

London Triathlon



Liz, Gavin and Bill in London

Liz and Bill McBain traveled to London to support son Gavin taking part in his 6th London Triathlon which took place on Saturday 5th August 2006. Gavin raised over £500 for the Edinburgh Branch Activities Group.

Fife & Edinburgh Branches Bowls Competition Friendly Rivalry



The Fife Branch joined the Edinburgh Branch in Portobello on 20th June for Bowls and a Quiz.

Edinburgh were successful in retaining the Bowls trophy and Fife ran away with the Quiz!!

On the return visit to Fife on 15th August the result was a draw with Edinburgh this time being successful at Quiz time.

Great fun and camaraderie!



TRANENT MAN WALKS THE GREAT GLEN WAY FOR PARKINSON'S

Brian Forbes, from Tranent in East Lothian, presented a cheque for almost £3,000 to Patrick Mark, Chairman of the Edinburgh branch of the Parkinson's Disease Society. Brian, whose father has Parkinson's, raised the money by walking the Great Glen Way, from Fort William to Inverness, with four of his friends.

Brian and his friends completed the 73 mile walk during the first week of May, and have been pledged an amazing £1,200 in sponsorship from Network Rail. All the money raised will help the Parkinson's Disease Society continue supporting people living with Parkinson's and to finance essential research.

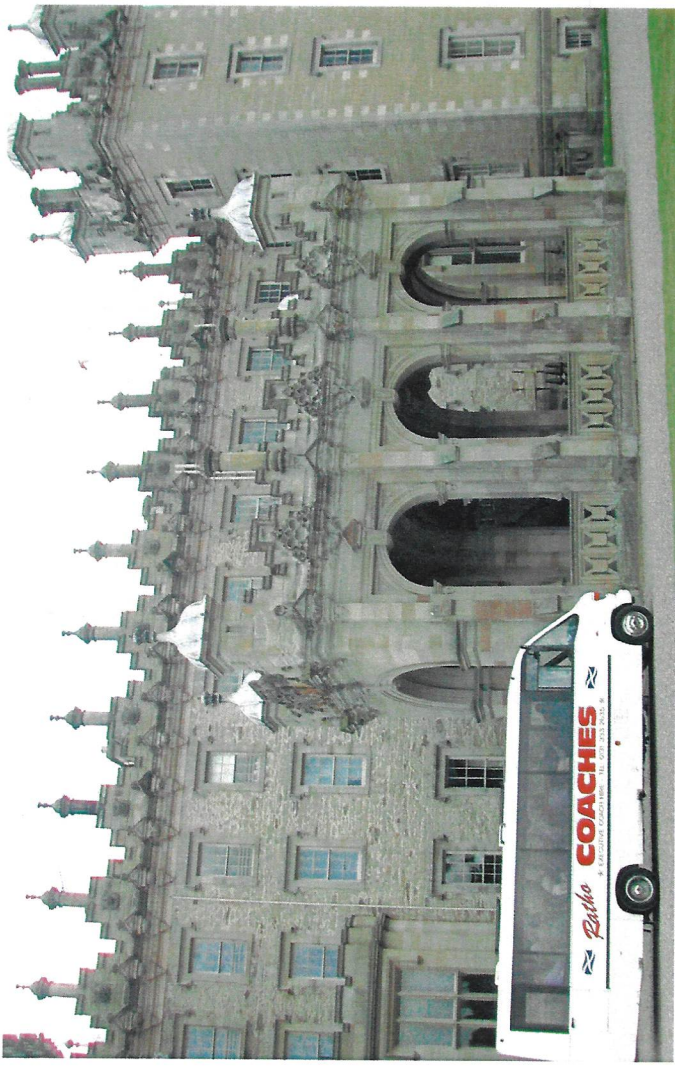
What would you like to see in your newsletter? Ideas, suggestions and contributions very welcome. Please contact Pat Stewart, Tel 0131 449 4859 email: pat@pdsd.freemove.co.uk or Diana Harkiss, Tel 0131 667 3719, email: dianaharkiss@blueyonder.co.uk

Parkinson's Disease Society of the United Kingdom

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Edinburgh Branch Newsletter Autumn 2006

SUMMER OUTING



SUMMER OUTING TO FLOORS CASTLE, KELSO

On Wednesday 28th June 2006 the Branch along with Haddington support group visited Floors Castle in Kelso. For a change the weather was beautiful, sunny warm and no rain. We had a very interesting tour of the Castle which is the home of the Duke and Duchess of Roxburgh and their children. The tour was excellent and the guides were very informative and it was nice to see all the lovely furniture, paintings, ornaments and family photographs. After the tour we had afternoon tea in The Terrace Café which was delicious. The strawberry tarts were absolutely scrumptious.

Every one had a good day and it was very pleasant for the Edinburgh Branch to meet up with our friends from the Haddington Support Group.



GARDEN VISITS



Two Garden Visits were arranged this summer and both were lucky with the weather.

On 19 May we returned for the third time to the Old Sun Inn, Newbattle, where we were welcomed by the owners, James and Rosemary Lochhead. The garden was full of colour from mounds of azaleas, but there were also plenty of other interesting plants to discover.

After a peaceful wander round this beautiful garden we were offered a glass of wine by our generous hosts. This was followed by a magnificent tea – the highlight of which was an enormous plate of enormous meringues made by Rosemary.

As a final generous gesture, James and Rosemary donated all the entrance money taken back to the Edinburgh Branch. This raised £80.

On 9 June we re-visited Inwood near Musselburgh. Owner, Mrs Morrison gave us a guided tour, and then left us to wander round. There was lots to see as we walked around the colourful island beds surrounded by a very interesting collection of trees. We then had a chance to buy some plants before enjoying a welcome cup of tea. Mr and Mrs Morrison made us feel very welcome, and everyone enjoyed the afternoon and went home inspired to improve their own gardens.

Kate Mark

Annual Ceilidh

Our Annual Ceilidh held on Friday 26th May at The Royal Scots Club was a great success. Thanks to The Edinburgh Shetland Fiddlers and singer Kirsty for providing the music, daughter Kirsty and friend Dawn for the Tombola and a great company who joined in the dancing and community singing.



We'd also like to thank the many friends who gave donations. We raised over £250 towards our Activities Group.

Liz&Bill Mc Bain

Poldrate Quilts



The Branch were donated some time ago two beautiful patchwork quilts, pictured above. These were given to us by The Poldrate Quilters who meet in Haddington. The members of this group work on their own pieces but also take part in group projects. They have done work for the Linus Project, a charity originating in USA and named after the character in the "Peanuts" cartoon, which donates blankets and coverlets to children in need. They have also contributed blocks to a group in Ayrshire who make them up into quilts for needy youngsters leaving orphanages in Romania. We are grateful to the Poldrate Quilters for their skilled work and their generosity.

The Branch would now like to sell the quilts to the highest offer to raise funds for the Branch, please contact Pat Stewart, 0131 449 4859, if you are interested in making an offer for either one or both quilts.

Parkinson's Awareness Week at the Open Door

In April of this year Gina Allen, CSW, helped publicise Parkinson's Awareness Week, by booking the window display area at Open Door in Morningside. Open Door is an outreach service supporting older people and those with special needs in the local community, and is based in former shop premises.

For two weeks it was possible for passers-by and visitors to Open Door to see what the Edinburgh Branch of the Parkinson's Disease Society can offer. People were able to see what information is available about PD, and how local support can be accessed. This included advertising the visit to Edinburgh by the Mobile Resource Unit, a specially designed outreach Unit, a

vehicle which many of you will be familiar with. The window was a great success, and as a result many people visited the Mobile Resource Unit. This was the first time we had used Open Door, and we are looking forward to repeating the exercise next year.

