

Welcome to Summer, and our latest Newsletter. Please also check our [website](#) where we often add news items on the front page. If you have any news you would like to share, please email details to: [communications@edinburghparkinsons.org](mailto:communications@edinburghparkinsons.org)

## Summer Lunch 2022

We are delighted to be able to hold a summer lunch for the Branch on Wednesday 22nd June.

The venue is the Leonardo Hotel in Clermiston Road, arriving from 12.30 for a meal at 1.00.

The Leonardo is accessible by bus numbers 21, 26 and 200. There is ample parking at the front for blue badge holders, and at the side of the building for other visitors.

The cost is £10 per person, and we ask you to book by Tuesday 14th June. You will also need to choose from the menu (see below). Please send your menu choices to [secretary@edinburghparkinsons.org](mailto:secretary@edinburghparkinsons.org)



## Summer Lunch Menu

### Soups

Cream of leek & potato soup  
Homemade chicken liver parfait, spiced pear chutney, oatcakes  
Tomato, mozzarella and basil tower balsamic dressing

### Main Courses

Chicken breast stuffed with gorgonzola and sun-dried tomato, wrapped in Parma ham  
Homemade steak pie  
Slow cooked feather blade, red wine jus  
Grilled vegetable tartlet, basil pesto, seasonal garden salad

### Desserts

Vanilla and passion fruit cheese cake, passion fruit coulis  
Sticky toffee pudding, butterscotch sauce  
Lemon tart, berry compote, coulis

### Coffee

Chocolate mints

You can book online with [Eventbrite](#), or by sending a cheque (made out to Parkinson's UK – Edinburgh Branch) to Olivia at this address:

Branch Secretary, Parkinson's UK Edinburgh, PO Box 28661, Edinburgh, EH4 9FH.

## Walking Football



We had an email from Colin Mackay, who is a trustee with Walking Football Scotland. Colin confirmed that "Walking football is one of the fast-growing activities for older adults in the country, offering wonderful opportunities to improve both physical and mental health and greatly increasing social connectedness.

The activity encourages thousands of individuals aged from 40 to 92, many living with a wide range of disabilities, injuries and illness.

A few months ago, Parkinson UK in partnership with Glasgow Life ran introductory sessions which proved successful and now operates on a weekly basis".

There is a nice little video you can watch which is on the Walking Football Scotland Website (you have to click to unmute the video): [Walking Football Video](#)

In a separate communication we were made aware of an article in relation to Walking Football for Women, in Glasgow. This article in the [Glasgow Times](#) is worth reading.

If Walking Football is something you would be interested in participating in, or you would like to help us as a volunteer coordinator, do let us know. The Branch wants to introduce more activities, if there is demand. But our current small group of volunteers are pretty stretched at the moment!

If someone could spare a couple of hours a week, it could make a big difference to us being able to pursue this initiative.

Let us know if you are interested, either as a participant, or a potential volunteer coordinator.

Email: [communications@edinburghparkinsons.org](mailto:communications@edinburghparkinsons.org)

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## Volunteering Request

As a general Branch request, we still need more people to volunteer so we can continue to offer a wide range of activities and support, as well as introduce more into our range of offerings.

Two of the most urgent outstanding roles are:

### [Vice Chair](#)

Our current Chairman David Adams is looking for a successor. He welcomes notes of interest for a Vice Chair, with a view to taking over as Chair in 2023.

### [Young Parkinson's Carers Support Group](#)

We need a new facilitator to re-start this group. Experience of dealing with young people is essential.

**All** volunteers are offered training and support from Parkinson's UK: [Details](#)



## First Steps

We are so happy that the Branch is facilitating its initial delivery of the First Steps Programme. As a reminder – the Programme is aimed at those with a recent diagnosis of Parkinson's. If you are aware of someone in this category, please do check they know that First Steps is a brilliant course, delivered online by people with Parkinson's and the skills to give invaluable advice and support.

Dates for Next Delivery:

Session One: Monday 20 June – 1pm to 3.30pm

Session Two: Thursday 23 June – 1pm to 3.30pm

Session Three: Monday 18 July – 1pm to 3.30pm

For more details, please see our website page for [First Steps Programme](#).

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## WPC Congress 2023 (Barcelona)

In just over a year, the World Parkinson's Coalition will host their 6<sup>th</sup> Congress.

It is expected that the Branch will once again send over a contingent, so that they can come back and share with the Branch Membership some of the information and knowledge they gain while over there.



If this is something you might be interested in or definitely would like to apply for, we will be sending out the relevant information in the Autumn.

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## Unpaid Carer Survey

Our good friends at [Care for Carers Edinburgh](#) made us aware there is an Unpaid Carer Inquiry being undertaken by the Care Inspectorate.

Do you use adult health and social care services, day care, respite, personal care services for the person you care for? Have you lost services? Or do you have something that is working well? If so, the Care Inspectorate want to hear your views and about your experience. Sharing information will help shape future carer services.

The survey opened on Thursday 14 April and will be open until Friday 3 June. **So not much time to complete!** The survey will take no more than 15 minutes.

It can be accessed at: [https://www.smartsurvey.co.uk/s/Carer\\_Survey/](https://www.smartsurvey.co.uk/s/Carer_Survey/)

(It covers all adults who care and need care, but not children and young carers).

Your survey response will be completely anonymous. Results will be available in August 2022.

## Dance for Parkinson's: Dance Base

Dance for Parkinson's classes are movement and exercise classes with live music, designed specifically for people living with Parkinson's, their Carers and families. Dance Base runs weekly classes which are open to all, and no previous experience is required.

### Weekly Dance and Movement Classes

- When: Wednesday from 11:30am-1:30pm
- Where: Dance Base, [14-16 Grassmarket](#)
- Cost: £5 to attend (first class free and partners/carers/friends are free)

The classes use seated, standing and travelling movement exercises led by trained dancers and musicians. The exercises – which are all adaptable to individual needs – are designed to support flexibility, gait and balance and to encourage fluid movement. The live music helps guide these exercises and build strength and dynamics into the movements. Classes also include some voice exercises and singing to encourage good posture and to support the chest, throat and facial muscles. The classes are good fun, and the instructors use imagery and imagination to enliven the movement exercises.

Sessions always finish with a 30-minute social café, where you can enjoy a cup of tea and a blether. Drop-in whenever you can! Everyone is welcome – come alone or bring a partner.

If you'd like to try a class for free or would like more information, please contact Dance Base at [engagement@dancebase.co.uk](mailto:engagement@dancebase.co.uk), 0131 225 5525.

Current dates: 1 June, 8 June, 15 June, 29 June, 6 July (no class on 22 June due to the Branch Summer Lunch - see Page 1). July dates are below, and after a break for summer, classes will start again on 14 September.

### Summer Sessions 2022

We are planning some special summer activities to help us enjoy the best of the Scottish summer! All activities are free and welcome to all. You do not need to attend the Dance for Parkinson's classes to join these free summer sessions. Come to just one, to two or to all three sessions.

#### **Garden Tea Party: Wed 6 July | 11:30-13:30**

Join us at Dance Base for a party on our roof garden! Weather permitting, we will dance, chat and drink some tea outside.

#### **Gallery Tour: Wed 13 July | 11:30-13:30**

Join us at the Scottish National Portrait Gallery for a special guided tour of the gallery's wonderful artworks, followed by tea and a blether.

#### **Botanic Garden Visit: Wed 20 Jul | 11:30-13:30**

Join us at the Royal Botanic Garden Edinburgh for a summery tea and cake in their Gateway Café.

To confirm your Summer Sessions place, contact: [engagement@dancebase.co.uk](mailto:engagement@dancebase.co.uk), 0131 225 5525.

## Social Café

Our next café dates are Mon 13 June and Mon 11 July at 10.30am.

Do please join us at Butterflies Café, Marchmont St Giles Church, Kilgraston Road, from 10.30am. Please enter by the side entrance as indicated in the photo.



Come along and meet people who understand. See our [website](#) for more details.

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## Walking Group

The walks so far this year have been a great success. The fact that we had good weather certainly added to the enjoyment.

Our next walk is 27<sup>th</sup> June, and the start point is Saughton Rose Garden (café/takeaway kiosk in courtyard), EH11 3HP.

When confirmed, we will update details of new [Walks](#) on our website.

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## Side by Side Course

We started our Spring Side by Side Course on 19<sup>th</sup> May. There are quite a few people who registered, and we are particularly pleased that more men have joined the course, both this delivery and the one before (and continue to come to the monthly Carer Support Group)

The course is intended to help those who know/live/work with someone with Parkinson's and who want to learn more about the professional help, drugs, benefits and support available.

The course is free. Some of the topics covered are:

- The role of the Parkinson's Nurse Specialist and information on prescribed drugs.
- The role of the Parkinson's UK Local Adviser and the help offered.
- Multidisciplinary therapists available i.e. Speech, Physio and Occupational.

We plan to run another course in the Autumn. Cathie who runs the course would be happy to have early notes of interest. Feel free to contact her for more information. Please visit the Branch website, where we have a dedicated page: [Side By Side Course](#)

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## Singing 4 Fun: Wednesday Evenings



The Wednesday evening Singing4Fun group takes place at the Boys Brigade (BB) Pollock Pavilion, Ferry Road, Edinburgh. Our song leader is Sally Jaquet.

The session runs from 7pm – 8.30pm with a short break for tea. Price is £3 plus a donation for refreshments.

Please do consider joining the group. With the lighter nights, it's a great way to socialise, have fun and reap the physical benefits that singing (and associated breathing techniques) can give. All are welcome. For more information, contact Cathie: [cathie@edinburghparkinsons.org](mailto:cathie@edinburghparkinsons.org).

## Activities Timetable

For ease, we thought it might be useful to list some of our most popular activities, by day:

### Monday

#### Social Café

Monthly 10.30am (2<sup>nd</sup> Monday of the month) at Butterflies Café, Marchmont St Giles.

#### Walking Group

Monthly 10.30am (last Monday of the month). Meet at the chosen start point.

#### Indoor Bowling

From Noon–2pm at Meadowmill Indoor Bowls, Tranent.

### Tuesday

#### Tai Chi

From 11am–12noon (currently online via Zoom).

#### Singing4Fun

From 2-3.30pm at Marchmont St Giles (during school term times).

#### Yoga

From 4-5pm (currently delivered online).

### Wednesday

#### Carers Support Group

10.30-12.00 (Last Wednesday of the month). BB Pollock Pavilion, Ferry Road.

#### Dance for Parkinson's Scotland

From 11.30am–1.30pm at Dancebase, Grassmarket, Edinburgh.

#### Singing4Fun

From 7-8.30pm at the BB Pollock Pavilion, Ferry Road.

### Thursday

#### Nordic Walking

From Noon-1pm. Meet at Jawbone Walk, the Meadows.

#### Art Group

From 1.30-3.30pm at Botanic Cottage at the Royal Botanic Garden Edinburgh.

#### Quality of Life Group

Monthly from 2pm – 3.30pm. For People with Parkinson's, contact the organiser.

#### Edinburgh Young Parkinson's Support Group

Monthly from 6.30pm (First Thursday of month) at The Steading, Biggar Road.