

Edinburgh Branch Newsletter Spring 2005

Visit of Margo MacDonald to the Edinburgh Branch



Ms Margo Macdonald, the well respected Independent MSP for the Lothians, gave a talk and answered questions at the Branch meeting at St. Cuthbert's Church, Lothian Road on the 12th January.

She had insisted on coming to the meeting, which had been arranged some time ago, despite the fact that she was not feeling well and had to cancel a number of her other engagements.

Ms Macdonald spoke about several of the important current issues being debated in the Scottish Parliament, including the tsunami in Asia.

to illustrate her themes. There was no doubt she had the support of members at this meeting!

Ms Macdonald offered to arrange a tour of the inside of the Scottish Parliament. This generous offer has been accepted and we will be making arrangements in due course.

Her final comment on leaving the meeting was that she hoped to return again for another chat.

Ron Partington

She also gave her views on the way forward for the development of devolution in Scotland. She then made observations on aspects of working in the new Parliament building, illustrating some of the practical operating problems that still needed to be resolved.

In answering questions she gave some sensitive, personal reflections as a PD sufferer, on how Parkinson's had affected her working life.

It was a most interesting and stimulating meeting. Ms Macdonald delivered the talk in her inimitable forthright manner, with numerous amusing asides

Physiotherapy and PD

There has been very little in terms of "new" techniques available, which we as physiotherapists have been excited about in recent years. However functional Electrical Stimulation (FES) has recently been studied in people with PD in Salisbury. This technique has been around for years but has mainly been used to treat patients with spinal cord injury, stroke and MS.

Functional Electrical Stimulation involves stimulating the muscles of the leg by an external source. A small box is wired to electrodes, which are stuck on to the leg, and a foot switch is placed in the shoe. The machine is then set up so that it triggers when walking. This helps people pick their feet up and although more work is needed in this area, there does seem to be some improvement in walking for some people with PD.

I am very grateful to the Branch for providing me with equipment for two people and have begun a series of assessments into its effectiveness. Following this, it is likely we will require to undertake much further and more in depth testing before it becomes widely available.

Caroline McGuire, Senior Physiotherapist

Courses in Voice Production and Presentation Skills

The pilot scheme for the voice class worked well. However, for different reasons such as illness, the second set of classes has had to be postponed. If anyone is interested in a six-week course starting in September please let me know. Alan S Dunbar. Phone 0131 334 4389 dunbaragency@yahoo.co.uk

Dates for your Diary

9th April, Annual Coffee Morning and Silent Auction

11th April, Swimming restarts

25th to 29th April, Mobile Resource Unit visit.
Contact Pat Stewart, 0131 449 4859
pat@pdsed.freereserve.co.uk

27th May, Ceilidh

17th June, Garden Visit

30th June, Summer Outing

Sept, Voice Production Course

Drop-ins
Royal Victoria Hospital 1st April, 6th May, 3rd June
St Raphael's 20th April, 18th May
Drummond Grange, 29th April, 27th May
Contact Diana Harkiss on 0131 667 3719, dianaharkiss@blueyonder.co.uk

Changes at the Drop In Centres

Following the resignation of Val Young a team of three has take over each Drop In Centre. Meet the teams:

RVH Cathie Quinn, Committee member whose husband Cecil has PD, Betsy Brunton who has PD and Alan Dunbar, committee member who also has PD

Drummond Grange Dennis Arduis and Kate Mark who have PD and Diana Harkiss, Kate's sister.

St Raphael's George Burnie who has PD, George's wife Mary Burnie and Diana Harkiss

At the meetings in February we distributed a survey form to find out what was really wanted at the Drop Ins by those who attended. This has been very helpful. So far exercise seems popular, gentle of course, and time to talk which I am sure the speech therapists will be delighted to know!

We also hope to do away with the "attendance" form which was previously filled out at each meeting and replace it with name badges given out on arrival and hopefully returned at the end! Forms with details of address, phone number etc will only be completed by new attendees.

The teams are open to suggestions to improve your time at the Drop In so keep the ideas coming. We look forward to meeting you at the Drop Ins and hope you will continue to get something from them. Cathie Quinn

Computer Courses

A beginners course is currently taking place and we plan to run more if there is enough demand. If you are interested in taking part in a course please contact Diana Harkiss on 0131 667 3719 or email dianaharkiss@blueyonder.co.uk

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@pdsed.freereserve.co.uk or Diana Harkiss, Tel 0131 667 3719, email: dianaharkiss@blueyonder.co.uk

Edinburgh Branch PDS Transport Payment policy Feb 05

Introduction

The branch organises a range of activities which are all intended to improve the quality of life of its members in some way.

It follows that members should not be prevented from participating because of a lack of financial resources. This relates particularly to PwP with

- no car or family access to one
- mobility problems which make Public Transport impractical

The Branch committee has therefore agreed to set aside limited funds which can be used to assist with transport costs.

Control of expenditure

Payment will be made and administered by the 'responsible person' or activity co-ordinator in each instance.

- Reimbursement can only be made in respect of taxi or other transport costs to official branch events (eg not for hospital or clinic visits).
- Taxi costs should only be reimbursed when frailty, immobility or other good reasons make public transport an impossible option.
- Claimants should share transport with other members wherever possible.
- Use should be made of Handicabs (see below) and Taxi cards etc to minimise costs where possible.
- 100% of the expense will be repaid, unless the claimant wishes to claim for part only.
- A receipt will be required in respect of every item.
- The claimant should sign a petty cash receipt for the total amount.

What is Handicabs and what does it do?

Handicabs provide accessible transport for people in Edinburgh and the Lothians.

Dial-A-Ride provides a door-to-door transport service for people with limited mobility who are unable to use ordinary buses. The service operates 7 days per week.

Passengers must be resident in Edinburgh or the Lothians and journeys are usually undertaken to places within Lothian.

The vehicles are specially adapted to carry combinations of wheelchair users and other passengers safely and comfortably.

Cost: £1.75 for the first 3 miles, 25p per mile for each mile between 3 and 10 miles, 20p per mile over 10 miles. One escort per disabled passenger travels free. Reduced rates for group travel. All journeys must be booked in advance.

Edinburgh

58 Canaan Lane
Edinburgh EH10 4SG
Fax: 0131 452 9627
Dial-A-Ride Tel:
0131 447 9949

Midlothian and East Lothian

Unit 4,
Whitehill Business Centre,
Dalkeith EH22 2QB
Midlothian
Fax: 0131 654 0024
Dial-A-Ride Tel 0131 663 0163

RHODESIA: Gone But Never Forgotten

Rhodesia; Cradle of my childhood; and a home of the brave;
Land of my varied manhood and a part of me to the grave,
The country of my schooling, of my work, my love and my play,
For wisdom to rhyme of your beauty, I do so humbly pray.

Let me see the dark clouds welling, as they blot out all the sky,
The heavens with thunder and lightning, telling the storm is nigh,
To sense the rapturous fragrance of the newly rain sodden earth,
And know the joy of witnessing the bushveld take on new birth.

Let me see again those sunsets; flaming in the western skies,
And vision once more God's canvas with the full moon on the rise,
To waken again to the calling, of guinea fowl and wild doves,
With welcome smile and coffee from servant or the girl one loves.

May God grant to me that wisdom, to tell of that wondrous land;
Of its game and its bushveld; and far-flung mountains so grand,
To sing again of those forests with many a pure clear stream,
To recall a breed of people; ready to die for a dream.

We will remember those people; comrades what 'ere the weather,
When the sun fades in the west and we gather again together.
We will raise our full glasses: wipe tears from many an eye,
Rhodesia is Recorded History; Rhodesia can never die.

John H D Robertson 26 May 1998

Quiz – test your knowledge!

By what name is fictional Percy Blakeney better known?

The stage play Shadowlands is based on life of which writer?

What is the popular name for University of Paris?

In which field would the term ablative be used?

Which European city lies on the estuary of the Tagus?

Ludwig von Kochel catalogued the works of which composer?

Hokusai and Hiroshige were famous Japanese what?

Composed by Alan Dunbar
Answers below

Haddington Support Group

Haddington Support Group Christmas Lunch on 15th December 2004 was well attended and everyone enjoyed themselves.



The Group hold their meetings in the Maitlandfield Hotel on the last Wednesday of the month from 2 to 4 pm and new members are always welcome. The local contact for the group is Jessie Main, 01875 833321, jessie@pdsdshad.fsnet.co.uk

Quiz answers: The Scarlet Pimpernel, C S Lewis, Sorbonne, grammar, Lisbon, Mozart, artists.