

# Parkinson's Disease Society Edinburgh Branch Newsletter Summer 2007

---

## Summer Outing

This years' Summer Outing on Wednesday 13<sup>th</sup> June was to Mellerstain House, Berwickshire the home of the Earl and Countess of Haddington. Mellerstain House stands in 200 acres of magnificent parkland with an Italian – style terraced garden.

There were nearly 50 members, carers and friends and we were given a very informative guided tour by entertaining, knowledgeable guides. The ceilings were “especially worthy” and there was an outstanding collection of paintings and period furniture.



The afternoon tea in the tea room was enjoyed by all, tasty sandwiches and home baking. A good time was had by all. The outing was a very successful day.

*Pat Stewart*

## London Triathlon 2007



This is the 7th year that Gavin has participated in the London Triathlon, raising funds for Edinburgh Branch Activities Group but it is the first time we have advertised it branch-wide. We have been very grateful in the past for all the great support from members who take part in Activities, friends and relations. But this year we have been completely bowled over by the great response from members who are just names to us and it makes us realise that our work is appreciated even if people don't wish to or can't take part in our events. Gavin completed the Triathlon successfully in 2hrs 40mins and we have raised well over £1000.

We are completely committed to PWP's being as active as possible and look forward to letting you all know how much we have raised and what happens to the money. Many, many thanks for such splendid support.

*Liz McBain*

## GARDEN VISITS

Two visits were arranged for this year. One of the gardens was an old favourite, and one was new to us. On both occasions the weather threatened to spoil things, but on both occasions we were lucky.

In June we went to **Inwood, Carberry**, near Musselburgh and were given a warm welcome by owners Lindsay and Irvine Morrison. The rain had poured down all morning, but when we arrived at the garden with umbrellas and waterproofs at the ready, the rain stopped and it stayed fair for the rest of the afternoon.

Lindsay gave us a tour round, pointing out new things, plants of special interest and tiny details easily missed. We were then left to wander round and, for many of us, to be inspired to do more with our own gardens. After a welcome cup of tea we were able to buy plants from the plant stall – and dream of the perfect garden we could have “next year”.

In July we were invited by owner, John Stuart, to look round **The Old Parsonage** garden at Lugton, near Dalkeith. Again the weather had us worried, but the sun shone until it was ALMOST time to leave.

The garden is situated above Dalkeith with views of the hills beyond. The large walled garden with its extensive fruit and vegetable cultivation proved to be particularly interesting. And the greenhouses with peaches, nectarines, vines and figs were popular too.



The high spot of the afternoon must surely have been the magnificent tea provided by several of my very kind friends. We enjoyed sandwiches, scones, cakes and biscuits sitting on the lawn in the sun.

Suddenly the rain came, so tea was hastily finished under umbrellas before we all left, having had a lovely afternoon.

*Kate Mark*

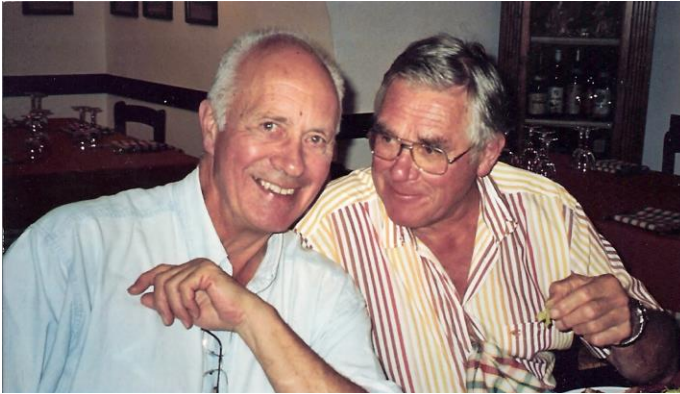


### **James Farrer Singers**

We were treated to a lovely concert by The James Farrer Singers on 12th May and the group raised £1416 for PD.

*Liz Mc Bain*

# Parties



## Liz and Bill McBain's Party for Parkinson's

We held a super Party for Parkinson's when it was Bill's 70th and raised approx £900.

A great time was had by all especially Bill.

*Liz McBain*

## Sarah Magee's Party for Parkinson's

Sarah Magee, daughter of Patrick and Kate Mark, organised a Party for Parkinson's during Parkinson's Awareness Week and raised £80 which was donated to the Physiotherapists at the Astley Ainslie. The money will be spent on some metronomes which are to be used for research into mobility problems.

The Party was held in the evening so that Sarah's friends, who are mainly young mothers, were able to leave their babies at home with their fathers! The girls had a good time enjoying a glass or two of wine, and learning a bit about PD. Quite a few people had connections with Parkinson's, so the leaflets and booklets were useful.

Well done Sarah for helping to increase awareness of PD and having fun at the same time.

*Kate Mark*



## Activities Group Garden Party

Activities Group Garden Party was held at the McBains on Wed.20th June. Liz says, "We were so lucky with the weather and over 30 folk enjoyed meeting up."

Gina Allen, CSW would like to let everyone know about the

## **Parkinson's Disease Society Mali Jenkins Help Fund.**

The fund details are as follows:

- Max £1,500: adaptations to home, disability aids, equipment, contributions to Disabled Facility Grants
- Max: £1000 Respite break/holiday
- Max: £500 Other items, including clothing, bedding and household goods

Eligibility requirements include

- You must have Parkinson's disease, or be applying on behalf of someone with Parkinson's
- You must have a low income and limited savings (less than £10,000 in savings for a single person or £15,000 for a couple).

Further info available from the Advisory Services Team Tel: 0808 800 0303 or email: [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.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](mailto:pat@pdsed.freereserve.co.uk) or Diana Harkiss, Tel 0131 667 3719 email: [dianaharkiss@blueyonder.co.uk](mailto:dianaharkiss@blueyonder.co.uk)

### **Web Site**

The Edinburgh and Midlothian Branch web site has been revamped. Have a look at <http://www.edinburghparkinsons.org/>

## **Dates for your Diary**

First **St Cuthbert's** event.

Wednesday 12<sup>th</sup> Sept 2.30pm  
Andrew Sim, PDS Manager for Scotland, will talk about Developing PD Services in Scotland. A chance to meet the new Manager and learn about his plans.

At St Cuthbert's Parish Church Hall, 5 Lothian Road, Edinburgh

First **Drop-ins**

Friday 7<sup>th</sup> September 2–4pm  
at the Royal Victoria Hospital Seminar Room, 13 Craigmyle Road, Edinburgh

Friday 21<sup>st</sup> September 2–4pm  
At Drummond Grange Drummond Grange Nursing Home  
7 Kevock Road, Lasswade EH18 1HT

**Ceilidh**

Friday 12<sup>th</sup> Oct at the Royal Scots Club. For more information contact Liz McBain 0131 315 2493 or email [w.mcbain@blueyonder.co.uk](mailto:w.mcbain@blueyonder.co.uk)

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](http://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.