
Welcome to 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

We welcome contributions to the Newsletter and in future would like to be able add in poetry, recipes, puzzles, or any human interest stories from Branch members. At the start of Covid-19 we had Lines, Laughs and Lockdown. And while we don't want the last one, we would very much welcome the first two 😊

Table Tennis

Our Edinburgh Younger Parkinson's Support Group (Working Age) are pleased to announce that they have set up weekly table tennis sessions. This is open to anyone with Parkinson's of working age.

Feel free to bring a friend, or family member if 18 and over. It's for all abilities and equipment can be provided. They plan to make a charge of £3 per person per week.

When?

These start on Saturday 30th July. Session is from 1-3pm.

Where?

North Merchiston Club, Watson Crescent, Edinburgh, EH11 1EP.



The Club is conveniently situated on the edge of the City Centre, close to Fountainpark and adjoining Harrison Park East. Access to the centre is from Watson Crescent, with a few steps up to the front door, and another few steps to the hall. A roller-ramp is available if you have difficulty with steps, so please let them know if that might be an issue for you.

The venue is well served by [Lothian Buses](#): 1, 2, 3, 4, 10, 22, 25, 27, 30, 33, 34, 35, 44, 300. From any of these buses, it is only a short walk.

There is also free on-street car parking on a Saturday afternoon, with parking available in Watson Crescent and surrounding streets.

There's a small café in the centre if you want to sit and have a coffee and a blether in between games.

If you would like any more details contact Gina: gina@edinburghparkinsons.org

Hypnotherapy for Parkinson's

Ever tried hypnotherapy to help your Parkinson's symptoms? Our recent hypnotherapy pilot was so well received we've included it in our [Complementary Therapies Project](#).

Anne-Marie Parham, a GHR registered and accredited clinical hypnotherapist works with People who have Parkinson's. Anne-Marie can create bespoke treatment plans to meet individual needs.

Hypnotherapy can enable you to develop a more relaxed and positive mind-set. This can be beneficial in managing the emotional impact of living with Parkinson's. It may help with anxiety, relaxation or sleep issues, to name a few. Hypnotherapy is increasingly used by dentists and smoking cessation therapists. Hypnotherapy cannot cure Parkinson's, but it may be able to mitigate its psychological impact.

For more information about hypnotherapy, please click on this [link](#).

If you live in any of the postcodes EH1 to EH30 or EH47 to EH55, you can access up to four free home visits. Or you can access sessions via Zoom as long as you live within the Lothian Health Board area. Each session will last for one hour.

You can self-refer by contacting Gina Allen: gina@edinburghparkinsons.org. Anne-Marie will then contact you to arrange an appointment. We won't share your contact details without your consent.

Can Shoogling: Volunteers Needed

Our Fundraiser Lou has organised our next can shoogle at Craigleith Retail Park.

Dates are: Friday 19th and Saturday 20th August.

We are asking for people to volunteer to cover a two-hour slot, but if you can help us for an hour that would be great too.

Time slots we need to fill are:

- 10am – 12pm
- 12pm – 2pm
- 2pm – 4pm

If you can help, please contact

Lou: lo4parkinsonsfundraising@gmail.com



And if you don't feel you want to do the can collection, perhaps you could come along and support us, with your company, or a donation.

Dancebase at the Festival

As you may know, Dancebase provide [Dance for Parkinson's](#), one of our very popular activities.

We received an email from Tony Mills, the new Artistic Director at Dance Base, Scotland's National Centre for Dance. He wrote because the Branch has been a collaborator and supporter which have been very much engaged with Dance Base through the years.



After more than 2 years of challenges and uncertainty, Tony and the team at Dance Base are excited to get underway with their Festival programme this August. See the full programme: [Festival 22](#).

It's a great programme, and we have opportunity to join Dancebase on their opening day for the Fringe on Friday 5th August 2022.

You can attend any of the shows taking place on the 5th August for free.

They can offer 1 ticket per person per show, subject to availability.

All you have to do, is reply to TICKETS@DANCEBASE.CO.UK with your name and ticket requests.

Below is a list of what's happening on the 5th:

- 12:30-13:25 Amina Khayyam: [One](#) (Studio One)
- 12.45 – 13.35 Rosalind Masson: [Occupying Eden](#) (Studio 3)
- 13.50 – 14.35 Emiliene Flagothier: [We Should be Dancing](#) (Studio 1)
- 14.00 – 14.50 Vikram Iyengar & Gaurav Bhatti: [One Arrival](#) (Studio 3)
- 15.00 – 15.50 Ballet Ireland: [Bold Moves](#) (Studio 1)
- 15.20 – 16.20 Granhøj Dance: [Stone-Face-Book](#) (Studio 3)
- 16.15 – 17.05 Resident Island Dance Theatre & Maylis Arrabit: [Ice Age](#) (Studio 1)
- 16.50 – 17.40 Wooshing Machine: [Closing Party \(arrivederci e grazie\)](#) (Studio 3)
- 17.30 – 18.30 Hung Dance: [See You](#) (Studio 1)
- 18.50 – 19.40 Daniel Mariblanca: [71 BODIES 1 DANCE](#)(Studio 1)
- 19.30 – 20.10 Stephen Pelton: [End without Days](#) (Studio 3)
- 20.15 – 21.05 Serge Aime Coulibaly: [Filtry](#) (Studio 1)
- 20.40 – 21.30 Paul Michael Henry: [Shrimp Dance](#)(Studio 3)
- 21.30 – 22.05 Korea National Contemporary Dance Company: [BreAking](#) (Studio 1)

Parky Players: Edinburgh Fringe Show

Parky Players are a theatre group, comprising of seven people, three of who have Parkinson's.

During Covid19 Lockdown they wrote a pantomime and recorded it on Zoom. After securing Arts Council Funding they have been able to adapt into a production suitable for stage.

The show they are performing is called Shake It Up at the Edinburgh Fringe this year. It's a comedy take on Snow White 'with added Parkinson's'. This short [YouTube](#) clip gives some idea of the show.

Their play is on: August 25th, 26th and 27th at 11.30am. The venue is [SpaceTriplex](#), (Venue 38), The Prince Phillip Building, EH8 9DP. [Ticket Booking](#)

"A fiercely funny, no-holds-barred comedy about modern life living with Parkinson's. When a local Parkinson's group turn up for their weekly meeting, they are surprised to find themselves in the fantasy world of Snow White and the Seven Symptoms. Be prepared to expect the unexpected and have your awareness of Parkinson's raised – along with a big smile! A brand-new theatre company formed on Zoom in lockdown. Following the success of Nottingham's Trent Bridge Parkinson Café audio production of Seven Go Fracking. Developed with National Lottery funding from Arts Council England".

(Source: [Edinburgh Fringe Show Synopsis](#))

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.

Our most urgent outstanding roles are:

[Art Group Volunteer](#)

We now need an extra Volunteer to attend and support Thursday afternoon sessions (at The Botanics Cottage) which run from 1pm to 3pm. Volunteers provide a helpful presence and simple practical support that makes these valuable sessions workable and well worthwhile. To apply, please contact Olivia Bell, Branch Secretary. Email: secretary@edinburghparkinsons.org

[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. For more details please contact David: chair@edinburghparkinsons.org

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



Quiz: What Do You Know About Parkinson's Disease?

This quiz is from an American Medical Centre. Can you get them all correct?

1. Parkinson's disease is marked by a lack of which chemical in the brain?

- A. Serotonin
- B. GABA
- C. Dopamine
- D. Norepinephrine

2. What is the average age when Parkinson disease first appears?

- A. 25
- B. 50
- C. 60
- D. 75

3. What is often the first symptom of Parkinson's disease?

- A. Headache
- B. Nausea
- C. Shaking of a hand or foot
- D. Turning of the head

4. How is Parkinson's disease diagnosed?

- A. With a blood test
- B. With a neurological exam
- C. With an X-ray
- D. All of the above

5. How is Parkinson's disease treated?

- A. Medicine
- B. Surgery
- C. Radiation
- D. A and B

(Answers are at the bottom of the next page).

Activities Timetable

Monday

[Social Café](#)

Monthly 10.30am (2nd 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 2–4pm 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.

Quiz Answers: 1) C, 2) C, 3) C, 4) B, 5) D Source for Quiz: [Link](#)