



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

Newsletter: June 2023

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

We would be delighted to receive feedback on the content of the Newsletter or the website, and any suggestions for content we can include in future. Please use same email as above.

Branch Get-Together

Our next monthly Branch Get-Together is on Wednesday 14th June, at 2pm. Venue is Inverleith St Serfs, Clark Road, Edinburgh (near Goldenacre). Lothian Buses 14, 21, 23 stop close by, and there is free parking in the road, including Ferry Road.

We are really pleased that we will be joined by two of the newest Parkinson's Nurse Specialists, Daniel Curran and Melanie Arthurs. This will be a great opportunity to hear from them and we are sure that there will be opportunity to answer questions.

We start at 2pm, with tea/coffee and biscuits provided. The meeting lasts around 90 minutes.

Note: this is the last Get-Together until September, as we traditionally take a break in July/August.

Summer Lunch

Our 2023 Edinburgh Branch Summer Lunch takes place on Wednesday 21st June. We will once again be going to the Leonardo Hotel in Clermiston Road, arriving from 12.30 for a meal at 1pm.

The cost will be £16 per person – which covers three courses, and coffee. Booking is made through the Shop link on our website. You can access from the website, or [click here](#).

If for any reason you are unable to book this way, please contact Branch Secretary Olivia, at the email address below.

The hotel asks that we let them know the attendee's menu choice in advance. Please choose from soup/starter, your main course and dessert (from the options in image on next page, but also on the Summer Lunch page on the website). Please email choices for each person to: secretary@edinburghparkinsons.org by 14th June.



Soups

Tomato and basil soup with herb croutons
Cream of carrot, coriander and squash soup
Cream of leek & potato soup Sweet potato, ginger & chilli volute
Cream of woodland mushroom
Cream of broccoli and Strathdon blue soup

Starters

Homemade chicken liver parfait, spiced pear chutney, oatcakes
Goat's cheese, cherry vine tomato & basil pesto tartlet
Haggis, neeps and tatties
Ham Hock terrine with oatcakes and chutney
Tomato, mozzarella and basil tower balsamic dressing
Chilli fishcakes, seasonal garden salad

Main Courses

Chicken stuffed with haggis, whisky jus
Breast of chicken stuffed with smoked apple wood cheddar
Chicken breast stuffed with gorgonzola and sun-dried tomato, wrapped in Parma ham
Slow cooked feather blade, red wine jus
Homemade steak pie
Grilled pork loin steak, peppercorn sauce
Oven baked cod, dill cream sauce
Oven baked west coast salmon fillet on roasted courgette and saffron risotto with a red pepper
coulis*

All served with Chefs selection of seasonal vegetables (excluding the salmon dish)*

Vegetarian Main Courses

Grilled vegetable tartlet, basil pesto, seasonal garden salad
Wild mushroom and truffle oil risotto
Macaroni cheese
Mushroom and leek tartlet (Vegan & GF)

Desserts

Strawberry & chocolate roulade
Vanilla and passion fruit cheesecake, passion fruit coulis
Sticky toffee pudding, butterscotch sauce
Lemon tart, berry compote, coulis
Scottish Cranachan
White chocolate brownie, crème anglaise

Coffee

Chocolate mints / Homemade shortbread / Tablet

Focus on Research

Webinar: Alpha-synuclein and Parkinson's

Presented by Edinburgh University, Journal of Parkinson's Disease and Cure Parkinson's, there is a webinar on Wednesday 7 June from 5.30pm.

This webinar will discuss clinical trials targeting alpha-synuclein. Professor Tilo Kunath is the chair. Tilo is a huge supporter of the Branch and in particular Edinburgh Research Interest Group ([ERIG](#)).

There will be a panel of experts in the field of alpha-synuclein research, answering questions like:

- What is alpha-synuclein, what does it do, and why does it aggregate in Parkinson's?
- Are there different types of alpha-synuclein?
- Is alpha-synuclein the right target in seeking to slow the progression of Parkinson's?
- What does the clinical trials landscape look like for targeting alpha-synuclein?

Registration for the event is being done through [Eventbrite](#).

Research Opportunities (via Parkinson's UK)

We recently heard about four opportunities to participate in research. Click on the link in the heading for any you want more information on:

1. [Slowing down the progression of Parkinson's](#)

ASPro-PD is investigating the potential of ambroxol for slowing down the progression of Parkinson's. In order to qualify to take part, you will need to undergo genetic testing by donating a saliva swab to the PD-Frontline study.

2. [Parkinson's-related psychosis](#)

CAN-PDP is a phase 2 clinical trial across England and Wales, investigating whether cannabidiol (CBD) can reduce Parkinson's-related psychosis such as hallucinations or delusions.

3. [Device to help control drooling](#)

Cue Band is an 8-week study looking for 100 people with Parkinson's who experience drooling. It involves wearing a device on your wrist which sends vibration prompts to help with swallowing. You will be able to keep the wrist-worn device.

4. [Your opinion on digital health tools](#)

Neuro Digital wants to understand what might encourage or discourage people from using digital health technology to support the care of people living with Parkinson's. They are looking for 200 more people with Parkinson's to complete a 30-minute survey, online or by post.

Focus on Mental Stimulation

Being connected to Parkinson's is what anyone reading this will have in common. Whether you have it, someone you know, or as part of your job, PD does dominate our lives to a great extent. You have probably done a lot of research into PD. But.... how good is your medical knowledge on other things? Take the first test below to find out. Then you can try the Parkinson's one! (Answers at bottom of page)

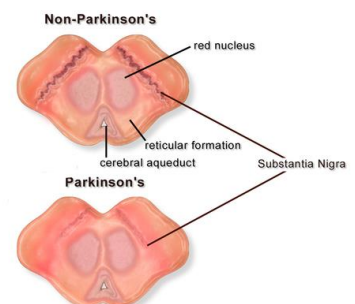
General Medical Quiz

1. Which S is the bones that make up the internal framework of the body?
2. Which I is a thin annular structure involved in controlling the amount of light that reaches the retina?
3. Which B is a large muscle on the front of the upper arm?
4. Which J is part of the intestines?
5. Which C is the bestselling brand of children's paracetamol in the United Kingdom?
6. Which T is a gland in the chest where T cells are produced? In a cow, you might eat it as sweetbreads.
7. Which E is the more common name of the typically brown/orange secretion known as cerumen?
8. Which M is characterised by an inflammation of the parotid glands?
9. Which H is the speciality of a Trichologist?
10. Which N can be found either side of the septum?



Parkinson's True/False Quiz

- a) A resting tremor is a symptom of Parkinson's Disease
- b) John Parkinson discovered Parkinson's Disease
- c) Parkinson's Disease was originally referred to as 'The Shaking Palsy'
- d) Parkinson's disease is a neurological failure
- e) The average age of onset of Parkinson's is about 70
- f) Parkinson's disease appears to be slightly more common in men
- g) Chromosome 12 is affiliated with Parkinson's Disease
- h) There are 4 stages of Parkinson's Disease



Answers:

General Medical Quiz Answers: 1) Skeleton; 2) Iris; 3) Biceps; 4) Jejunum; 5) Calpol; 6) Thymus; 7) Earwax; 8) Mumps; 9) Hair; 10) Nostril (Quiz Source - Health Blockbuster Quiz (we changed Q 4 though))
Parkinson's Quiz Answers: a) True; b) False (it was James); c) True d) False (it's a Progressive Brain Disorder); e) False (it's 60); f) True; g) False (it's 1); h) True (Quiz Source)

Focus on Fundraising

Art Sales Donation

Many thanks to Lindsay McDermid who donated £400 raised through the sale of his artwork, at the exhibition at Dancebase. We carried a news item about this last November. If you would like to see examples of Lindsay's incredible work, please see his website at this Link: <https://lindsaymcdermid.wixsite.com/artwork/welcome>

Recent Local Fundraising Event

We were privileged to be invited to a fundraiser, organised by Sharon McGinley. Sharon had a Prosecco and Pancake event at Tanners, Juniper Green. It was a glorious sunny day so everyone was outside in the beer garden until proceedings started. There was an MC who was a magician and comedian. There were raffles, and other donations, and Sharon's event raised over £2,300!



Sharon's friends and family helped out with the event and her son's girlfriend making the amazing cupcakes pictured. This makes us think that we (the Branch) could be doing something similar later in the year. A themed event seems a good idea. Could you offer to help with this? There are plenty of Branch members with skills and willingness to pitch in, it just needs someone at the helm. If that could be you, please contact Olivia the Branch Secretary (secretary@edinburghparkinsons.org).

Future Fundraising Event

If that seems too much for you, perhaps you could help out at the second of our 'Can Shoogles' collections at Craighleith Retail Park. We mentioned last month that we struggled to get people to volunteer in April. Despite that, we raised £859.30. Can you imagine how much more we could achieve with more people holding the collection cans!

Our next dates at Craighleith Retail Park are Fri 16th & Sat 17th June. Times we need help with are:

- 10am-Noon, Noon-2pm and 2pm-4pm on Friday and Saturday.

If you can help, please contact Louise Ogilvy at: lo4parkinsonsfundraising@gmail.com.

Lou has kindly agreed to help us one last time (we said that in April 🙄). Many thanks Lou.

Fundraising Volunteer Still Required

We are still looking for a Fundraiser, ideally in a lead volunteer role.

We are also keen to support people who would like to organise single events, on a one-off basis. We are positive that if someone has the ideas, we can get volunteers to support. Perhaps more people are happy to help with events at a venue, rather than outdoors in a can collection?

If you, or someone you know can help, contact Stephen Brannan: chair@edinburghparkinsons.org

ACTIVITIES/SOCIAL OPPORTUNITIES

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.

To find out more, including contact details for some classes, access the Branch website "[Activities and Events](#)" page or use the 'search' option.

Weekly Activities Timetable for May

Monday

Neurodynamic Exercise

11am-Noon at Morningside Parish Church.

Indoor Bowling

Noon–2pm at Meadowmill Indoor Bowls, Tranent.

Pilates

Noon-1pm *and* 1-2pm at Morningside Church.

Tuesday

Tai Chi

11am–12noon, Barclay Viewforth Church EH10.

Singing4Fun

2-4pm at Marchmont St Giles (school term dates).

Yoga for Parkinson's

4-5pm on Tuesdays (delivered online).

Wednesday

Neurodynamic Exercise via Zoom

9.30-10.30am (seated *and* standing options)

Pilates via Zoom

10.30-11.30am (seated *and* standing options).

Dance for Parkinson's Scotland

11.30am–1.30pm at Dance Base, Grassmarket.

Pilates

2-3pm at The Fisherrow Centre, Musselburgh.

Neurodynamic Exercise

3-4pm at The Fisherrow Centre, Musselburgh

Singing4Fun

7-9pm at the BB Pollock Pavilion, Ferry Rd.

Wu-style Tai Chi Chuan by Zoom

Class normally starts at 6pm, though check with Philippa Hope (class leader) via our website.

Thursday

Nordic Walking

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

Art Group

1.30-3.30pm at Botanic Cottage, Edinburgh.

Pilates via Zoom

3-4pm (seated *and* standing options)

Neurodynamic Exercise by Zoom

4-5pm (with Sasha).

Friday

Neurodynamic Exercise by Zoom

8-9am (with Sasha).

Saturday

Table Tennis

1.15-3.15pm at North Merchiston Club, Watson Cresc.

Monthly Activities Timetable

Monday

Social Café

10.30am (2nd Monday of month) at Butterflies Café, Marchmont St Giles.

Walking Group

10.30am (last Monday of month, varied locations).

Wednesday

Carers Support Group

Last Wednesday each month from 10.30-12.30 at BB Pollock Pavilion, Ferry Road.

Branch Get-Togethers

2nd Wednesday each month. 2pm locations vary.

Thursday

Quality of Life Group

First Thursday of the month at 2pm (for PwPs).

Edinburgh Young Parkinson's Support Group

First Thursday of month. 6.30pm at The Steading, Biggar Road.