

New Community Support Worker

Ruth Blackwood (right), who joined the PDS in February as a Community Support Worker for Edinburgh and Lothian, has had over 20 years experience working within the voluntary sector. She will work in partnership with Gina Allen, to form our Parkinson's Community Support Team.
Patrick Mark



Margaret Williamson Retires

Margaret Williamson (centre) retired from EPAC after 10 years as Secretary, providing an essential service and giving a warm welcome to all clients. She is sorely missed. She was presented with gift vouchers and a bouquet of flowers at the January Victoria Hospital drop-in and we enjoyed a tea party arranged by Cathy Quinn.
Liz Mc Bain

Edinburgh Branch Newsletter Spring 2006



CHRISTMAS LUNCH

In December we had a Christmas Lunch at Jewel and Eskvalley College, Dalkeith. The College has a Catering Department and the students run "Tomorrow's Restaurant".

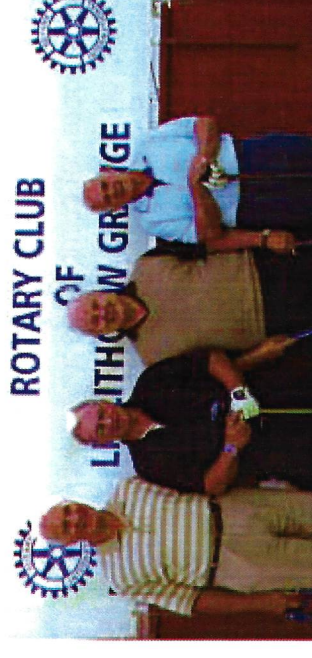
We had a delicious lunch and the students were very attentive and discreet waiters and waitresses. There were four courses with choices for each one, and on arrival we were given a warming mulled wine. The tables were decorated beautifully and everyone had a cracker to pull. I think everyone enjoyed themselves thoroughly.

The student restaurant is open all year for lunch, so if anyone is interested we could go on a regular basis – say once a month. The cost of lunch is minimal – something like £5 for a three course meal. If anyone would like to give this a try, please contact Kate Mark (Tel 0131 663 3108)
Kate Mark

Fund-raising Golf at Linlithgow

In August the third annual charity AM/AM golf competition was held at Linlithgow Golf Club in aid of the Parkinson's Disease Society. It was a great but very tiring day raising over £7000 for PD.

Above is the Parkinson's team consisting of Ronnie Tait and John Barclay, who are PWP's, and Bill McBain and his brother Duggie. Bill also organised our neighbour Ian Smith to put in a team from his company, Tilney Investment Management. Many thanks to The Rotary Club of Linlithgow Grange.
Liz McBain

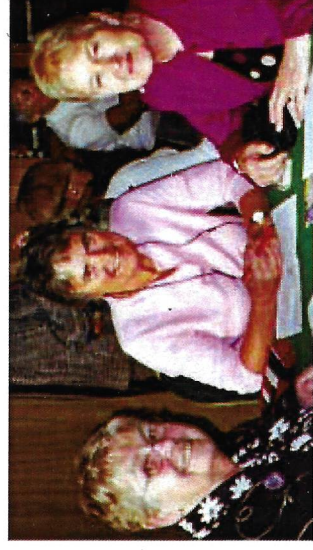


The Parkinson's Team: Bill McBain, Ronnie Tate, John Barclay and Duggie McBain

John Barclay is organising another Charity Golf Match at Musselburgh Golf Club on 26th April at 11 am. Entry £25 which includes hot main course. Raffles. Players include Ronnie Tait John Barclay & Bill McBain

PD Fundraiser at Crieff Hydro

A fashion show, followed by a great lunch and then Party Bridge was held at Crieff Hydro. It was a very pleasant day, raising over £5800 for PD Research. The Edinburgh Team consisted of myself and three friends.
Liz McBain



Liz and friends at the Bridge table

LIFESTYLE MANAGEMENT COURSE

Lifestyle Management Course Number 6 has been arranged to run from 23 March – 25 May 2006. See enclosed brochure.

The CA(I)RE Project – putting the I into CARE

The CA(I)RE Project provides free courses and support for people who are caring for someone on an unpaid basis. Courses are held throughout Edinburgh and some examples are – Painting/printing on fabric, Film studies, Bodybalance – a feel good fitness-to-music program, Singing, The story of Scottish Football, Confidence and Communication, Relaxation and Stress Busting, Carers Upskilling Programme.

Contact Fiona Farris, Co-ordinator, The CA(I)RE Project, The Eric Liddell Centre, 15 Morningside Road, Edinburgh, EH10 4DP.
Tel 0131 446 3321 or 3317.
Email farrisf@ericliddell.org

Drop-ins

All at 2-4pm
Royal Victoria Hospital Seminar Room, 13 Craigmyle Road, Edinburgh.
Friday 3rd March: Tai Chi
Friday 7th April: Aromatherapy
Drummond Grange Nursing Home
7 Kevock Road, Lasswade.
Friday 24th February: Jenny Taylor (Physiotherapist)
Friday 24th March: Talk by Dr Ian Drever (non-medical subject)

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

HADDINGTON SUPPORT GROUP NEWS

Haddington Support group have been busy with a variety of topics at their monthly meetings. Alison Wilson, PDS Development Worker opened the new season and also attended their fundraising coffee morning at Gullane. A big thank you to everyone who helped make the day such a success, £400 was raised.

Members were delighted to try Indian Head massage when Ann Todd visited the Maitlandfield Hotel. A very happy afternoon was spent, with coffee and shortbread to finish.

Lynn Main and Irene Nicoll spoke to the group about the services available at Astley Ainsley Hospital for PwP and gave examples of how members could possibly benefit from the therapies provided.

A Christmas lunch was held in the Maitlandfield Hotel and a musical afternoon with a Burns Theme set feet tapping to start the New Year.

Jessie Main

Parkinson's Resource Room

Ward 8, RVH

Ward 8 of the Royal Victoria Hospital has 10 beds "dedicated" to Parkinson Disease sufferers.

Lorraine Somerville, ward manager along with her staff, two pharmaceutical companies and the Edinburgh Branch of the Parkinson's Disease Society have created a resource room to help patients, their families and staff with information on Parkinson's Disease.



Members of the Branch with Lorraine enjoying a chat in pleasant relaxing surroundings.

Garden Party for Eric Chrystal

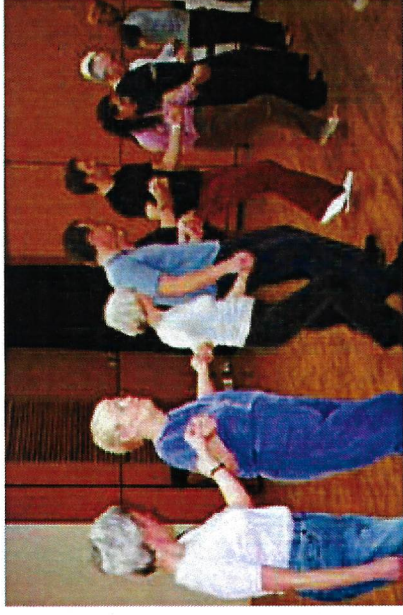


On a lovely sunny day, 19th August, friends of Eric Chrystal gathered at the home of Liz and Bill McBain to meet with his widow Pat and share reminiscences. Eric played such an important part in the life of the Edinburgh Branch and the Activities in particular. His enthusiastic support, participation and his friendship were much appreciated, indicated by the numbers who came along. It was a delightful afternoon thanks to everyone who participated.

Liz McBain

Mark Morris Dance Workshop for People with Parkinson's

The renowned Mark Morris Dance Group of New York returned to Britain after several years of absence as part of their 25th Anniversary celebrations. Their tour included two performances in Edinburgh's Festival Theatre. According to the Daily Telegraph "if Mark Morris isn't the greatest living creative artist in any art form, who is?" And the Independent says "some of the best dance in the world today.....see it if you can".



Bill McBain

The Group offered a dance workshop to people in Edinburgh with Parkinson's which was a wonderful opportunity for us. Unfortunately there wasn't much time to contact people who might have wanted to participate, however we got together sixteen people (the maximum they could accommodate) and we had a magical afternoon at Dance Base in the Grassmarket.

Two delightful young dancers took the class, starting with gentle seated exercises and moving on to one or two basic dance steps. They had a musician to give us a rhythm, and before long we were able to do a simple routine in front of the enormous mirror – feeling that we were almost ready for an audition to perform at the Festival Theatre!

Those of us lucky enough to take part in this workshop are very grateful to Mark Morris Dance Group and to Dance Umbrella who organised their British tour.

Kate Mark

Seize the Moment !

It can strike from out of nowhere, right from out the blue
Like a scythe it sweeps unbidden, slashes confidence in two.
One minute you are walking, on your way from here to there
When suddenly It happens, you're not going anywhere.
Your legs may once have scaled the very pinnacles of sport
But once pd has trapped you, I'm afraid it counts for nought.
Maybe they were pretty, brought gasps from those who know.
Now the gasping comes from you as you try to make them go.
They may be short and sturdy, may have caused you to despair
But any shape would do now, if they get from here to there.
Plan change by the hour, you're afraid folk will see red

When you cannot plan a morning, never mind a week ahead.
I must admit there's one thing I can lay at pd's door,
I never squander time as I often did before.
When the medication works, I am up and I am gone,
No use staying home or pd will think he's won.
The cost of being mobile is simply just too high
To sit around and wonder who, or when, or why.
Now I seize each minute, I doubt they'll come round twice.
No use sitting idly while my life just rolls on past.
I intend to go down fighting, colours nailed high to the mast.

Anon December 2000

Note: the small 'p' is deliberate, the writer deeming that parkinson's does not merit a capital letter!