



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

## Newsletter: May 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

Our next monthly Branch Get-Together is on Wednesday 10<sup>th</sup> May, at 2pm. Venue is Liberton Kirk Hall, 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.

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

For this Get-Together, we have a guest speaker, Shona Lawson, a Parkinson's Adviser. Shona will be able to give us an insight into her role, and will take questions. For more details on the role of Local Advisor, please see this link from [Parkinson's UK](#).

*(For the 14<sup>th</sup> June Get-Together we will be joined by two of the Parkinson's Nurse Specialists, Daniel Curran and Melanie Arthurs. Venue for this will be Inverleith St Serfs at Goldenacre).*

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### Summer Lunch

We are delighted to announce the details for the 2023 Edinburgh Branch Summer Lunch.

The date is 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. Numbers are limited so we are restricting the event to one Branch Member with one guest. Booking is made through the Shop link on our website. You can access from the website menu options, 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 website), and email to: [secretary@edinburghparkinsons.org](mailto: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**

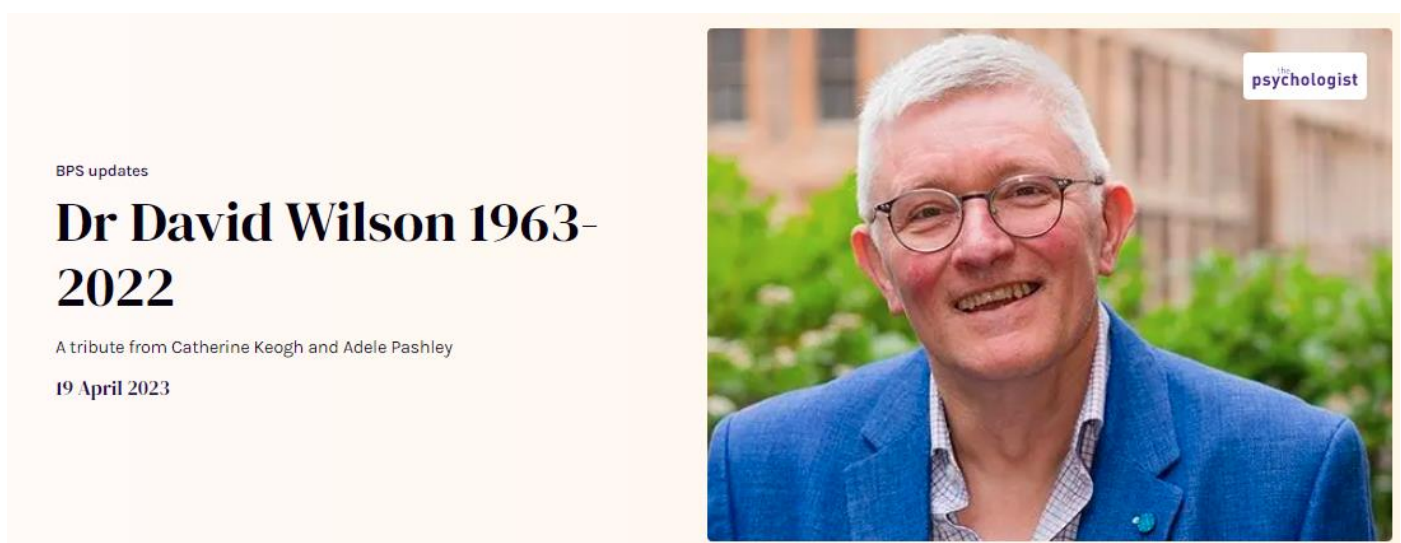
Strawberry & chocolate roulade  
Vanilla and passion fruit cheesecake, passion fruit coulis  
Sticky toffee pudding, butterscotch sauce  
Lemon tart, berry compote, coulis  
Scottish Cranachan  
White chocolate brownie, crème anglaise

### **Coffee**

Chocolate mints / Homemade shortbread / Tablet

## Dave Wilson Tribute

We confirmed in last month's Newsletter that Committee member Dave had passed away. There is a lovely tribute from the British Psychological Society, which we wanted to share. Dave led a fascinating and full life, before *and* with Parkinson's.



To read the article [Click Here](#)

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## Access Opera – Bizet's Carmen Performance

Scottish Opera contacted us to share information about a dementia friendly performance of Carmen. The Edinburgh performance is at the Festival Theatre on Friday 16 June 3pm. There are performances in other cities which you can find in the flyer on the [website news item](#). Tickets are £10 per person.

The information confirms "Enjoy the drama of this iconic opera in one easy and stress-free afternoon! Access Opera performances are open to all.

With cast, orchestra and a narrator to take you through the story, there are extra staff on hand to help and a smaller capacity to allow everyone space. So, whether you're living with dementia or Long Covid, struggling to get to evening performances or would simply benefit from the more relaxed atmosphere, you can enjoy everything opera has to offer.

Sung in English with English supertitles. Running time approx. 2 hrs (including 30-minute interval)"



## Focus on Carers

### Side by Side with Parkinson's: New Course

This course is intended to help those who know/live/work with someone with Parkinson's and who want to learn more about the professional help, drugs, benefits and support available.



The course is free. If needed, help is available for transport and if respite is an issue this can be discussed with Course Organiser Cathie ([cathie@edinburghparkinsons.org](mailto:cathie@edinburghparkinsons.org)). Also contact Cathie if you would like to join the course.

Confirmed dates for next course are: May 4th, 11th, 18th, and 25th, June 1st and 8<sup>th</sup> (2023).

Time: 2.00-4.00 pm. Venue is the Liberton Kirk Halls, Kirkgate, Edinburgh, EH16 6RY.

The venue 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.

Course contents:

- May 4th: Rebecca Caulfield from Vocal (support for carers organisation)
- May 11th: Isobel McCoy a Speech and Language Therapist
- May 18th: Alison Stewart a Parkinson's Nurse Specialist
- May 25th: Irene Nicol from Astley Ainslie
- June 1st: Shona Lawson a Parkinson's Advisor
- June 8th: Pamper Day

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### External Carer Support in Edinburgh

#### Care for Carers

Care for Carers (C4C) is a voluntary organisation providing a range of support services for carers, including local events and short breaks (which are really enjoyable and fun). They cater to all carers regardless of the age or disability of the person they care for. Their services provide opportunities to share experiences with other carers, get practical information and find out you are not alone. C4C is extremely supportive of the Edinburgh Branch, regularly sharing our information. They are based at Meadowbank, in St Margarets House (within the Edinburgh Palette art building).



#### Vocal

VOCAL differs in the services they provide. They support unpaid carers in Edinburgh and Midlothian through individual support, information, training and access to services (some of which is covered by Parkinson's Local Advisor role). Vocals website has some useful and practical information. They are based at 60 Leith Walk.



## Branch: Future Focus

### Get-Together Venue

Our Get-Together 'calendar' runs from September to June. We have our lunches in June and December. The other months, we aim to have speakers or guests for part of the meeting. In 2022/23, we have switched between Liberton Kirk Halls, and Inverleith St Serfs.

For our future 2023/24 calendar, we wondered whether a more central location might be better? Bellevue Chapel was popular, but we aren't able to use this, as we don't have a Chapel keyholder on our Committee now. That was a stipulation of being able to use the premises for Branch activities.

Do you know of any venues that you think would be good for our monthly Get-Togethers? Ideally it will give us kitchen access, be close to bus routes and have parking in the vicinity, preferably with some disabled parking availability. If you know of any venues, please could you let Olivia the Branch Secretary know by emailing [secretary@edinburghparkinsons.org](mailto:secretary@edinburghparkinsons.org).

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### Fundraising

We had the first of our fundraising slots for the year in April with a collection at Craigleith Retail Park. We did struggle to get people to help out, however we are delighted to confirm we raised £859.30!



Although it's down on other collections it's still a grand amount, and we are so grateful for those who collected and everyone who donated.

Our next dates at Craigleith Retail Park are Fri 16<sup>th</sup> & Sat 17<sup>th</sup> June. Times we need help with are:

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

We will be sending out contact details for the person who will compile the rota in due course.

### Fundraising Volunteer Required

On that note we are still looking for a Fundraiser, ideally in a lead volunteer role. But we are also keen to support people who would like to organise single events, even on a one-off basis.

If you, or someone you know can help, contact Stephen Brannan: [chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org)

### Edinburgh Half-Marathon Fundraiser

Our Tai Chi instructor Kevin Brown is once again running the Edinburgh Half Marathon on 28<sup>th</sup> May 2023. Kevin has recently set up a [Just Giving Page](#) with his donations coming to Edinburgh Branch. If you would like to donate, click the link above.

We know that Stuart Smith's son is also running, we just didn't have full details to promote. If we had a Fundraiser volunteer, we could coordinate and communicate more effectively. All the more reason for someone to volunteer 😊.

## 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 of the classes, you need to access the Branch website "[Activities and Events](#)" page or use the 'search' option.

### Weekly Activities Timetable for May

#### Monday

##### Indoor Bowling

Noon–2pm at Meadowmill Indoor Bowls, Tranent.

#### 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 Road.

##### 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)

##### Neurodynamic Exercise

2-3pm at Morningside Parish Church (*until June*).

##### Pilates

3-4pm *and* 4-5pm at Morningside (*until June*).

#### Saturday

##### Table Tennis

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

### Monthly Activities Timetable

#### Monday

##### Social Café

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

##### Walking Group

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

#### Wednesday

##### Carers Support Group

10.30-12.30 (last Wednesday of the month).

##### Branch Get-Togethers

Second Wednesday each month at 2pm.

#### Thursday

##### Quality of Life Group

For PwP. Starts at 2pm 1st Thursday of the month.

##### Edinburgh Young Parkinson's Support Group

6.30pm (first Thursday of month) at The Steading, Biggar Road.