

## Edinburgh Parkinson's Lecture 2021



This year's 10<sup>th</sup> Anniversary lecture will be live-streamed on Thursday 7<sup>th</sup> October at 7pm. Professor Roger Barker will deliver the lecture – you may not know that he gave our very first annual lecture back in 2012. Details of the lecture and booking information are on the [website](#).

## Online information/support sessions for families, friends and carers of PwPs

Parkinson's does not only affect the person with Parkinson's. Family and friends can also be affected in many different ways. It can be helpful to get together with others who understand your situation. Parkinson's UK Scotland have designed an Autumn programme of information and support sessions specifically for families, friends and carers of people with Parkinson's.

It can be difficult to discuss how Parkinson's has impacted on you in front of the person with Parkinson's, so these Zoom sessions are only open to family members, friends and carers.

Tues 28 September	2 - 3.30pm	Session Theme: "It's about you, too"
Tues 26 October	7 - 8.30pm	Session Theme: Parkinson's UK - how we can help
Tues 30 November	2 - 3.30pm	Session Theme: What can we learn from each other?

For more details, please contact Chloe on 0300 123 3679 or at: [scotland@parkinsons.org.uk](mailto:scotland@parkinsons.org.uk)

## Younger Peoples Group Are Back

The next 'YP's get-together is on Thursday 2nd September in the Steading (118-120 Biggar Rd, Edinburgh EH10 7DU). They have done a full risk assessment in line with Scottish Government and P-UK governance. The Steading use a track and trace system for customers to use. Check out the [website](#) for more details. You might also want to join their [Facebook](#) group.



## Art Group Resumption

We were happy to announce that our Thursday Art Group resumed in late August. For the time being, art sessions must be held outside, with up to 6 participants and a volunteer for support.

**When:** Weekly on Thursdays from 2 – 3 pm.

**Where:** Sessions will be held close to the Botanic Cottage and its accessible toilets.

Botanic Cottage is situated on the north side of the Royal Botanic Garden Edinburgh on Inverleith Place. Arrive and leave from the main West Gate. (The current West Gate entrance is further along the road. The Cottage gate is not available.)

A limited number of Mobility Buggies can be reserved at the West Gate. Book in advance by phoning: 0131 248 2909 or email: [visitorwelcome@rbge.org.uk](mailto:visitorwelcome@rbge.org.uk)

### Coordination & attendance

We are looking to recruit an Art Group Volunteer who will coordinate participation and timings for art sessions. Due to limited numbers, we would need for people to email confirming when they want to attend, *and* if they need a table and/or chair (see below) from the Botanic Cottage. If you could take on this role, please contact our Branch Chairman David Adams: [chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org)

### Facilities and equipment

Strong folding chairs and outside tables have been purchased for group use.

Refreshments can be purchased at East Gate kiosk, West Gate café, and kiosk at Inverleith House.

### Art materials

Participants should bring their own art materials. Lindsay McDermid gives some useful advice:

- Painting outside is definitely more fun with materials that are light-weight and easy to carry. For the classes keep materials to the minimum and use pastel chalks or pencils, / charcoal, / pens (ink, brush, felt). Or any of the vast range of pencils that are now available in art shops.
- You may have a favourite paper or canvas. But make sure its A4 or A3 at a maximum.
- Make sure you buy appropriate paper to the media you are using. Go to a specialist art shop.
- Ensure your paper is attached to a piece of card or similar to prevent it slipping about in the wind.
- Dress for the occasion! Don't wear your 'Sunday Best', and bear in mind that you can get cold after sitting down for long periods

## Pickleball

Pickleball Scotland have been in touch to ask if any groups would be interested in a taster session with a volunteer ambassador, with a view to running this as an activity for their local group. Pickleball is an easy to learn racquet sport. It is basically a mixture of Table Tennis and Tennis, played on a Badminton size court. It's a good activity if you enjoy social activity, some competition. It's also great if you have been keen on racquet sport but may find the intensity and speed of the game too challenging. Is this something you think would be of interest? If so, can you email: [communications@edinburghparkinsons.org](mailto:communications@edinburghparkinsons.org) so we can gauge interest.

## Walking Group

We are looking at the potential of starting up a walking group.

We have heard a Walk in the Park concept has worked well for other Branches. As Edinburgh has so many parks, we could hopefully have a varied programme of venues, all over town.

We need Branch Members to let us know if this is something they would be interested in? We would welcome friends and family of people with Parkinson's. The potential is for either once or twice a month. Ideally we would want to ensure two volunteers per walk, just to take a register and coordinate a route.

The ideal situation is that as the group gets established, people in the walking group could be proactive and commit to being a volunteer for one or two of the park walks. If you are interested in taking part in the walking group, at this stage just as walker/participant, could you please email Anne: [anne@edinburghparkinsons.org](mailto:anne@edinburghparkinsons.org)



## First Steps Programme Update

In the June newsletter we advised that we were looking as a Branch to introduce First Steps, which is for people newly diagnosed with Parkinson's and their family and friends.

The programme helps those who have Parkinson's to 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, the sessions will have another 8-10 people living with Parkinson's. People can take part with a family member or friend if they prefer.

At a recent meeting with Parkinson's UK in Scotland, the Branch have committed to run the programme and as such we will be asking for People with Parkinson's to volunteer to take sessions. There will be full training given, volunteers work in pairs, with a technical person to take care of any technology related aspects. So please, think about how much something like this would have helped you in the first few years of diagnosis. Or maybe you undertook the Self-Management Course? If it made a difference to you, please consider sharing your experience and knowledge of living with Parkinson's. We will be asking for volunteers in the near future.

## Walk for Parkinson's

We have been asked to promote the walks for [Parkinson's UK in Scotland](#). There is one on Thursday 2<sup>nd</sup> September at 6pm at the Kelpies. Another one on Sunday 10<sup>th</sup> October at Scone Palace. Even if you can't walk, could you maybe offer to volunteer at one of the walks? Details of the walks are in the link above

## Parkinson's Long Walk

The Branch have been approached to help with route planning for an amazing fundraising walk.

In September, Bill Bucklew from Chicago, who previously walked across the USA (nearly 3,000 miles!) will be running in the London Marathon. But before he gets to the London start line he will have walked from John O'Groats. Amazingly Bill will be walking around 40 miles a day, a massive distance for anyone, but add in the fact that Bill suffers from Parkinson's, and the feat becomes even more impressive.

We will aim to let you know the route he will take around the Edinburgh or Lothians area. How amazing would it be to have some Branch Members cheering Bill on his way.

