

Burns Supper

Lindsay McDermid confirms the Burns Supper will take place on 25th January at 7pm. The event is being held on Zoom, and with Lindsay in charge it is sure to be a great evening of song music and laughter. The link for Zoom is:

<https://zoom.us/j/96058597993?pwd=RU5SVGI3QThXcW1XaW5tOXpuV1N6QT09>

Meeting ID: 960 5859 7993. Please feel free to join us.



February Branch Blether

Our next online blether is on Wednesday 3rd February at 2pm (via Zoom as usual). We are going to be joined by a friend of Alison Williams, Genevieve Geffraud who is French, also has Parkinson's, though over the last few years has managed to almost eliminate the symptoms. Genevieve has made a video "Rebirth with Parkinson disease", which will be shown on the day.

Connecting Scotland

We were made aware of a Government scheme which aims to get 50,000 digitally excluded households online by the end of 2021. As a Branch, we have put in an application for 6 iPads. These come with a 'dongle' which provides free internet access for two years.

We are committed to reaching out to Branch members who are not currently using technology. We will be able to provide help with setting up and using – mainly for emails and using Zoom or FaceTime (another video calling system). If you know anyone who has Parkinson's and isn't yet using the internet, please let us know if you think they might be interested in receiving an iPad (if our application is successful).

Volunteers Needed

We would still welcome more volunteers for 2021. Perhaps you or someone in your family, or a friend who has been organising Zoom quizzes, or themed events, could give us an hour, to do the same for the Branch. We really would welcome more opportunities to connect, and have fun!



Online Branch Activities

On the next page we have outlined the regular activities that are currently providing live online classes. We thought having them all in one document might be useful. The benefits of physical activity are well-known, but we also think the social aspect is tremendously important.

Branch Online Activities Overview

Adaptive Yoga

The overall aim of the programme is to improve practitioners' psychological well-being as well as having a positive effect on mobility problems experienced by people living with Parkinson's.

Mondays 6pm to 7pm via Zoom with Jean Itier: jean@yogatherapyedinburgh.com

(We are exploring changing time to earlier in the day)

Dance for Parkinson's

Dance Base and Scottish Ballet are excited to offer our Dance for Parkinson's Scotland classes via Zoom. Dance Base hosted classes will run **Wednesdays from 11:30am-1pm** starting 13th of January, and Scottish Ballet hosted classes will run **Fridays from 11:30am-1pm** from 5th February 2021.

For more information, contact Meghan Bidwell: meghan@dancebase.co.uk



Nordic Walking

Trevor Jones recommenced his online Nordic Walking class on 7th January 2021. The classes will take place via Zoom every **Thursday at 12 Noon**, until 25 March. If you wish to take part, please contact Dot Brown via: weirbrown@gmail.com

Pilates

While the regular on-site Branch activities are suspended due to the coronavirus situation, our Pilates Instructors, Sasha Baggaley and Anna Noonan are creating short exercise videos to help keep people moving and active – for everyone not just regular class participants.

Sasha is conducting some live sessions. If you are interested in live Pilates sessions with Sasha via the Zoom platform, please contact: sasha@edinburghparkinsons.org

Singing 4 Fun

Our Tuesday and Wednesday Singing4Fun (S4F) song-leaders, Penny Stone and Sally Jaquet, are posting videos. There are also some Zoom sessions organised – please contact Cathie Quinn, 0131 557 6438 or cathie@edinburghparkinsons.org for more details of the online sessions or for general information about Singing4Fun.



Tai Chi

Our Tai Chi, Chi Kung and Meditation Teacher, Kevin Brown, is running his weekly classes online via Zoom.

To join these sessions which are **Tuesdays, 11am – 12noon**.

Please contact Kevin via 01506 845 498 or kevin@chi-flow.co.uk

Yoga for Parkinson's

Theiya Arts is running its weekly class online. This is a chair-based Yoga class which you can do from the comfort of your own home, and all you need is a chair.

The online Class is **Tuesdays, 4-5pm**. Contact Karen at Theiya Arts: hello@theiya.org

