

EYPSG (Working Age) April Meeting

The Edinburgh Young Parkinson's Support Group have their next meeting on 8th April. Fran Anderson will speak about 'The Tea of Happiness: Natural Medicine and Health'.

What do you and an ancient iceman have in common? Natural medicine has been used for thousands of years and in every culture to improve health. This talk will briefly discuss what it is, and how it might help you to balance your life and improve health. More importantly it is an opportunity to ask questions. Fran is a retired medical herbalist who is interested in helping people grow and use herbs for everyday life. If you are interested and would like to join the meeting, please contact Scott Wilson: scottwils180@gmail.com

Future Branch Blether Ideas



We have currently come to the end of the scheduled Branch Blethers. While our Chairman and Committee will be trying to come up with ideas, we would very much welcome input from Branch Members. Are there any topics you would like to see included? Would you prefer to have a drop-in Blether with no agenda – where we just catch up? Please feel free to let us know your thoughts. You can email any of the [Committee Members](#)

Gene and Cell Therapy Information Hub

Alison Williams provided us with some information about a project she has been involved with.

"I've been fortunate to be involved as a PPI (Public Patient Involvement) with a 2m Euro project which brings together 47 partner organisations from across Europe, and is headed up by our own Centre for Regenerative Medicine (pictured), where ERIG meetings are held in face-to-face days.



It is countering the misinformation about the use of cells and genetic material which is rife on the web, with all sorts of claims being made, not least about cures for Parkinson's.

The project is developing an online hub which will give patients, healthcare professionals and the public reliable, ethical, scientific, accurate information; and will also link scientists and science communicators.

My role has been to bring a PwP perspective to the proposals, and to help keep the patients at the forefront of the coordinating team's mind".

For more information follow this [Link](#)

Branch Fundraising

Our Fundraiser Louise Ogilvy is planning some 'can shoogling'. These are normally very successful. The proposed dates are:

Friday 18th and Saturday 19th June (10am – 4pm)

Friday 20th and Saturday 21st August (10am – 4pm)

Friday 19th and Saturday 20th November (10am – 4pm)

These take place at Craigleith Retail Park. We aren't asking for you to shoogle any cans but we do love when people stop and chat. And we welcome any donations 😊

Lou also wanted to make people aware of a lady who is raising money for Parkinson's. Jacqui Wilson works at Whinpark Medical Centre, in Saughton area of Edinburgh. She is doing the Virtual Kiltwalk on Friday 23rd April. She is planning to dance from 8.30am – 3pm – in a Boogie-a-Thon!

We wish her well and if any of you are in the Saughton area or registered at Whinpark, maybe go along and offer some socially distanced support?



Taster Sessions and Fundraising for Parkinson's Active Scotland Appeal

As you will probably realise, it is World Parkinson's Day on April 11th. While the Branch don't have a local event, you are invited to participate in some fantastic events that are taking place.

Prosecco Jelly Themed Afternoon Tea: Sunday 11th April 3pm - 4pm

Heather Kirk from the Inverness Support Group has organised some activities and invited other Branches Members. She says "Round up your family and friends, pour yourself a glass of Prosecco and make a JELLY and have some fun & games for World Parkinson's Day!"

You just need to take a picture of your jelly and send it to Heather (email [Anne](#) for her email address). The person who makes the most 'wobblytastic' jelly will get their efforts promoted on the Parkinson's UK Scotland Facebook page.

You only have to donate to Heather's [Just Giving Page](#) (which is for Parkinson's UK Scotland) for the honour of making and eating your own jelly!

Zoom Link - [Join Zoom Meeting](#) (Meeting ID is 93303890408)

Taster Exercise Classes

These classes are free and a great opportunity to sample something new.

Tuesday 6th April, 2 - 2.30pm: Scottish Ballet with instructor is Louise Marshall (Parkinson's Host - Heather Kirk). Zoom Link - [Join Zoom Meeting](#) (ID: 98285316195)

Wednesday 7th April, 2 - 2.45pm: Qigong and the instructor is Susanne Lin-Jensen (Parkinson's Host - Mary Ellmers) Zoom Link - [Join Zoom Meeting](#) (ID: 91039768690)

Thursday 8th April, 10-10.30am: Exercises with Julie Jones (Parkinson's Host - Heather Kirk) Zoom Link - [Join Zoom Meeting](#) (ID: 95432311778)

Friday 9th April, 10.30 - 11.00am: Moderate Intensity Class with Aimi Mcgeough (Parkinson's Host - Heather Kirk) Zoom Link [Join Zoom Meeting](#) (ID: 92425183371)