

Coronavirus and Coming out of Restrictions

We have had people ask when and if we will be starting up more of our activities in-person. Currently the Nordic Walking group have resumed their Thursday walk at the Meadows.

For our indoor activities, we can't give a specific timeframe. We have to follow both Government and Parkinson's UK guidance to the letter. This involves risk assessments, and as you can imagine much paperwork and due diligence. We also have to liaise with the venues and the service providers to bring everything together. But please trust we do hope to restart and have everyone able to meet face-to-face and establish the close connections many of us had at the regular activities we attended.

Just to confirm, Edinburgh is in Level 2 restriction, which means 6 people from 3 separate households can meet in an indoor public place. Whereas 8 people from 8 households can meet outdoors. However, the guidance from the [Scottish Government](#) confirms those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.

So please do be patient while we monitor the current situation and try to form our plan for coming out of restrictions in a safe and sensible way.

Reminder of Current Activities

Some of our regular activities are still taking place online

[Adaptive Yoga](#): the classes are Thursday mornings via Zoom

[Pilates](#): in future the classes are likely to take place on Thursdays (still being finalised)

[Singing for Fun](#): there are many videos and the groups meet on Zoom often

[Tai Chi](#): sessions take place on Tuesday mornings via Zoom

[Yoga for Parkinson's](#): classes are weekly on Tuesday afternoons via Zoom

New Activity/Challenge

We have set up a walking challenge to walk around Scotland in a virtual sense! We would love you to join in. All you have to do is keep a note of your steps and these then get added together so that as a team we will cover the distance around Scotland (just over 1.5 million steps). You don't have to walk every day, just when you feel able. We thought this might be a good way to motivate people to do some gentle exercise, at your own pace, in your own environment.

The group will be private – you need to let Anne Chalmers know if you want to participate then she will send you an invite to join the group (anne@edinburghparkinsons.org).



When Anne has your email she will add you to the group. Then you can either download the free app to your phone, or register on the website for [World Walking](#). Or, you can simply email Anne your steps every few days or weekly. (The starting point of the walk is Dunbar).

Fundraising Updates/News

It has been a busy time recently, both within the Branch and further afield.

Sasha's Celtman

Sasha is our Pilates and Neurodynamics Instructor. She was undertaking this very challenging triathlon on Saturday 12th June. You can still support her via her [Just Giving Page](#).

Sasha set out a challenge for people to emulate parts of her challenge:

- Swim 3400 metres or 136 laps of a swimming pool
- Cycle 202 kms or 50 laps from Seafeld Cat and Dog home to Joppa
- Run/Walk 42 kms – one lap around Arthur's Seat is 5 kms

We are thrilled that Donna and Norman Gilfillan who attend one of Sasha's classes organised an event for the same day. With 15 of their family members, they were walking around Arthur's seat several times on Saturday. They have also raised a huge sum for Parkinson's UK.

Huge thanks to Sasha and to Donna and Norman for their efforts.



Can Shooglin' – Craigleith Retail Park

Our fundraiser Louise Ogilvy has managed to organise another two days of fundraising at Craigleith, on Friday 18th and Saturday 19th June 2021.

Please come along and support – you can perhaps tie in your shopping at the same time. Outside Marks and Spencer's is a good place to find the can shooglers.



Alison's Open Water Swim

Alison Williams raised over £1250 for the Parkinson's Active programme.

She took the plunge off Montrose beach on Saturday 15th May 2021. Thankfully the weather was quite favourable that day.

Well done Alison – that really was an awesome feat, especially in just a one piece swimming costume, and not even a wetsuit!

If you have any thoughts about you or a family member taking on a challenge, why not have an informal chat with Louise Ogilvy, our Branch Fundraiser: lo4parkinsonsfundraising@gmail.com

(your challenges don't have to be as extreme as Sasha and Alison's!)

Baillie Smith

Baillie is 20 years old and is one of Parkinson's UK in Scotland fundraisers. He is a big Hibs fan and decided to walk the 13 miles from his home in Livingston to Easter Road Stadium, after his mum, Pauline Hannigan, was diagnosed with Parkinson's at the end of last year. He raised an incredible £1,875 and was rewarded with a signed club jersey for his efforts! Well done Baillie, a fantastic achievement.



Date for Your Diary

This year's Annual Lecture is Thursday 7th October 2021 at 7pm. It will be delivered live, via an online platform. More details will be provided in due course.

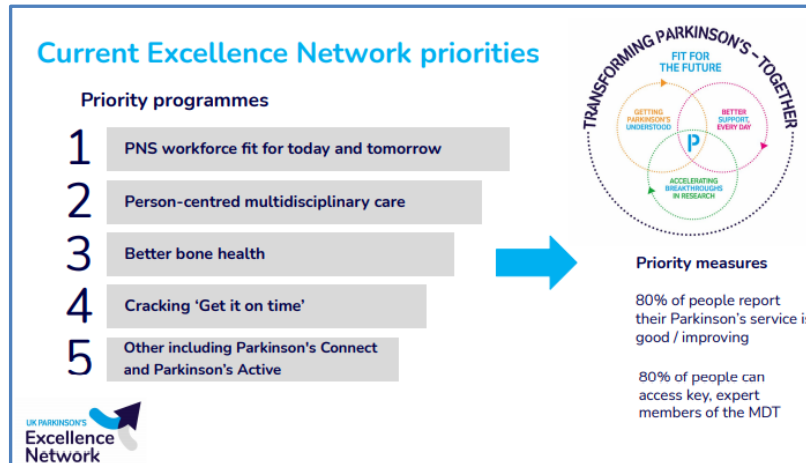
Other Branch News

We had a Branch Blether on 9th June with Mary Ellmers who is the Service Improvement Manager for Parkinson's UK in Scotland.

Mary brought us up to date with activities and achievements of the Parkinson's community in Scotland, and about current programmes supported by her and her colleagues in Parkinson's UK.



Of particular interest is the Parkinson's UK Excellence Network (slide from Mary's presentation is below). Better bone health resonated quite strongly for many of us at the Blether. All too often mobility becomes affected and trips and falls occur. Things such as bone scans being offered more quickly and more often to PwPs could be incredibly useful in the future.



First Steps Programme

RECENTLY DIAGNOSED WITH PARKINSON'S?

Unsure what the future may hold?
Then the **First Steps** programme is for you.

This free programme offers you and your close family or friends personalised support with:

- Coming to terms with your diagnosis
- Getting the information and support you need
- Finding your way through health and social care services locally
- Taking steps to manage the condition
- Facing the future positively

You'll get a warm welcome in the lovely surroundings of Witney Lakes resort in Oxfordshire.

To book a place on one of the sessions, please contact the Parkinson's UK organizing team on 020 7963 9381 or email firststeps@parkinsons.org.uk

PARKINSON'STM
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

First Steps is for people newly diagnosed with Parkinson's and their family and friends. Key is that it has been developed by people with Parkinson's and is delivered by volunteer hosts who also live with the condition. The programme was piloted during May – August 2020 at 8 locations in the UK.

The programme helps newly diagnosed PwPs take the first steps in processing their diagnosis, find out what information and support is available, and start living well with Parkinson's.

When someone joins the programme, they will be joined by another 8-10 people living with Parkinson's. People can choose to take part with a family member or friend if they prefer.

There is opportunity to ask questions, share experiences, take part in group discussions and hear from other people in a similar situation. The programme is run over four 3-hour sessions via Zoom. Sessions 1 and 2 take place over 1 week or weekend, and sessions 3 and 4 take place 6 weeks later. You'll have regular breaks throughout each session.

Sound like something you wish was available when you were first diagnosed?

The Branch has been asked if we would be interested in helping in future and here is where we really would be keen for our members to volunteer. *You* understand better than anyone the emotions, confusion, uncertainty, as well as practical things that you can share.

If you are interested, please let our Chairman David know: chair@edinburghparkinsons.org