



**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

## Newsletter: February 2023

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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](mailto:communications@edinburghparkinsons.org)

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### Branch Get-Together

**15<sup>th</sup> February at Liberton Kirk Hall at 2pm**

**With**

**Isobel McCoy**

*Team Coordinator*

*NHS Edinburgh Adult Community Speech and Language Therapy Service*

Isobel McCoy is well known to many of us for the value of her speech and language training for people with Parkinson's. She spoke to us memorably in 2015 about her and her team's work with both individuals and groups (you can still [view the slides](#) from that talk).

Isobel has kindly offered to speak to us again, to bring us up to date with recent developments, discoveries, and matters of importance in speech and language therapy.

You are warmly invited to her talk, and to gather as always in our Parkinson's community for a cup of tea and a good blether among friends.

Liberton Kirk Hall is at 28-30 Kirkgate EH16 6RY. It is served by Lothian Buses: 7, 31, 37 & 47. There is a small car park with 2 blue badge spaces, and there is free parking in the road.

While we do provide tea and biscuits at the Branch Get-Togethers, there is Kirkgate Café attached to the venue. This is run by volunteers who serve snacks and food. So if you get there early, you have somewhere to go, until we all arrive!

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### Benefits and the Cost-of-Living Information Session

Chloe Macmillan (Area Development Manager Scotland) shared an opportunity to participate in an online session. Chloe confirms: "Everyone is feeling the impact of the increased cost of living and we are here to help people living with Parkinson's. Join our advisors for an online 'Benefits and the Cost of Living Information Session' at 2pm on 31st January 2023". (Short Notice – Sorry!)

Questions can be submitted in advance. Please register to receive a Zoom link by email: [scotland@parkinsons.org.uk](mailto:scotland@parkinsons.org.uk) or Telephone: 01738231270.

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## Focus on Wellbeing and Socialisation



There are many opportunities facilitated by the Branch, and also some external opportunities, for People with Parkinson's and Care-partners to improve their wellbeing and provide the opportunity to socialise. These are listed below.

Please use the link that is the title of each activity, to find more details on our website.

### Weekly Activities Timetable

#### **Monday**

##### [Indoor Bowling](#)

From Noon–2pm at Meadowmill Indoor Bowls, Tranent. New members are particularly welcome.

#### **Tuesday**

##### [Tai Chi](#)

From 11am–12noon, Barclay Viewforth Church, 1 Wright's Houses, Edinburgh EH10.

##### [Singing4Fun](#)

From 2-4pm at Marchmont St Giles (during school term times).

##### [Yoga](#)

From 4-5pm (currently delivered online).

#### **Wednesday**

##### [Dance for Parkinson's Scotland](#)

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

##### [Pilates](#)

From 2-3pm at The Fisherrow Centre, South St, Musselburgh EH21 6AT.

##### [Neurodynamic Exercise](#)

Wednesday 3-4pm at The Fisherrow Centre, Musselburgh (with Sasha)

*(The 10-week programme involves pre- and post-assessments)*

##### [Singing4Fun](#)

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

##### [Wu-style Tai Chi Chuan](#)

Delivered online via Zoom. Class normally starts at 6pm, though please check with Philippa Hope (who takes the class) via the website, as times may vary slightly.



## Thursday

### [Nordic Walking](#)

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

### [Art Group](#)

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



## Friday

### [Pilates](#)

Two separate classes run: 3-4pm and 4-5pm at Morningside Parish Church.

### [Neurodynamic Exercise](#)

Friday 2-3pm at St Matthew Hall, Morningside Parish Church (with David).

*(Again, this requires pre- and post- assessments).*

## Saturday

### [Table Tennis](#)

From 1-3pm at the [North Merchiston Club](#) in Watson Crescent, Edinburgh, EH11 1EP.

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## **Monthly Activities Timetable**

## Monday

### [Social Café](#)

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

### [Walking Group](#)

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



## Wednesday

### [Carers Support Group](#)

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

### [Branch Get-Togethers](#)

These normally take place on the second Wednesday each month at 2pm. They run from September to June (though in June we typically have a summer lunch instead). We rotate between two venues (Goldenacre and Liberton). We email details of each Get-Together, or check the website for details.

## Thursday

### [Quality of Life Group](#)

For People with Parkinson's. Meetings are always held at 2pm on the first Thursday of the month.

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

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

## **External Activities**

These are activities we support but are *not* organised or run by the Branch. Some are delivered by other Parkinson's UK groups, some by our existing class providers and some by other charities.

### **Boxing**

**Wednesdays** at 11am at Port O' Leith Boxing Club, Craighall Road, Edinburgh.

### **Exercise Drumming**

Online Zoom sessions take place **Mondays** at 11am and **Thursdays** at 2pm. No special equipment needed, and you can do seated or standing.

### **Indian Dance for Carers** (past & present)

This is delivered by Theiya Arts (who deliver our online Yoga class), in partnership with Eric Liddell Centre. Classes are **Fridays** 11:00 - 12:00, both in-person and online.

### **Guided Meditation**

Delivered by Theiya Arts, these Yoga Nidra sessions are delivered online on **Tuesdays** 13:00-13:30 and **Thursdays** 18:00 - 18:30. This is a deeply relaxing 30-minute guided practice. All that is required of participants is to lie comfortably and listen to Karen's voice guide your awareness. These sessions are provided free of charge.

### **Re-Connect: Gentle Movement Class**

'Re-Connect' is a new, gentle movement class for older people aged 65+, which is scheduled to run from 6 March to 4 Dec 2023. The class is on **Mondays** from 10.30am – 12.30pm at DN Studios, 9B South Gyle Crescent, Edinburgh EH12 9EB. This project is free for participants, thanks to key funders, Edinburgh Community Performing Arts.

### **Yoga**

Theiya Arts run an asana practice that focuses on movement with breath and finding steadiness and comfort in longer held postures. There is a short Pranayama (breath) practice at the start, and class ends in Savasana (lying down for guided relaxation). **Mondays** 19:15-20:15 (£7 per class)

## **Focus on Volunteering**



### **New Volunteer Sought: Photography**

We notice that our friends in Fife Branch have a very active Camera Club. They meet fortnightly on Zoom and often set a theme for the group members.

We wonder if there might be a desire for a camera/photography group? We would need to be sure we had someone with some degree of knowledge that could guide the group, or give advice. If that could be you, please get in touch with Anne, ([anne@edinburghparkinsons.org](mailto:anne@edinburghparkinsons.org)) to arrange an informal chat. The Branch will provide Zoom, and/or help to arrange meetings.



### Edinburgh Research Interest Group (ERIG)

The first talk of 2023 was given by Dr Martine Verheul, (Institute for Sport, Physical Education and Health Sciences, University of Edinburgh).

Martine gave an illustrated talk entitled: Frame running: an exercise option for people with advanced Parkinson's?

We are pleased to confirm the recording of the talk is now available on our [YouTube](#) channel.



### Joy Milne Webinar

The [West of Scotland Research Interest Group](#) has extended an invitation via Parkinson's UK for a free online event with Joy Milne.

Joy began to notice a change in her husband's body odour around 12 years before he was diagnosed with Parkinson's. Since then, she has made a huge impact on academia, helping scientists develop an early diagnostic test. Join Joy as she shares her story.

- When: Tuesday 21 February 2023, 2:30pm
- Where: Online via a Zoom Webinar

Register to attend by visiting the [Zoom registration page](#).

### North of Scotland Research Interest Group Podcasts

The North of Scotland Parkinson's Research Interest Group (NoSPRIG) face geographic (and potentially climate) challenges we in a city don't. So, they have curated a short series of podcasts which are recorded conversations with researchers, based on questions put forward by people living with Parkinson's.

The podcasts will be available on [Podbean](#). There are currently three podcasts available. More details, including content can be found on our original News Item about these podcasts: [Link](#)

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### Community Voices

Parkinson's UK are looking for a group of people with a mixture of views and experience about membership to form a working group for up to 12 weeks, meeting 6-12 times over that time for an hour at a time. They are particularly keen to hear from people living with Parkinson's who are current members, who were members and have left, and those who have never been members. They would like a range of people to represent the diversity of the Parkinson's community.

More details of this can be found on the [Community Voices](#) section of the P-UK website.