

## Covid-19 Impact

When Lockdown was introduced in March 2020, many of us dared not think that in October we would still be in much the same position!

In September, Parkinson's UK (P-UK) wrote that "meeting others living with Parkinson's is important, and many people are telling us they're ready to consider getting out in person again". Since then infections have begun to rise significantly again.

We have to operate within the guidance from P-UK who advised our Edinburgh Branch volunteers "Your health and wellbeing, and your support, is important. So, our priority at this stage is supporting you to restart only what is necessary and safe. While coronavirus remains a risk, we're taking a phased approach to volunteering in person and delivering in-person activities".

This guidance was provided before the most recent restrictions were enforced in parts of Scotland and in particular Edinburgh and Lothians.

In the meantime we have to accept that Branch face-to-face activities are unlikely to restart before the New Year.

So, we have been thinking of ways in which we can provide support, company, exercise, advice and fun, through the use of technology.

## Current Online Activities

Some of our regular activities are currently online - Adaptive Yoga; Carers Support Group; Dance for Parkinson's Scotland; Nordic Walking; Pilates; Quality of Life Group; Singing4Fun; Tai Chi; and Yoga for Parkinson's. If you would like to join any of these activities, please email or phone the relevant group contact on this page:

<https://www.edinburghparkinsons.org/coronavirus/>

Our friends in the Edinburgh Younger Parkinson's (Working Age) Support Group also meet via Zoom <https://www.edinburghparkinsons.org/activities-and-events/edinburgh-young-parkinsons-support-group/>

Our guest speaker on 5<sup>th</sup> November at 6.30pm will be Hilda Campbell from COPEScotland discussing ways to lighten mental health. Open to all, not just YPs. Please contact Scott Wilson [scottwils180@gmail.com](mailto:scottwils180@gmail.com) for the Zoom link.



## Potential Activities

We are planning a winter online version of our monthly 'Get Togethers', to be known as Branch Blethers. This will meet fortnightly via Zoom and we would love to know what you would like to talk about.

We have developed a short online questionnaire, so we can more effectively provide what you need and want, over the winter months. Please help us by completing a short survey at:

<https://survey.napier.ac.uk/n/PUKEdin.aspx> (You may need to cut and paste into your browser)

## Volunteers Needed

### VOLUNTEER



Do you or someone in your family have something they would like to share, in an informal way? This could be for the Branch Blether, or perhaps a themed Zoom event.

If more of our members participate, then we can have even more variety and interest.

The format that works well is a 10-20 minute chat or presentation (with or without props), then questions and chat.

We will host and work all the technology part if necessary (or hand over control of Zoom if preferred). All the person giving the chat needs to do is sit at home and talk about their interest, hobby, their work (past or present), or whatever they would like to share.

## Need Help with Technology?

Previously, we sent a flyer to Members for whom we have no e-mail address. Now it seems even more important that we urge all our members to get connected if you can. While computers, phones or tablets are no substitute for seeing people face-to-face, it can be incredibly empowering to make contact and be able to see others (you can choose to remain hidden, if you have a 'shaky day', or equally a bad hair day!).

There is one other company that we wanted to make you aware of. ACE IT is an Edinburgh based charity specialising in coaching the over 50s on their digital devices: smartphones, laptops and tablets. This is free of charge but they do ask for a £5 donation per session if possible.

Their telephone number is 07737 738551. Or you can email: [info@aceit.org.uk](mailto:info@aceit.org.uk)

## Wellbeing Check In

One of the downsides of not being able to have interactions with people in the physical sense is loneliness and isolation. Seeing people on screen is good, but not nearly the same. If you are experiencing loneliness, why not book a wellbeing check in with a Parkinson's Local Advisor, through the Parkinson's UK National Helpline Freephone number 0808 800 0303 or by using this link?

<https://www.parkinsons.org.uk/information-and-support/request-wellbeing-check>



## Edinburgh Parkinson's Lecture 2020



This year's lecture on Genetic Factors in Parkinson's, delivered by Professor Christine Klein, was a huge success. Presented on-line for the first time ever, there were over 900 registrations with over 800 people tuning in. Of those, 47% were from Scotland, 43% from the rest of the UK and 10% were from overseas. Particularly pleasing was that 59% of registrations were from PwPs/family members/carers. Prof David Melton, our Chair of ERIG is to be congratulated on a fantastic event that reached our target audience very successfully. Donations to our JustGiving pages in respect of the lecture came in at around £1100! We plan to add a recording of the event to our website, where you can also listen to previous year's lectures – <https://www.edinburghparkinsons.org/edinburgh-parkinsons-lecture/>

## Fundraising

Branch Fundraiser, Lou Ogilvy is compiling a Lockdown Cookbook to raise funds for the Branch. So far she has a few recipes and photos, but not nearly enough.

She would like to encourage folks with Parkinson's, carers, and families to think about a dish that they have loved making over lockdown. Then send the recipe and if possible a photo of the finished dish to Lou.

The last day for recipes is 1st November so she has time to compile the book and get it to printers, so it can be available for Christmas. Either email your recipe to Lou at: [lo4parkinsonsfundraising@gmail.com](mailto:lo4parkinsonsfundraising@gmail.com) or send by mail to: Lou Ogilvy, 7 Victoria St, Rosewell, Midlothian, EH24 9BS



## Branch Committee

The Committee is always on the lookout for new volunteers, and aims to include a lively balance of PwPs and others. Succession is a continuing consideration – we all inevitably get older - and our Branch Chair, David Adams, will be writing to you soon with the Committee's request for additional volunteers.

Meanwhile, please think about possibilities: whether you, someone in your family, or someone you know could play an important part in the present and future of Edinburgh Branch!



Please do contact David for an informal chat to find out more. Telephone: 0131 557 5979 or email: [chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org).

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