



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

Newsletter: December 2022



David our Chairman, Olivia our Secretary, Weir our Treasurer, Patrick our Vice Chair, and all the Committee Members and Volunteers of Edinburgh Branch, wish a very Happy Christmas to Branch Members, Activity Providers and venue hosts, for making it possible to offer such a fantastic range of activities, social events and support, to so many living with and affected by Parkinson's.

Christmas Lunch: Sold Out

What a fantastic response we had to the Christmas Lunch on 14th December. Tickets are sold out! We wonder if people are just so thrilled to finally feel safe to socialise in person, that we have had such an uptake of ticket sales.



Fear not, if you missed out, we will be having a summer lunch. And we have our monthly café for those who enjoy a cuppa and a cake!

Christmas Singing



Please join us for Christmas Singing from 2-4pm on Tuesday 6th December at Marchmont St Giles, 1A Kilgraston Road, Edinburgh EH9 2DW. Penny will be leading the singing. The words will be on a screen - no need to read music!

It would be helpful to let Olivia know if you plan to come, so that we can put out enough chairs and provide enough tea/coffee (and maybe mince pies 😊)

Please email: secretary@edinburghparkinsons.org by Monday 5th December.

Online Christmas Quiz

Has anyone got a Christmas Quiz they could do for us at some point in December? This would be on Zoom, and we would offer to host the technical part. Ideally a PowerPoint type of quiz might be ideal?



If you can offer to do the quiz, or coerce someone in your family who ran one during Lockdown and can recycle it, please contact Anne: anne@edinburghparkinsons.org or: 07446 641270

Festive Quiz

To get you in the festive spirit, we have a Christmas themed quiz.

(Answers are at the bottom of Page 6)



- 1) Which is the only nationality mentioned in the 12 Days of Christmas?
- 2) 'Forced meat' is an ancient term for which accompaniment to roast turkey?
- 3) In the Bible, which angel advised Mary that she was to give birth to Jesus?
- 4) The 1947 film, Miracle on 34th Street centres around which New York department store?
- 5) According to Benny Hill's Christmas classic, who pulled the fastest milk cart in the west?
- 6) Which drink has a brandy based variety named 'Winter Cup'?
- 7) Meadowlark Lemon died aged 83 on 28th Dec 2015. In which sporting team did he star?
- 8) Which of the three wise men shares his name with a size of champagne bottle?
- 9) Who married Margaret Hilda Roberts on Boxing Day 1951?
- 10) Thomas A Becket was murdered on December 29th 1170. In which city's cathedral?
- 11) In which decade was the final Morecambe and Wise Christmas Special broadcast?
- 12) What nut is used to make the Christmas sweets Marron Glace?
- 13) Dylan Thomas famously wrote about a child's Christmas in which country?
- 14) Character Matthew Crawley was killed off in the Christmas special of which TV drama series?
- 15) The fruit cake, Stollen, traditionally eaten at Christmas, originated in which country?
- 16) Christmas Disease is an alternative name for which condition?
- 17) Whose ship the Santa Maria sank on Christmas day 1492?
- 18) Which character served divorce papers on his wife in 1986 Christmas edition of Eastenders?
- 19) Who opened his first fish & chip shop in Guisley, Yorkshire on Dec 20, 1928?
- 20) From which country does eggnog originate?



New Year: Changing Times

Volunteering Opportunity

Edinburgh Branch Vice-Chair

Would you like to join and prepare to lead an enthusiastic team of volunteers that is making a real difference to the lives of people with Parkinson's and their families in Edinburgh and Lothian?

Our current Chair, David Adams plans to step down at our next AGM in March 2023. (David is centre in the image. Left is his wife Alison and right is Paul Mayhew-Archer).



In the meantime we would love to hear from anyone who would like to consider this opportunity, with the intention of eventually becoming Branch Chair. David won't be leaving us entirely, and will continue to share his experience and enthusiasm with whoever accepts this exciting role.

This important opportunity needs experienced, appreciative leadership of volunteers, along with reliability and good organisational and communication skills. A collaborative and team focused approach to leading is essential. Some basic IT skills would be useful, too.

Volunteering as Branch Vice Chair you would have the opportunity to:

- do something meaningful for people affected by Parkinson's and their families/friends within the Edinburgh and Lothian area
- meet new people and make new friends, both in the Branch and in the local community
- further develop your leadership, organisational and people skills
- make a valuable contribution to the success of the Branch.

For more information see the [full role description](#). Or please contact: David Adams, Chair, via 0131 557 5979 and chair@edinburghparkinsons.org



Cathie Quinn (pictured left) is our longest serving lead volunteer. Like David, Cathie is also reducing her volunteering commitments for the Branch. She has been incredibly active over the years, and we are very grateful that she has done so much.

We feel blessed she will continue to host the [Carer Support Group](#) on the last Wednesday of the month. And she has kindly offered to remain involved in the [Side-by-Side](#) course which runs twice a year.

At the time of going to print, we have to consider whether we may need to stop the Wednesday Evening [Singing 4](#) Fun group which Cathie coordinated. This mainly involves keeping a list of attendees, emailing the group about any changes of date or time, collecting session fees, checking hall invoices, etc. You don't have to formally join the committee, to take on this role.

If you could consider taking on this role, please email David the Branch Chair (chair@edinburghparkinsons.org) or Olivia the Secretary (secretary@edinburghparkinsons.org).

Another of our long-term volunteers is reducing their input. After many years, Louise Ogilvy has said that in Spring 2023, she would like to step down as the Branch Fundraiser. We want to thank her for all her initiatives, which have raised so much money for the Branch.



fundraising

Historically Lou has organised the Can Shoogles at Craigleith, and done Ceilidhs, Burns Suppers, and her hugely successful Lockdown Cookbook.

If you would like to consider helping with fundraising, please contact David Adams (as per above). We thought we might have a small group of people involved, as it is a lot for one person. We might like to resurrect our annual Sale of Work/Coffee Morning, where we have stalls, and activities.

New Year: More of the Same (Our Successes)

Some of the activities we offer on a regular basis are below. Our most popular activity is Pilates, with several different classes a week. And Neurodynamics is also expanding in 2023.

Monday

[Social Café](#) Monthly 10.30am (2nd Monday of the month) at Butterflies Café, Marchmont St Giles.

[Walk in the Park](#) Monthly 10.30am (last Monday of the month). Meet at the chosen start point.

[Indoor Bowling](#) Weekly from Noon–2pm at Meadowmill Indoor Bowls, Tranent.

Tuesday

[Tai Chi](#) Weekly from 11am–12noon (online classes via Zoom).

[Singing4Fun](#) Weekly from 2-4 pm at Marchmont St Giles (during school term times).

[Yoga](#) Weekly from 4-5pm (currently delivered online).

Wednesday

[Carers Support Group](#)

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

[Dance for Parkinson's Scotland](#) Weekly from 11.30am–1.30pm at Dancebase, Grassmarket.

Thursday

[Nordic Walking](#) Weekly from Noon-1pm. Meet at Jawbone Walk, the Meadows.

[Art Group](#) Weekly from 1.30-3.30pm at Botanic Cottage at the Royal Botanic Garden Edinburgh.

[Quality of Life Group](#) Monthly from 2-3.30pm. For People with Parkinson's. Contact Organiser.

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

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

Saturday

[Table Tennis](#) Weekly 1-3pm at the North Merchiston Club in Watson Crescent, Edinburgh.

Branch Get-Togethers

Our [Branch Get-Togethers](#) take place on a Wednesday each month from September to April. It's often the second Wednesday of the month, but we do vary to accommodate guest speakers. We will confirm the Get-Togethers by email, and on the website. We will likely switch between Inverleith St Serfs and Liberton Kirk Halls as we try to make our meetings more accessible.

November Get-Together Summary

The 9th November meeting was well attended. We had guests from Parkinson's UK. Caroline Russell (Chief Executive), James Jopling (Scotland Director), and David Dexter (Deputy Director of Research) While all were informative and interesting, David's presentation was particularly enlightening.

He outlined that investment of Parkinson's UK, other funding agencies and Pharmaceutical companies has led to a strong drug development pipeline both in disease modifying (slowing Parkinson's) and treating symptoms. The symptomatic treatments are for a wide range of symptoms - depression, anxiety, dyskinesia, balance & falls. Other neurodegenerative disorders e.g. Alzheimer's etc. do not have such a strong pipeline of drugs. This gives Parkinson's a strong position for delivering major improvement in Quality of Life for people living with the condition.

However, there is a need for volunteers, for clinical trials and various studies. And that is where you perhaps can get involved. There are opportunities for participation in research via the P-UK [Research Support Network](#) (RSN).

To find out about current opportunities, click the [Take Part in Research](#) link and type your postcode.



If you are not already a member of the Edinburgh Research Interest Group ([ERIG](#)), why not have a look, and consider joining. Their next speaker gives a talk on Saturday 3 December at 10am.

Dr Martine Verheul is a Senior Lecturer in Applied Sport Science, Institute for Sport, Physical Education and Health Sciences, University of Edinburgh.

The topic is: Frame running: an exercise option for people with advanced Parkinson's?

This links very well with the topic of the [Edinburgh Parkinson's 2022](#) Lecture by Julie Jones, which had strong focus on exercise – something the Branch has advocated for many, many years!

World Parkinson's Congress

The World Parkinson Congress (WPC) is an international forum. It is aimed at scientists, researchers, health care professionals, and significantly for People with Parkinson's.

Every three years the congress provides an opportunity for everyone to come together to discuss, learn, and engage in debate, centred around new scientific discoveries, and medical and care practices related to Parkinson's Disease.

The programme is full to bursting. A taster of what they offer each day:

HOT TOPICS: Each morning four authors are invited to present their cutting-edge work to the audience, which adds great value to the community.

PLENARY SESSIONS: These bring together all Congress attendees each morning. They offer presentations on specific topics to highlight the daily themes.

PARALLEL SESSIONS: Designed to offer in-depth sessions focused on specific cutting-edge research in the field of Parkinson's. Up to 500 people can attend.

WORKSHOPS: For smaller groups, speakers give overview of an assigned topic then present case studies or research in ways that are educational, and easy to digest.

ROUNDTABLE SESSIONS: These sessions allow for delegates to sit down with an expert on a wide range of fields in a small group, to get to the nitty-gritty with questions about the topic.

SPECIAL LECTURES: These sessions are designed to highlight one topic each day, including the WPC James Parkinson Lecture, and the Living with Parkinson's sessions.

DAILY WRAP-UP: A panel of experts highlight key learnings each day.

We are hoping that if any Branch Member is going to the WPC that they might share with the Branch on their return an insight into what has most inspired and engaged their interest during the Congress. The Branch is offering a Bursary, towards the cost of attending the Congress. Please see more information on our website: [WPC](#)

Finally, remember to visit our website regularly: <https://www.edinburghparkinsons.org/>
Please submit any contributions for the Newsletter to: communications@edinburghparkinsons.org

Quiz Answers



1) French 2) Stuffing 3) Gabriel 4) Macy's 5) Trigger 6) Fimm's
7) The Harlem Globetrotters 8) Balithazar 9) Denis Thatcher
10) Canterbury 11) 1980s 12) Chestnut 13) Wales
14) Downton Abbey 15) Germany 16) Haemophilia
17) Christopher Columbus 18) Den Watts (Dirty Den)
19) Harry Ramsden 20) Britain