

EDINBURGH BRANCH PARKINSON'S UK

Welcome To Our Branch

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

What We Do

The Edinburgh and Lothians Branch of Parkinson's UK was established in 1972. We offer friendship, community and activities to help support quality of life for people with Parkinson's and their families and friends. We support research through our Edinburgh Research Interest Group (ERIG). The Branch is run by a Committee with help from other volunteers. We keep people informed through newsletters, emails, postal mailings, and the Branch website **edinburghparkinsons.org**, which provides the most up-to-date information. We list below our activities with more details, including contacts, available on our website.

Regular SUPPORT Activities



Branch Get-togethers are held monthly (Sep – April). Speakers with special knowledge talk about aspects of life with Parkinson's or non-related topics. There is time to meet others over a cup of tea. We hold Christmas and summer lunches. Check our website under Activities and Events: Branch Get-togethers.

Our **Carers Support Group** is for Edinburgh based care-partners and meets *last Wednesday of the month 10.30am–12.30pm* in the Pollock Pavilion, 227 Ferry Road, EH6 4SP. Contact: Cathie Quinn: cathie@edinburghparkinsons.org

The **Edinburgh Young Parkinson's Support Group** is aimed at people of working age with Parkinson's who want to meet and share. It meets on the *first Thursday evening of the month starting 6.30/7.00pm* at The Steading, Hillend, EH10 7DU. Contact: Scott Wilson, 07835 820898, scottwils180@gmail.com

Parkinson's Café runs on the *second Monday of the month from 10.30am–12noon*, at Butterflies Café, Marchmont St Giles, 3 Kilgraston Rd, EH9 2DW. Check website under Activities and Events/Social Café.

Quality of Life Group exclusively for those with Parkinson's. We meet online on the *first Thursday of the month, 2pm–3pm*. Contact: Alison Williams, alisonwilliams62@gmail.com.

Once a year, we run a **Side by Side course** which meets weekly for five or six weeks to provide information and discussion for anyone living or working with someone with Parkinson's. Contact: Cathie Quinn, 0131 557 6438, cathie@edinburghparkinsons.org.

First Steps Programme: This is an online programme developed by Parkinson's UK for people newly diagnosed with Parkinson's. Check our website under Local Support – First Steps Programme.

Access to a short course of **Complementary Therapy** by therapists approved and funded by the Branch. Contact: Gina Allen, gina@edinburghparkinsons.org.

Parkinson's UK helpline Monday to Friday 9am–6pm Saturday 10am–2pm, FREEPHONE 0800 800 033

Regular BODY AND MIND Activities

Please check with the relevant person and the Branch website for the most up-to-date information and to register your interest.

Art: Sessions on *Thursdays 1.30–3.30pm* at the Royal Botanic Garden's Cottage, EH3 5LR. Contact our Art Group Coordinator Katrina: katrinamcgougan6@gmail.com.

Dance for Parkinson's: *Wednesdays 11.30am–1.30pm* Dance Base, 14-16 Grassmarket, EH1 2JU, supported by Dance Base/Scottish Ballet. Contact: Emili, 0131 225 5525, emili.astrom@dancebase.co.uk.

Edinburgh Leisure – Swimming and More: A member with Parkinson's may apply for an Edinburgh Leisure Community Access Programme Get Active Card (valid for a year). Contact: Secretary, 07531 150097, secretary@edinburghparkinsons.org.

Indoor Bowling: Meadowmill Indoor Bowls, Tranent, EH33 1LZ, *Mondays 12noon–2pm*. Contact: Kenneth Williamson, 07743 686712, trainbuff1@virginmedia.com.

Nordic Walking: Sessions are held in the Meadows, EH9 1JU, *Thursdays 12–1pm*. Contact: Julia Melton, 0131 445 2500, julia@edinburghparkinsons.org.

Pilates: In person *Mondays Noon–1.00pm, 1.00–2.00pm*, Morningside Parish Church, Morningside Road, EH10 6BQ. *Wednesdays 2.00–3.00pm*, Fisherrow Centre, Musselburgh EH21 6AT. By Zoom *Wednesday 10.30 am, Thursday 3.00pm*. Contact: Sasha Baggaley, sasha@edinburghparkinsons.org.

Neurodynamic Exercise programme: 10-week course available 2-3 times a year, then weekly continuation classes various days & times. Contact: Sasha Baggaley, sasha@edinburghparkinsons.org.

Parkinson's Walks: *4th Monday in the month, 10.30–12noon*. Contact: Maggy Douglas, maggy@edinburghparkinsons.org. Check our website under Regular Activities for dates and details.

Singing4Fun: *Tuesdays 2–4pm*, Marchmont St.Giles, Kilgraston Road, EH9 2DW. Contact: secretary@edinburghparkinsons.org 07531 150097, and *Wednesdays 7–9pm*, Pollock Pavilion, Ferry Road EH6 4SP. Contact: Lis Kirkness: lis@edinburghparkinsons.org.

Tai Chi: in-person sessions *Tuesdays 11am–12noon*, Barclay Viewforth Church, 1 Wright's Houses, EH10 4HR. Zoom, *Wednesdays 11.30am–12.30pm*. Contact: Kevin Brown, 01506 845 498, kevin@chi-flow.co.uk.

Table Tennis: *Saturdays, 1.15 to 3.15pm* at the North Merchiston Club in Watson Crescent, Edinburgh, EH11 1EP. Contact: Gina Allen, gina@edinburghparkinsons.org or Scott Wilson, scott180@gmail.com.

Wu Style Tai Chi Chuan: Contact: Philippa Hope, 07720 674924, phobinder@aol.com.

Yoga: Contact: Karen Watts hello@theiya.org, 07722 071 256.

Edinburgh Research Interest Group ERIG

Branch Members with an interest in Parkinson's research meet, learn, discuss, work together and generally further the cause of research. Contact: David Melton, davidm@edinburghparkinsons.org.

Parkinson's UK is the operating name of Parkinson's Disease Society of the United Kingdom, a charity registered in England and Wales (258197) and in Scotland (SC037554)