

Parkinson's Disease Society Edinburgh Branch Newsletter Summer 2008

Branch Summer Outing to Traquair House

The Branch Outing on 4 June to Traquair House near Peebles was a very good day out and was enjoyed by all. It was a lovely spring day and the drive from Edinburgh took us through beautiful countryside.



We had a tour round the House, which has a very interesting history and then there was time to wander round the grounds and inspect the Traquair Brewery and to sample some of their beers.

A wonderful tea was served, with sandwiches, scones and cakes. This also gave everyone a chance to sit and relax and talk to people they had perhaps not met before. Altogether it was a very successful day.

Many thanks to Pat Stewart for organising it.

Kate Mark

Esk Valley Lunches

We have had several successful Lunches at the student restaurant at Esk Valley College in Eskbank. The Catering Department is moving to the Campus at the Jewel after the summer, so we will try their Restaurant once they have had time to settle in.

Kate Mark



GARDEN VISIT

In May a group of twenty-five members and friends visited Inwood Garden at Carberry. It was a perfect summer day with lots of warmth and sunshine, which made the garden look even more stunning than usual with its wonderful display of tulips in all sorts of colour combinations.



We were able to stroll round the garden and enjoy the peace, and owners Lindsay and Irvine Morrison were always on hand to tell us the names of plants.

Teas were served in the tea room or outside in the sunshine and we were also able to buy some plants to improve our own gardens. A lovely outing enjoyed by everyone.

Kate Mark

Activities Group

This grand group of folk continue to make light of problems and join in our different activities. It can be the case that there is as much chat and relaxation as hard work but it seems to pay off. How many of us feel so bad in the morning that we wonder if staying in bed would be an option? It never is and if you have a class to go to it's amazing the motivation, the getting together can give. So make an effort to join us at swimming, indoor bowling, gentle exercise, art group, quiz night, Ceilidh.

We are again hosting a day for the **Fife Branch** to join us at Portobello Indoor Bowls on **Tuesday 8th July** from 11am to 3pm with lunch at a cost of £4. There will be Bowling, Board Games, Quiz etc.

Contact Liz McBain on 0131 315 2493

The Great Wee Scottish Walk 2008

Ben Magee, 2 ½ year old grandson of Patrick and Kate Mark, took part in the Great Wee Scottish Walk on 15 June. He walked 2 miles and raised over £150 for Parkinson's.

Well done Ben!

Kate Mark



London Triathlon 2008



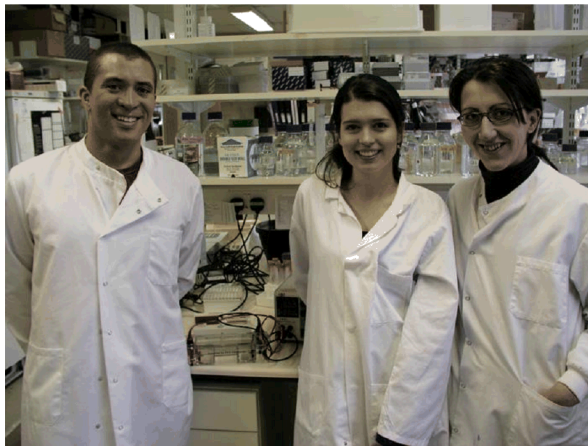
Gavin McBain is again taking part in the London Triathlon (swim, cycle and run) to raise funds for Edinburgh Branch. This takes place on the 9th and 10th of August 2008. There was a tremendous response to this event last year and if you should wish to contribute please contact Liz McBain on 0131 315 2493 wmsc10923@blueyonder.co.uk Gavin, left, competed very creditably in the Edinburgh Triathlon which took place on a very wet Edinburgh New Year's Day.

Jim Arthur, former committee member, sent us a photo of his granddaughter Alison McCulloch (right) who has run the Edinburgh Marathon for PDS. Alison whose Grandmother had PD now lives and works in Manchester. She raised the tremendous sum of £940.

Liz McBain



Donation of equipment to Edinburgh research group



An electrophoresis tank and a benchtop centrifuge were donated by the Edinburgh Branch to Dr Tilo Kunath of the Scottish Centre for Regenerative Medicine, Institute for Stem Cell Research, University of Edinburgh to help his group in their research.

Dr Kunath (above left) writes about the gel tank: "It will be very useful for analysing and separating DNA and RNA samples. Our team has increased in number, so this will be in frequent use." Also in the picture are Aga Paca and Theodora Tzanavari, the people that will be using it most.

The centrifuge has seen heavy use since it arrived and Dr Kunath is very grateful for these donations.



Nordic Walking

Nordic walking is particularly appropriate for people with Parkinson's, so two sessions of tuition were arranged in March and April. We met up first of all at the Commonwealth Pool Café where we were shown how to hold the special walking poles, which were leant to us by Instructor Anne-Marie Fraser. We then walked to Holyrood Park where we learnt the correct movements. Once everyone felt confident we set off for a brisk walk round the Park.



I think everyone taking part enjoyed themselves and benefited from learning how to do this type of exercise. Several people have bought their own pair of Nordic Walking Poles and intend to keep up the good work.

If enough people are interested we could run another course.

Kate Mark

A simple idea which you may find useful

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are many numbers stored but which one is the contact person in case of an emergency?

Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact

person or persons who should be the first of those to be contacted (on your behalf) during an emergency - under the name 'ICE' (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognised name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.'

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference!

Web Site

Have a look at the Edinburgh and Midlothian Branch web site

<http://www.edinburghparkinsons.org/>

The Parkinson's Disease Society of the United Kingdom, 215 Vauxhall Bridge Road Victoria, London SW1V 1EJ

Telephone: 020 7931 8080 Website: www.parkinsons.org.uk

Charity registered in England and Wales, No. 258197 and in Scotland, No. 37554.

A company limited by guarantee. Registered No. 948776. (London) Registered office as above.