



October News Bulletin

Please also check [News Section](#) on the website.

Any news items you want to share, please email: communications@edinburghparkinsons.org

Branch Get-Together: Wed 11th October at 2pm

The October Branch Get-Together features the World Parkinson Congress feedback. Branch Chair Stephen Brannan and Professor Tilo Kunath will share with us some of the key areas they found to be interesting at the WPC that took place in Barcelona in July. We will also have a video from Penny Stone, our Singing for Fun Song Leader. Please do come along to St Andrews and St Georges.

Edinburgh Parkinson's Lecture 2023

We had another very successful lecture. We had over 200 people who came to the Royal College of Physicians in Queen Street. And over 800 who joined the live stream via the internet. Huge thanks to David Melton (Chair of [ERIG](#)) who organises the annual lectures.

If you were not able to attend, or log in on the night, the [recording](#) of the lecture is now available on our YouTube channel.

Punching with Parkinson's

The Branch organises and delivers many regular activities. However, we are also very happy to support and promote any that are delivered by approved external service providers. One example is Punching with Parkinson's. The sessions are on Mondays at 11am at Port 'O Leith Boxing Club.

If you attend any clubs/classes/ activities that you think might be good for other Branch members, please let us know. We can ask Parkinson's UK Scotland do risk assessments and potentially share with our members. With a limited number of volunteers and funds, if we can 'piggy back' on existing activities, we are happy to do so.

The activities the Branch organises such as [Parkinson's Walks](#), [Monthly Café](#), [Tai Chi](#), [Yoga](#), [Indoor Bowls](#), [Pilates](#), [Neurodynamic Exercise](#), [Nordic Walking](#), [Singing for Fun](#), [Art Group](#), and [Table Tennis](#) are continuing to run over the autumn and winter months. Click on links for each to find more information.

Save The Date

The Branch Christmas Lunch will be held on Wednesday 6th December, at the Leonardo Hotel in Clermiston. We'll have more details soon, and will be opening the booking in November, so keep an eye on our [website](#).

Email Issues

We are sorry to report we have had the gremlins at play with some of the Branch emails. So, if you contacted anyone and didn't get a reply, please do reconnect. We are confident that now emails should be getting through.

Volunteer Opportunities

We are in the process of identifying key roles we need to fill and think that potentially Branch Members who take part in any of the activities mentioned above, might like to help with them, even if only during the actual activity. For example for the Branch Get Together, might you be able to give half an hour or so extra to help set up, or could you help prepare the drinks? If you are able to spare some time to volunteer for the Branch, please email Branch Chair Stephen Brannan: chair@edinburghparkinsons.org

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