

Christmas Events



We are pleased to announce not one, but two Christmas Socials! These events will take place online via Zoom, as the Covid-19 restrictions are *still* in place.

We have a session on Wednesday 16th December, from 5pm, duration around 60 minutes (though happy to go on a bit longer if we are having lots of fun!). The second session is on Saturday 19th December at 2pm. Each will have different content, so you are more than welcome to come to both.

Please sign up (for free) on Eventbrite. Links are below:

[Wednesday 16th Christmas Event](#)
[Saturday 19th Christmas Event](#)

The first party will have Carol singing, led by our wonderful song leaders Penny and Sally. As well as this, we will have some games, chat and a quiz (make sure you have paper and pencil to hand). For the second party we welcome audience participation, and contributions of readings or short musical performances will be welcome for this event. We will also have games, chat and a quiz. Bring your own paper hat / mince pies / glass of wine.

Proposed Neurodynamic Class

Sasha, our amazing Neurophysiotherapist developed a Neurodynamic Exercise programme for the Branch. This is based on her experience with Pilates Neurophysiotherapy, and the philosophy, principles and research of PD Warrior. There seems to be scope to add in a new class for this advanced programme, that incorporates both physical and cognitive activity for people in the earlier stages of Parkinson's (mild to moderate symptoms). Sasha's programme involves pre- and post-assessments. We will keep you posted with details of when this new class will start.



All Ability Bike Centre (ABC)

The Branch had Tandem and Cycling as regular activities, until the arrival of Covid-19. We have good news that All Ability Bike Centre (ABC) now has restarted both cycling and walking at Saughton Park. ABC offer people the chance to get cycling, whatever their ability or background. Run by Cycling UK they have a wide range of adaptive bikes, as well as standard solo bikes and tandems.

Currently running a limited number of bookable sessions at Saughton Park, they will have social distancing and other coronavirus measures in place to keep their riders, walkers, staff and volunteers safe. Participants who need physical assistance must bring a member of their household or a carer, so that staff and volunteers can maintain social distance. Please also wrap up warm!

The walking sessions are led by qualified Paths for All volunteers for no more than 1 hour around Saughton Park.

As these activities take place outside people don't need to wear masks, unless they wish to. There is no fee to pay for either activity.

For more information or to book a session, please contact Shona Black from ABC: email: Shona.Black@CyclingUK.Org, or phone Shona on 07831 863770

Upcoming Events in 2021



We are planning a virtual Burns supper for 25th January 2021. Lindsay McDermid is organising, so we can be sure of a fun event, with plenty of action.

The event is to be in the evening from 7pm-9pm, and we think it will broadcast live on YouTube (which is built into most Smart TV's).

Wellness Toolkit

Hilda Campell from CopeScotland gave a fantastic talk to the Young Person's Group in early November. This charity has a wealth of resources, and a strong focus on wellbeing and mindfulness. They have many Wellness tips you can download free from: <https://www.cope-scotland.org/index.php/wellness-tips/wellness-materials#95-stress-and-other-tips>

Lockdown Cookbook: Fundraiser

Branch Fundraiser, Lou Ogilvy has finished compiling the Lockdown Cookbook to raise funds for the Branch. We expect it to be on sale by 1st December. Costs will be £10 plus postage and packaging which we think will be £2.50. Payment will be either by cheque or cash, or through our Just Giving page.



We will be putting details of how to order online next week (as a News Item). So please diary to visit the [website](#). These will be great stocking fillers!

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