



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Newsletter: October 2022

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

October Branch Get-Together

The Branch gets together every month from September to April for a sociable event usually with a key speaker.

Our next meeting is on 12th October 2022 at 2pm at Liberton Kirk Hall, Kirkgate EH16 6RY.

Topic: What are the best kinds of support that Edinburgh Branch and Members could offer newly diagnosed people with Parkinson's??

The Branch broke new ground in June 2022, being the first Parkinson's Local Group to deliver a First Steps Programme, giving special support for the newly diagnosed, delivered by People with Parkinson's (PwPs) for PwPs. It took us a year, working closely with Parkinson's UK staff, to achieve this.

As the Committee contemplates what can follow on, we are asking for the extra benefit of your personal experience and wisdom.

Please come to this Get-Together for a fun-filled – seriously intended – event, to gather and share our stories, mistakes, triumphs, ideas, and advice about learning to live with Parkinson's. We'll work in groups with post-it notes and wall charts, to achieve an appreciative display that will enrich our future thinking!

(All in the presence of Edna's tray bakes)

Christmas Lunch 2022

The date for the lunch is confirmed as Wednesday 14th December. We don't have full details yet, but we can confirm we are returning to the Leonardo Edinburgh Murrayfield. Booking details will be confirmed in the very near future.



HerStory: Opera celebrating the artistic talent of the Parkinson's Community

Cohere Arts are delighted to have been awarded funding from Arts Council England to make a film of HerStory, an opera celebrating the artistic talent of the Parkinson's community. You can contribute to the film by taking part in Zoom workshops in November. [Details are on our website.](#)

Singing4Fun

We would like to encourage more people to attend the Singing4Fun groups. They are on Tuesday afternoons (Marchmont St Giles) and Wednesday evenings (Pollock Pavilion, Ferry Road).

They are super fun and there are lots of health benefits from singing. And the social and emotional benefits are very important too.

See the [S4F website page](#) for more details.



Paxman: Putting up with Parkinson's

Airing at 9pm on 4th October, this programme on ITV will follow Jeremy Paxman's story of living with Parkinson's since his formal diagnosis, 18 months ago. For the very first time, Jeremy Paxman will allow cameras into his life as he reflects on how Parkinson's is impacting him.

In this one-off, 60-minute special, Jeremy speaks to other high-profile people living with Parkinson's, meets the President of Parkinson's UK, Jane Asher, attends an English National Ballet therapy dance class, and learns to play bowls. Jeremy meets experts who are at the leading edge of research, including observing a brain dissection.

1 in 37 people in the UK will be diagnosed in their lifetime and Jeremy investigates and busts some of the myths surrounding the condition.

Table Tennis



Our Edinburgh Young Parkinson's Support Group (Working Age) started weekly table tennis sessions. The sessions remain open to anyone with Parkinson's, regardless of age, including their friends, family members, or care-partners. It really is for all abilities, and sessions are proving to be great fun. Even if you haven't played since you were a child, the know-how and skills will come back to you!

When: Saturdays 1-3pm at North Merchiston Club, Watson Crescent, Edinburgh, EH11 1EP.

Contacts: Gina Allen gina@edinburghparkinsons.org or Scott Wilson scottwils180@gmail.com, mobile 07835 820898.

For more details, see our [Table Tennis](#) website page.

There is hope that we may be able to put together an Edinburgh vs Fife Challenge in 2023!

We are also hopeful that the [Edinburgh vs Fife Bowls Challenge](#) might be reinstated.