



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

## Newsletter: Summer 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](mailto:communications@edinburghparkinsons.org)

### Changing Communications

Those of you who have been members for more than five years might remember that we used to send an Annual Calendar every year. Well, we have decided to reinstate this, to cut down the amount of communications we send, which might currently seem excessive.

We will still have an Edinburgh Branch Newsletter, which will come out three times a year. The timelines will be Christmas, Easter, then Summer.

The Branch Calendar (pictured) will be sent out around August, and any information we think is important can be posted alongside the calendar.

This will be a tri-fold document, easy to store or carry in a pocket or handbag. It outlines our activities, and we are currently trying to put together a programme of speakers for our monthly Branch Get-Togethers. It also has a list of support activities and information about Parkinson's UK.

We shall introduce a short monthly email bulletin, so we can keep you up to date with any new information that may be of interest to members.

If you are not on our email list, and would like to be added, please email: [vicechair@edinburghparkinsons.org](mailto:vicechair@edinburghparkinsons.org).



### Branch Get-Togethers: New Venue for 2023/24

We are happy to confirm we have selected a new venue for Branch Get-Togethers (recommencing in September). Feedback from Members was that switching between two venues was not ideal, and a more central venue was preferred. We sadly couldn't return to Bellevue Chapel, so began a search for new venues.



We have settled on St Andrew's & St George's West in George St (*Pictured: Photo attribution Ad Meskens*). Very central and accessible.

There are many buses that serve the area. There are some blue badge bays on the opposite side of George Street but blue badge holders should be able to park in the parking bays, as long as the badge is displayed.

# Focus on Socialising

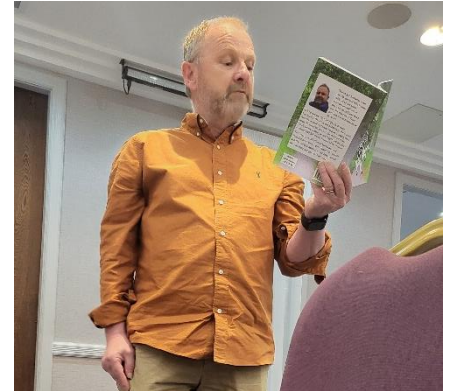
## Summer Lunch

Our Edinburgh Branch Summer Lunch on 21st June had just over 50 people attending. As usual we had a lovely meal, and it was great to see old friends and to meet new ones. We know some people attend only one Branch activity and so this is a good way to expand connections with others.

We had a musical interlude with Penny Stone (our Tuesday Singing for Fun Song Leader) and a poetry reading from Mark Coxe (pictured. Also see page 7).

Many thanks to Olivia (Branch Secretary) for organising the meal. It was double work for her, due to a mix up with the menu options! And to Stuart Smith, who stood in for Stephen (Branch Chair) who is still recovering from back surgery. Stuart moved up from Helensburgh a short time ago and is proving to be a huge asset to the Branch.

If you haven't come to one of the Branch Lunches before, the next one will be in December (details will be confirmed in the Autumn).



## YP's Day Out

The Edinburgh Young Parkinson's Support Group (EYPSG), or the YP's, had a barge trip at the Falkirk Wheel on 25<sup>th</sup> June, with Seagull Trust Cruises (another Scottish Charity).

They left from the boathouse in Falkirk at 10:30am and got back at 3:30 pm. A great day out, with lunch included. Many thanks to Scott Wilson (Chair of the YPs) for organising and making some of the photos available.

Now that Scott and the YP's have paved the way, we may consider building on their momentum and look at options for days out later in the year. Suggestions are welcome please.



# Focus on Parkinson's in the Media

## Icons of Football

From the BBC iPlayer, you can access a BBC Scotland series called Icons of Football. This series "tells the stories of how some of Scottish football's biggest stars made their names on the pitch... and off it".

Series 1, Episode 2 is about Paul Sturrock. He "speaks about the highs and lows of taking on the best teams in Europe, and he opens up on how he lives his life since being diagnosed with Parkinson's".



To watch the episode (and any others), use this link to [BBC iPlayer](#)

## 'I Wanted To Play But My Hand Wouldn't Move': Making An Album With Parkinson's

The Guardian on 29<sup>th</sup> June runs an interesting article about Samuel Smith (not to be mixed up with Sam Smith!). The article confirms "When musician Samuel Smith received a life-changing diagnosis he decided to make the record he'd always dreamed of – and many of his Nashville heroes agreed to play on it". To read the article in full: [Click Here](#). (The Times on 3<sup>rd</sup> July also ran an [article on Samuel](#))

The album "In the Springtime" is released in stores on 28 July. All proceeds will go to Parkinson's UK

## Scotland's Garden Scheme: Local Garden Supports Parkinson's

John Wood is opening his glorious garden in Blackford Road as part of the national Garden Scheme.



Money raised is being donated to Parkinson's UK, with a share being for Edinburgh Branch.

Why not visit The Garden and enjoy its spectacular beauty. It's a Victorian walled garden with a large collection of shrubs and herbaceous plants.

There is reasonable parking in that area and it is served

by Lothian Buses 5, 9, and 24.

The open day is on Saturday 15<sup>th</sup> July from 2 to 5pm. The entry charge is £6.

For more information, see the Scotland's [Garden Scheme](#) website.



## Gillian Lacey-Solymar

Gillian Lacey-Solymar was diagnosed with Parkinson's at 48. A decade on in an article in the [Times Weekend Magazine](#), she describes her new-found creativity and podcast with Jeremy Paxman. (To read the online article you must be a Times subscriber, though an offer is currently available).



However, Gillian is a member of the Movers and Shakers. This is a group of six friends (Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicholas Mostyn, and Jeremy Paxman) who meet in a pub in Notting Hill to discuss the realities of life with Parkinson's. There are several different podcasts recorded between March and June. Like us, they are taking a break until September!

You can listen to the podcasts from this [Link](#) as well as several other platforms.

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## Emma Lawson: Diagnosed at 29!

In the Metro in May 2023 was an article about Emma Lawson diagnosed at a very young age. The article is about how she has adjusted, doing things such as dyeing her hair red, modelling at a Parkinson's fashion show and other things to draw attention to herself and her condition. A courageous step on her part. [View the article](#)

We only just heard about this thanks to Fraser Smith (who ran the Edinburgh Marathon to raise money for the Branch). And he only picked up the Metro on 28<sup>th</sup> June!

If you hear of anything worth sharing, let us know: [communications@edinburghparkinsons.org](mailto:communications@edinburghparkinsons.org)

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## Edinburgh Fringe 2023: Shows to Watch Out For...



A woman of many talents, Gillian Lacey-Solymar (see above) has written the words for a 'fresh new musical' which is coming to the Fringe. It's called: **IrrePRESSible: The Musical**. "It's a tale of two strong women, two hundred years apart, on either side of the hungers and whims of the tabloid press. The show centres on the life of the world's first celebrity, Emma Hamilton, seen through the eyes of a present-day journalist transported back in time" ([Source](#)). The show is on from 21<sup>st</sup> – 26<sup>th</sup> August at 12:15 at The Space @ Venue45 (Jeffrey Street). (Link to: [Fringe Website](#))

There is a play called **Dopamine** at The Space @ Niddry Street from 14-19 August at Noon. It is "a gorgeous true-love story between a granddaughter and her grandma following a Parkinson's diagnosis". There are no details on the Fringe website, but in the hard copy Fringe guide, on page 261 details are provided.



# Parkinson's UK News

## LGBTQI+ Support

We were delighted to hear that Parkinson's UK had launched a new network, a safe space for people who identify as LGBTQI+, and are affected by Parkinson's, to come together. They tell us:

"This is a chance to meet others, find peer support, learn new things and get information about Parkinson's and Parkinson's friendly services and activities.

We will be having online meetings for an hour or so on Saturday mornings". The first meeting was in June, and the next are scheduled for September and December this year.

You can find out more via the P-UK [website page](#)

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LGBTQI+ GROUP

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## Snooker: Potential Coaching Session, and Subsequent Regular Activity

Parkinson's UK Scotland were approached by Bob Hill who works for the Snooker governing body (World Professional Billiards & Snooker Association).

Bob is interested in developing Kickstarter snooker sessions through an application to the grants programme offered by Parkinson's UK.

The idea would be to run 4 sessions on a monthly basis in each of 8 areas around the UK. Each session would consist of 1 hour of coaching and developing snooker skills, with 1 hour of free play and socialising. The WPBSA would coordinate the project across various regions working with the local Parkinson's UK branch linked to local snooker clubs and coaches.



As a Branch we always like to be involved in new things, but we do need volunteers to take on some of these new initiatives. Is this something you might like to be involved with? It would not be an onerous task as the organisation and running of the sessions are being arranged. But we do need a contact to liaise and help coordinate. If that could be you, please contact Stephen, Branch Chair: [chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org)

## Local News

### Punching with Parkinson's

The sessions with Port O' Leith Boxing Club are going well, but new members are always welcome. Have a look at the video (it should open when you click on the image).

As a reminder, the sessions take place on Mondays from 11am and cost £6, which includes free tea/coffee. The venue has accessible access, toilets and changing facilities on site and there is a small car park located at the side of the building.

For more information also see the [dedicated page](#) on our website.



### Neurodynamics: Potential New Class in Autumn



Hot off the press is an exciting announcement that we think Sasha is going to introduce a new class for Neurodynamic Exercise!

We believe it will be on the usual day of Wednesday for her current session, but at the earlier time of Noon. We think the class is pencilled in to start from the third week in August. Like all other sessions, it will run for 10 weeks.

As always with Neurodynamics, anyone new has to undergo pre- and post-assessments. These would be scheduled in the first two weeks of August.

So... watch this space – or rather check the [dedicated page](#) on the website, and your new monthly email News Bulletin starting next month, for full details - if the final plans fall into place 🍀

### Edinburgh Parkinson's Lecture 2023

A reminder for your diary. The lecture is on Wednesday 20th September before a live audience at the Royal College of Physicians of Edinburgh. The Lecture will also be streamed live to our online audience. Doors open at 6pm for a reception and the lecture starts at 7.15pm.

Guest Lecturer is Professor Camille Carroll (pictured). The title of her lecture is: Learning to Listen – a patient-centred approach to Parkinson's care and research.

As we go to press, Eventbrite booking is not live, but we expect this to be done very soon. We will add information to the dedicated [Lecture page](#) on website



Branch members will either get a Lecture specific email from Patrick the Vice-Chair, or if the timing works out, as part of the Monthly Bulletin, which Patrick also sends out. If you aren't yet on the mailing list, let Patrick know ([vicechair@edinburghparkinsons.org](mailto:vicechair@edinburghparkinsons.org))

## Focus on Culture

### Reading is Caring



Reading is Caring is run by Scottish Book Trust and offers free workshops to train people who care for someone living with dementia (including partners, friends, family members and professional carers) to create personalised, shared and sensory reading experiences that can help maintain their caring relationships, spark memories and relieve stress.

The workshops take place over two-half day sessions. Carers who attend are supported to create personalised shared reading activities for the person they care for. You might be interested to watch a [Video Trailer](#)

The workshops are taking place online. You must attend Workshop 1 before attending Workshop 2. You can select a combination of dates that suit you across the available dates/times which you can see in the [news item](#) on our website. If you live in Edinburgh or the Lothians, you can then book a place by email: [readingiscaring@scottishbooktrust.com](mailto:readingiscaring@scottishbooktrust.com)

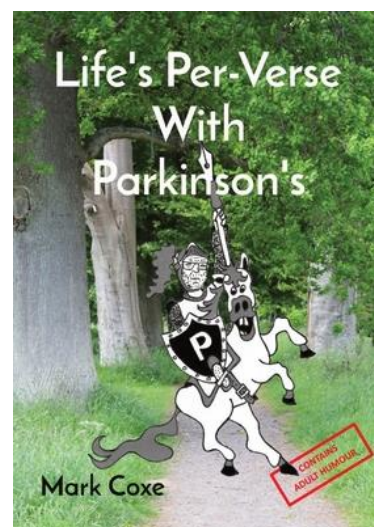
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### Per-Verse by Mark Coxe

Good friend of the Branch, Mark Coxe (Vice-Chair of Fife Parkinson's) has written another book: *Life's Per-Verse with Parkinson's*. An overview from Mark:

*"You've got Parkinson's but consider yourself lucky because unlike all of the other neurological conditions, it won't kill you, it'll just make your life miserable. That was how I was diagnosed, by an expert. Well, he got the first bit right, I do have Parkinson's. The bit in the middle is up for debate, since the medical profession keep on changing their minds (it might kill me) but the third part was totally wrong. Looking on the bright side my glass is always half full, mostly because of my tremor.*

*This book is a collection of humorous and thought-provoking poems about Parkinson's and the world in general as we came out of the pandemic and got our lives back".*



Those at the Branch Summer Lunch were able to buy copies. The book can currently be ordered in advance via Waterstones, and will be available to purchase from other online sources soon, including directly from Mark's new online store, opening in early July (we will be sure to let you know when).

The book retails at £10.95, with all profits being donated to Parkinson's UK and Fife Branch.

## Focus on Mental Stimulation

In this word search are 15 terms related to Parkinson's. It may be treatments, symptoms or medical terms. They range from one 3 letter word and include one answer with two words, and can run in any direction, including diagonal. The solution (for both quizzes) is available online: [Solution](#).

O	B	A	P	G	O	I	A	O	O	S	S	R	A
A	O	I	A	Y	M	I	A	S	L	T	S	A	E
I	R	S	T	D	N	L	I	P	M	D	T	S	O
S	I	A	A	O	R	Y	S	C	Y	I	N	A	H
E	G	H	X	B	L	S	T	E	T	N	L	G	R
N	I	P	I	Y	I	T	A	O	R	H	T	I	R
I	D	S	A	W	N	N	N	I	D	O	R	L	O
K	I	Y	L	E	V	O	D	O	P	A	E	I	B
S	T	D	A	L	Y	A	D	M	D	I	M	N	E
Y	Y	T	A	K	P	E	O	B	D	E	O	E	S
D	O	P	A	M	I	N	E	A	S	I	R	S	I
C	O	N	S	T	I	P	A	T	I	O	N	M	O
T	E	N	I	T	O	G	I	T	O	R	R	I	T
I	S	I	N	E	M	E	T	I	D	G	I	S	R

### 'Summer' Quiz

- 1) In which city will the 2024 Summer Olympics be held?
- 2) SPF is an abbreviation found on sunscreen; what does it stand for?
- 3) In which country are you able to visit The Summer Palace?
- 4) Can you name the essential vitamin that comes from sunlight?
- 5) The hit song 'Summer Nights' is from which movie?
- 6) Which national holiday in the United States marks the end of summer?
- 7) How long (in days) was the longest ever BBQ, according to Guinness World Records?
- 8) What is the birthstone for July?



## 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

#### 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 terms only).

##### 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 (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

Last Wednesday each month except December from 10.30-12.30 at BB Pollock Pavilion, Ferry Rd.

##### Branch Get-Togethers

2<sup>nd</sup> Wednesday each month. Next: September 13.

#### 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.