

Courses in Voice Production and Presentation Skills

The voice class held earlier in the year was very successful and Alan Dunbar is repeating the course in the autumn. Members who feel that they have soft voices would benefit from this course. Alan hopes to run the class on Mondays in the afternoons at 2 Manse Street, Corstorphine. It is possible, depending on numbers that the class might run at the Thistle Foundation instead.

The start date is Monday 5 September at 2 pm and the course will last for 6 weeks.

Alan has been a Parkinson's patient for 10 years. He was trained at the Royal Scottish Academy of Music and Drama. Before going into a freelance career as a broadcaster, theatre director and journalist he was head of Drama at Queen Margaret College. He was a voice consultant for some large companies including Ferranti, Sun Life and Distillers Company Ltd.

There will be no charge for the courses but places are limited to 8 participants so please book early! Anyone interested please call Alan on 0131 334 4389.

Loss of sense of smell in Parkinson's Disease?

Lorraine Somerville, Ward Manager of Ward 8 at the Royal Victoria Hospital, is conducting a pilot study on whether or not there is any deterioration in the sense of smell in Parkinson's Disease. Are you interested in taking part? It involves answering a questionnaire taking about 20 mins and Lorraine can visit you in your own home. If you would like more information or are interested in taking part in the study please contact Lorraine on 0131 537 5000 – ask for ward 8 RVH email: lorraine.somerville@luht.scot.nhs.uk

Now Taking Art Submissions

The World Parkinson Congress 2006 announces the launch of the Guidelines and Application Forms at www.worldpdcongress.org/forms/artwork for artwork submissions to the "Creativity as Therapy" segment of the Congress.

People living with Parkinson's Disease are invited to submit their best creations in painting, etching, poetry, writing, sculpture, ceramics, photography, jewelry, crafts, fabric or clothing design, website design, music, dance, video and other art forms to be selected for exhibition at the World Parkinson Congress in Washington, DC, February 22-26, 2006.

The deadline for all submissions is August 31, 2005. More information about the World Parkinson Congress can be found at www.worldpdcongress.org.

Art Classes

Hi, my name is Christine Ellis. I am an art teacher and have recently joined the Parkinson's society. I have been teaching adult art classes at Carrickvale community centre for many years.

Dependent on numbers, I propose to run a watercolour class of mixed ability for a maximum of 10 people. The class will run in the Autumn. Anyone interested should contact me on 07768 161 43.

Dates for your Diary

Voice Production Course 5th Sept

Drop-ins

Royal Victoria Hospital 2nd Sept, 7th Oct, 4th Nov, 2nd Dec

St Raphael's 17th Aug, 21st Sept, 19th Oct, 16th Nov, 21st Dec

Drummond Grange, 26th Aug, 23rd

Sept, 28th Oct, 25th Nov

Contact Diana Harkiss on 0131 667

3719, dianaharkiss@blueyonder.co.uk

Art Classes Autumn 05 See above.

Meetings at St Cuthbert's

7th Sept – Margo Macdonald

12th Oct – Mercators, Oscar Wilde

9th Nov – Dr Conor Maguire

14th Dec – Carol Service

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Golf at Musselburgh



5th Annual Fundraising Golf Match arranged by John Barclay was held at Monktonhall Golf Course, Musselburgh on 13th April. The weather was warm and sunny which helped to make it a very enjoyable occasion. The participants joined together for a well earned meal afterwards. Bill McBain's help on the day organising score cards, tee-off times etc much appreciated, and helped things run smoothly.
Diana Harkiss

Summer Outing to Winton House, Pencaitland, 30th June 2005

Despite the appalling weather conditions, 39 members and friends from Edinburgh Branch joined 11 from the Haddington Support Group for a visit to Winton House, home of the Ogilvy family.

We were split into three groups and in the company of very knowledgeable guides, were given an interesting and informative tour of the house, along with various anecdotes from past and present. Those amongst us who were fit and able, climbed the spiral staircase to the turret roof, where we had a wonderful panoramic view of East Lothian, now highlighted by a glimmer of sun through the clouds.



We reassembled for a delicious afternoon tea before parting for Edinburgh and Haddington. This was the first joint venture between the branch and support group - agreed to be successful and repeatable.

Pat Stewart

Margo Macdonald MSP

Margo Macdonald will be talking at our meeting in St Cuthbert's Parish Church, 5 Lothian Road, Edinburgh on Wednesday 7th September 2005 at 2-30 pm.

Ceilidh

Our Mayfest ceilidh on Friday 27th May was a great success. The new venue, The Royal Scots Club (despite being down stairs) was declared a hit by one and all. The Staff were so pleasant and helpful and our band The Edinburgh Shetland Fiddlers surpassed themselves.

Their sheer joy in the music was so infectious; if proof were needed the floor was packed for every dance! Our solo entertainers, John Thomson (Kevoch Choir) and Kirsty (Of the Fiddlers) were a delight.

The Tombola helped to give us a healthy profit of £286 so thanks for donations and to Kirsty and Dawn.

Thanks especially to the company who joined in so well and we all look forward to the next event

Liz and Bill Mc Bain



Wake-Up Call to all PWPs and Partners etc.

It's been a great summer so far with lots of energy-giving sun so you'll all be bursting with enthusiasm and ready to join the stalwart band-The Activities Group; as good therapy as you could wish for in all respects, including social interaction. See The Parkinson (Summer edition) page 23 "health and wellbeing" about the importance of keeping active!!

Swimming on a Monday, 6pm at the new venue at Firhill combines gentle exercise and fun. No need to be able to swim.

We have 2 Yoga classes, Portobello, Wed.11.30-12.30 (Gentle) Drylaw, Thurs 1.30-3pm (Traditional) Both classes are very beneficial especially for breathing and relaxation.

Bowling at Portobello, Tuesdays 1.45-3pm is very popular with the men but where are all the women bowlers?

Games Nights (Scrabble, Trivial Pursuits, Cards etc) will restart on 28th September (the last Wed of each month) at 7 pm at the McBains.

Suggestions for other Pursuits very welcome.

These and any queries to Liz McBain 0131 315 2493, email: wmsc10923@blueyonder.co.uk

*For all activities members and friends of Eric Chrystal we are having a Garden Party on Friday 19th Aug, 2-4pm.at McBain, 119 Craigleith Hill Ave. All Welcome. RSVP if possible.

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

Garden Visit

In June we had another successful afternoon in James and Rosemary Lochhead's beautiful garden in Newbattle. The weather stayed fair so about forty members and friends enjoyed walking round this tranquil and colourful garden crammed full of lovely plants.

The highlight, for some people at least, was the scrumptious tea provided by Rosemary and friends. A big Thank-You to our generous hosts.

Kate Mark



Lifestyle Management Programme

After having run four successful Lifestyle

Management Programmes a fifth Programme is planned for 22 September – 24 November 2005. This will be held at The Thistle Foundation, Niddrie Mains Road, Edinburgh. The weekly sessions will run from 10.30 am – 1.30 pm on Thursdays.

What is a Lifestyle Management

Programme? The Programme, which is run by the Physiotherapy Department of the Thistle Foundation, is designed to help people get the most out of life, despite having a long-term illness. The problems many of us live with do not need to make us disabled. Developing the belief that we can cope can make the difference between a discontented life and one of well-being and hopefulness.

Exercise (energetic or gentle) is an essential part of keeping our bodies fit and healthy. Relaxation techniques and learning the value of stress management is an important part of the programme.

Group discussions explore how we can keep as active, healthy and as involved as possible in life. Participants can enjoy the fun and support of people with similar problems.

After doing a Lifestyle Management Programme it is hoped participants will have achieved:

- Confidence in the ability to cope with PD
- Knowledge of how to look after themselves
- Energy, activity and fitness
- Ability to manage stress and enhance well-being

There is no charge for this Programme which is wholly funded by the Edinburgh Branch of the Parkinson's Disease Society, but maximum benefit will only be achieved if participants attend all the sessions.

If you are interested in doing the Programme, or would like to know more about it, please contact Kate Mark Tel:0131 663 3108 email: Kate@pmark.freemove.co.uk

Community Support Worker

Annabel Fairweather has left and Gina Allen will be covering Annabel's work until a new CSW can be recruited. Gina's workload is now very large so please be patient! She will get to you as soon as she can. Tel: 0131 452 8840 email: pdsgina@yahoo.co.uk