsec@edinburghparkinsons.org. We will also have copies at various Branch events in which case the cost is £10. The tracks can also be streamed via the usual streaming services (but with less of the proceeds going to the charities).

Key Appointment for Branch Member

Warmest congratulations to Alison Williams as one of "ten outstanding candidates appointed to a new advisory group that will be at the heart of shaping the charity's [PUK's] work in Scotland." See the relevant item under News on the Branch website for a link to more on the aims and objectives of the Group and background information about the other members. All were selected after a challenging process involving a written application and formal interview.

Harps of Gold Concert Success



On 8th December our Singing4Fun members performed our World Parkinson Congress award-winning song as well as “The Angel Gabriel” at the Clarsach Society’s Harps of Gold concert in Queen’s Hall. The concert centred on delightful festive entertainment by the Scottish Harp Orchestra and musicians from George Watson’s College, so our S4Fun members were amazed to hear the feedback about their brief performance: “What a beautiful sound they make!” “The timing was just perfect” “The Side by Side song was the best thing in the concert – it gave me goose-bumps” (an orchestra member) “They were just so into it!” (another musician). *Photo attributed to Yamini MacLean.*

Thanks to the generosity of those attending, £859 has been donated to Parkinson’s UK Scotland (raffle sales) and £428 to the Edinburgh Branch (bucket collection and sales from Branch Member Lou Ogilvie’s paper-clips decorated with needlework cartoons). In the general buzz after the concert, many who were there to support S4Fun, commented they would attend the Harps of Gold concert in future years to enjoy such uplifting melodic festive performances.

Over the next few weeks, Cathie Quinn, instrumental in establishing S4Fun over 10 years ago will be handing over administrative responsibilities for the Tuesday Marchmont St.Giles sessions to Alan Miller and Sheena McFarlane supported by Olivia Bell and Annette McLeod. On the last Tuesday session of 2019, the group wished a “Happy Retirement” to Judith Stewart of the Butterflies Café for her tasty fayre and hospitality sampled before and during the singing sessions. The Wednesday evening S4Fun in Bellevue Chapel has a new song- leader, Sally Jacquet. Sally’s father has Parkinson’s. As Cathie will also be handing over administrative responsibilities for this group we will no longer have access to Bellevue Chapel so are keen to hear about possible other venues and someone to take on Cathie’s admin responsibilities.

Side by Side Course Report

The Oct/Nov 2019 course had 12 attending. Feedback from these courses for anyone working with, living with, or a friend of someone with Parkinson’s is always very positive. This year they included: “very informative, really glad I attended all 5 sessions” “wish I had done this course when I first heard about it” “what a wonderful provision for care-partners” “lots of supportive sharing.” Although we run this course just once in the year, there is always the monthly Carers Support Group to attend, last Wednesday of the month, 10.30am to 12.30pm, Pollock Pavilion, 227 Ferry Road, EH6 4SP. There is a West Lothian course run in the Spring. Contact Cathie Quinn, cathie@edinburghparkinsons.org if you want to know more. Inspired by what we do in Edinburgh there will be a similar course established in the north of Scotland this year.

Therapies

The Complementary Therapies pilot sponsored by the Branch is now well under way with Reiki, Aromatherapy, Emotional Well-being Coaching, Indian Head Massage, Reflexology, and Massage currently available (up to 4 treatment vouchers). A brief description of these is given in a pdf via the Complementary Therapies page of the Branch website. Therapies can be mixed and matched with the exception of the Emotional Well-being Coaching where the recommendation is to use all 4 vouchers for it. You might not consider this your cup of tea but we have already had someone try it out and speak very highly of it.

Online Learning

The free *Good Brain Bad Brain Parkinson's Disease* online course from Future Learn was recently run again by the University of Birmingham. Courses can usually be accessed for some weeks after the start date (late November). Your Newsletter Editor has tried this one in the past and found it accessible and helpful. The course is aimed at anyone who wants to find out the fundamentals of Parkinson's (there are *Good Brain Bad Brain* companion courses *Basics* and *Drug Origins*). It uses video and written material. Even if you are not interested in this one there may be others that take your fancy – Future Learn offers a diverse selection of courses from a variety of university and cultural partners “delivered one step at a time and accessible on mobile, tablet and desktop.” While using Future Learn before, your Editor also came across the teaching videos of Khan Academy and found these extremely helpful in understanding PD. Go to khanacademy.org/science/health-and-medicine/nervous-system-diseases.

Drama for Fun

As a result of the entertaining October 2019 Branch Get-together with Isobel McCoy, Adult Community Speech and Language Therapy Service, and Pam Wardell, Drama Teacher, BBC Radio Producer and Director, we are piloting this group led by Pam. The sessions are for those with Parkinson's as well as family and care-partners. Sessions began on 16th January 2020. They will run fortnightly on Thursdays at The Steading, 118-120 Biggar Road, EH10 7DU, 6.30-7.30pm and are free. Sessions are not aimed at performance but at providing the opportunity to work with the voice through vocal exercises, play-scripts, rhymes, tongue-twisters, sound effects, storytelling and other vocal communication including smiles and laughter. The intention is to keep the vocal folds (cords) and facial muscles working well and to improve voice projection, speech clarification and intonation. To find out more contact Pam Wardell, pamwardell3@gmail.com or Hon Secretary, Olivia Bell, honsec@edinburghparkinsons.org or 07594 481175.



Branch Review of World Parkinson Congress 2019

In June 2019 the Edinburgh Branch sent five delegates to the 5th World Parkinson Congress in Kyoto, Japan. On Saturday 16th November at Bellevue Chapel over 50 Branch members spent the day hearing about their experiences, what they discovered at the Congress and how we in the Parkinson's Community can benefit. Thanks to everyone who came along and who also shared their secrets into the *Living Well With Parkinson's* session. If you weren't able to attend the day, or want to look at some of the presentations again, you can find links on the *Branch Review of WPC 2019* page on the Branch website.

The Hidden Disabilities Sunflower Lanyard Scheme



The Hidden Disabilities Sunflower was first launched at Gatwick Airport in May 2016. It is starting to be recognised globally and has been adopted in the UK by all of the major airports, many supermarkets, railway stations, leisure facilities, the NHS and an increasing number of small and large businesses and organisations. It uses a lanyard with a simple sunflower design on a green background as a subtle but visible sign enabling organisation staff to recognise that the wearer (or someone with them) may require extra help, time or assistance when moving through a venue that subscribes to the scheme. To find out more go to <https://hiddendisabilitiesstore.com>. Remember also P-UK sell “I have Parkinson's” badges and the Lothian NHS Parkinson's Nurse Specialist Service supply a version.

Young Parkinson's Carers Support Group Re-launch

The group provides an opportunity for partners, family, and close friends of “working age” people with Parkinson's to meet, share, support and learn from each other's experiences in an interactive caring space. The relaunch will run monthly from 28th January at Hotel Indigo, York Place, EH1 3JD. The aim is not to be Edinburgh exclusive but is open to anyone who can attend a meeting in the Edinburgh location. For more information please contact Alice Hall via 0344 225 3725 or Angie Lockhart via angie@edinburghparkinsons.org.

News in Brief

QMU would like to hear from Branch Members interested in taking part in a **project using a particular form of movement to music** that can help with maintaining mobility, balance and movement confidence. To find out more see the relevant News item on the Branch website.

The 2020 **Drop-In Parkinson's Café** dates are 28th January, 25th February, 31st March, 28th April, 26th May, 29th September, 27th October, and 24th November, held in a dedicated space in The Festival Theatre Café, 13/29 Nicolson Street, EH8 9FT, 1 pm–3 pm for potential, new and existing Branch Members to meet, share, ask questions and pick up relevant information.

Anna Noonan has taken over the Friday Pollock Pavilion Pilates sessions after induction by Sasha Baggaley. Some of you may know Anna from the weekly Dance for Parkinson's Scotland sessions. Welcome on board, Anna.

We remind you of the **SPARK Newsletter** launched from P-UK Scotland, crammed with news from the Parkinson's community around Scotland. The first issue can be downloaded from the web page www.parkinsons.org.uk/about-us/our-work-scotland (scroll down).

We are looking at **alternative venues to Bellevue Chapel** for monthly Branch Get-togethers as the Chapel will no longer be available in a few months' time. If you know of any venues that might be suitable please let Hon Secretary, Olivia Bell know, honsec@edinburghparkinsons.org.

Fundraising and Donations



In September, Elaine Caulfield in Linlithgow got in touch with the Branch via our website asking for help in obtaining promotional material for **charity busking stints** that she and a fellow musician perform annually in a local garden centre during November/December. This time they wanted to collect for Parkinson's UK. We are delighted to announce that the busking pair plus drop-in musician friends collected £500 for P-UK for research. Well done, ladies and thank-you!

The next **can shooglin'** collections organised by our fundraiser, Lou Ogilvie, are Friday 10th and Saturday 11th April at Craighleith. If you are able to help, please get in touch with Lou, lo4parkinsonsfundraising@gmail.com.

A reminder that if purchasing items via Amazon if you use **smile.amazon.co.uk** they will donate 0.5 per cent of the price of eligible purchases to your named charity.

As always we express our gratitude to all Members, their family, friends, event attendees and organisations who have donated money to P-UK and to the Edinburgh Branch in recent weeks.

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