

## Walking Group

The Walk in the Park initiative is going ahead. We have completed a risk assessment, and so are ready to begin. The walks will be relatively informal. We know that Parkinson's can put paid to the best of plans, when an 'off day' happens. We wanted to have an activity where people are very welcome to just turn up on the day. No need to register in advance, and worry if on the day they don't feel able to come along. The walks are open to People with Parkinson's and their supporters.



At least two committee members or volunteers will be at the meeting points. We expect that after the walk, people might head for coffee somewhere close to the park. We will of course adhere to any current guidelines in relation to Covid-19.

The first three dates/places are:

Tues 12<sup>th</sup> October 10.30 Inverleith Park (opposite the west entrance to Botanics)

Thurs 28 October 10.30 Meadows (JawBone Walk entrance on Melville Drive)

Mon 29 November 10.30 (Hermitage of Braid Cafe)

We look forward to enjoying good company, some exercise and fresh air. Suffice to say as we are in autumn, please wear suitable clothing and footwear!

## Branch Blether



We welcome Angela Gray of Tonic Arts to our next online Blether, at 2pm on Thursday 30<sup>th</sup> September. [Tonic Arts](#) is [Edinburgh & Lothians Health Foundation's](#) award-winning Arts in Health Programme. In partnership with NHS Lothian, specialist arts organisations and cross-sector partners, Tonic Arts has developed programmes of art and design commissions, art collection provision, changing exhibitions, artist residencies, participatory arts activities and performances across Edinburgh and the Lothians. Join us on [Zoom](#).

## Younger Parkinson's Support Group

The next 'YP's get-together is on Thursday 7<sup>th</sup> October in the Steading (118-120 Biggar Rd, Edinburgh EH10 7DU). The guest speaker is Anne-Marie Parham, a clinical hypnotherapist. (See next page for details of a new Branch Hypnotherapy pilot that Anne-Marie is involved with).



Have you considered joining the 'YP' [Facebook](#) group?

## Hypnotherapy Pilot

A six month pilot investigating the positive impact of hypnotherapy upon our experience of living with Parkinson's is about to begin. Anne-Marie Parham, a GHR registered and accredited clinical hypnotherapist, will be working with volunteers over the next six months, creating bespoke treatment plans to meet individual needs.

Anne-Marie describes hypnotherapy as a way of creating change by working with your unconscious mind. "Within a state of hypnosis, your mind experiences a deeper sense of relaxation together with a narrow but concentrated focus. This environment is ideal for gently providing suggestions that allow you to perceive your environment and experiences in different ways, positively impacting upon your emotions, thoughts and responses."

You may want to see a more detailed explanation of [Hypnotherapy](#).

## Tea-Time Blether

We are planning some tea-time bletchers, via Zoom. So far, we have pencilled in Thursday 14<sup>th</sup> and Thursday 28<sup>th</sup> October for the first two. The time for each will be 3pm for about an hour. We thought it would be nice to catch up in the comfort of our own homes. As we move into winter, and as many of us are still quite anxious about in-person meetings, this seemed a good way to keep in touch and socialise.



The Zoom link is our usual one: <https://us06web.zoom.us/j/8757219637>

## Edinburgh Parkinson's Lecture 2021



If you haven't already signed up for the 10<sup>th</sup> Anniversary lecture, now is a good time to do it. So far around 600 people have registered for the live-streamed event on 7<sup>th</sup> October at 7pm.

Professor Roger Barker will deliver the lecture – Repairing the brain in Parkinson's Disease – Is this possible? Prof Barker gave our very first annual lecture in 2012. Register via [Eventbrite](#)

## 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 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)

## Call for Volunteers for First Steps with Parkinson's Programme

Edinburgh Branch is working with the First Steps team at Parkinson's UK to deliver a new First Steps Programme in Scotland. We know that, when the time is right for an individual, meeting other people with Parkinson's is important to help face the future positively. Your personal experience of Parkinson's will help inspire and inform recently diagnosed people as you co-facilitate the programme – made up of four separate online sessions, each 3-hours in duration

Groups consist of up to six people with Parkinson's along with their partner or supporter. You'll lead the group through sessions, delivered online via Zoom, to help them make plans and choices to live as well as possible at every stage of their condition.

As volunteer Hosts you'll work together in pairs, together with a volunteer Meeting Assistant who need not have Parkinson's.

This programme has been developed from research at Oxford Brookes University, and successfully introduced centrally by Parkinson's UK. Building on this success, and to meet growing localised demand, Edinburgh Branch is the first local group to take up First Steps.

We are looking for volunteers to co-facilitate online First Steps courses for people with Parkinson's in the Edinburgh and Midlothian area, but you may also be interested in facilitating face to face courses when the time is right. For this reason we would prefer you to be based in or around the Edinburgh and Midlothian area. Please note that both roles require access to a laptop or desktop rather than, or in addition to, a tablet.

Role descriptors and contact details to apply are on the [website](#).



## Adaptive (Chair) Yoga

Have you been thinking about a new activity this autumn? Adaptive Yoga could be something that would suit you. The overall aim of the programme is to improve participants' psychological well-being, and have positive effect on mobility problems experienced by people with Parkinson's.

Classes are on Thursdays from 10-11am, using Zoom. Check out details on the [website](#).

## Volunteer Request: Graphic Design or Creative Input



The committee has set up a Community Development Group, and part of our objectives is to reach out to more People with Parkinson's. A thought was that if we had a graphic, or flyer design, we could use it to email other organisations so they can promote us.

This could be a one-off activity – a well-designed document that contained key information to encourage people make contact.

If you, or someone you know could spare some time and expertise, we would be so grateful.

Please contact Anne: [anne@edinburghparkinsons.org](mailto:anne@edinburghparkinsons.org) or phone: 07446 64270

## Art Group Resumption

Sadly we were a bit delayed in resuming our Thursday Art Group. However, we are very hopeful that we can start in the near future.

We are still looking to recruit an Art Group Volunteer who will coordinate participation and timings for art sessions. Due to limited numbers, we need 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)