

Christmas Lunch

We are delighted to confirm we are able to reinstate our annual Christmas Lunch. This is an in-person event, which makes it all the more exciting. (We plan to have an online Christmas event, for those who can't make the lunch).



We are returning to the [Leonardo Edinburgh Murrayfield](#). There is good parking and some blue badge spaces very close to the entrance. The hotel is served by buses: 21, 26 & 200.

Date is: Thursday 16th December and time is 12.30 for 1pm.

There will be a three course meal with a drink, at a cost of £22 per person.

Preferred method of booking is currently via [Eventbrite](#). Postal bookings can be made by enclosing a cheque made out to Parkinson's UK Edinburgh Branch and sending to: Parkinson's UK Edinburgh, PO Box 28661, Edinburgh, EH4 9FH. Please sign up by Monday 6th December.

(Please note that we must all adhere to Covid-19 regulations, please ensure you bring your facemask. Festive ones are recommended!)

Tea-Time Chats



We are planning some tea-time blethers, via Zoom. Our first is/was Thursday 14th October. The second will be Thursday 28th October.

The time for each will be 3pm for about an hour. The [Zoom link](#) is our usual one: Meeting ID 875 721 9637

Walking Group

The Walk in the Park initiative started on Tuesday 12th October and was very well received and all the walkers enjoyed it. Nine people turned up for a very wet and muddy walk, followed by well-earned coffee and cakes in the Botanics café.

We very much hope that even more might come along to the remaining two walks we have. If numbers remain good, we certainly will have this as a regular activity. The next walks are:

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

Mon 29 November 10.30 (Hermitage of Braid Cafe)



Another reminder as we head from autumn to winter: Please wear suitable clothing and footwear!

Cessation of Some Activities

It is with some regret that at the end of October, we will cease our **Adaptive Yoga** class. Sadly the numbers attending were just not high enough for the activity to remain viable. Our thanks to Jean Itier for his enthusiasm, expertise and support for the Branch. We are not looking for an alternative service provider. We may look into the possibility of a seated exercise class in 2022.

Parkinson's at Thistle also has not survived the Covid-19 experience. The good news is that some of the members have found the activities and classes Thistle run suit them. They have gone 'mainstream', so we are not looking to replace the facilitator. We extend our appreciation and thanks to Chris at Thistle for all the support and help provided to members over the years.

The **Young Parkinson's Carers Support Group** facilitator is sadly no longer in a position to facilitate the group. We would like to thank Angie for her support and guidance to our younger carers. We are keen to find someone who would be able to take over. The group met monthly on the last Tuesday of the month, and pre-Covid that was at Hotel Indigo at York Place. If you, or someone you know has experience with younger people then please contact Alice Hall (Parkinson's UK Volunteer Co-ordinator: ahall@parkinsons.org.uk)

Face-to-Face Activities Increasing

Dance with Parkinson's has started face-to-face classes once again at [DanceBase](#). Classes are Wednesdays from 11.30am-1.30pm. The sessions run for around 90 minutes. They leave plenty of time for the obligatory tea/coffee and chat!

Singing for Fun has also resumed as in-person, albeit outdoors. Twelve of us met in the garden of the Boys' Brigade pavilion in Ferry Road, organised by Penny and Cathie. We sat in a wide circle and sang for an hour, then went inside for tea and cakes. The weather was kinder to us than it had been in the morning, and we much enjoyed meeting up again. We are hoping that we may be able to resume our regular indoor sessions before too long as the weather is sure to get colder. Watch this space!

Branch Blether



We have a Branch Blether scheduled with Dr Yoon Irons, on Wednesday 17th November at 11am.

Yoon is a research fellow in arts and health at University of Derby. She is also a singer, musician, and music therapist. Previously, Yoon has studied and worked in South Korea, Germany, and Australia. Her research focuses on the health and wellbeing benefits of singing for people with long-term health conditions, for example, cystic fibrosis, chronic pain, Stroke and Parkinson's.

About the talk/presentation:

Yoon will talk about her research in collaboration with people living with Parkinson's. Previously, Yoon led an international singing study involving South Korea, Australia and the UK. Recently, she has published her first book on Singing, which provides an overview of the therapeutic benefits of singing. Yoon will share what she has learnt from working with people living with Parkinson's and healthcare professionals, and why she is convinced that every Parkinson's clinic should include singing as part of multi-disciplinary rehabilitation treatments.

Join us on [Zoom](#): (Meeting ID: 875 721 9637)

Edinburgh Parkinson's Lecture 2021



What an absolutely fantastic lecture we had from Prof Roger Barker, on 7th October. He outlined changes in Parkinson's research in the years since he gave our very first annual lecture in 2012. We reached capacity at 1000 registrations, which is phenomenal. Many thanks to Prof David Melton, Chair of [ERIG](#) for organising the event.

You can watch the lecture on our YouTube channel via a [link on our website](#)

If you haven't already done so, you can make a donation via our [Just Giving](#) page. If you put Parkinson's Lecture in the comment box, we will ensure the donation goes to Parkinson's research.

First Steps with Parkinson's Programme Update

We have been making good progress with Parkinson's UK Scotland so we can deliver the successful First Steps Programme.

We have been able to get a couple of volunteers, but really would welcome more. This way we can reach out further than Edinburgh when delivering the programme and we hope to include some members of other Branches in Scotland, and others who get referred to us.

If you are a PwP, your personal experience of Parkinson's could help and inform recently diagnosed people. It would mean you co-facilitate the programme, and a script is provided. Each programme that runs is made up of four separate online sessions of 3 hours.

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

So, if you might like to find out more or volunteer for either role, please view the role descriptors and contact details 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 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