



March 2024 News Bulletin

March Branch Get-Together

The March Get-Together on Wednesday 13th March at 2pm is also the Branch AGM. We would really appreciate a good turnout. Only members of Parkinson's UK can vote in the AGM. If you haven't joined yet, it's free and gives you so much useful information, advice and benefits. [Link](#)

After the AGM we will hear from Brian Carson, Scotland Trustee for Parkinson's UK. For catering purposes (tea/coffee/biscuits) it would be nice if we had a rough idea of turnout, so could you email Olivia (secretary@edinburghparkinsons.org). This is not compulsory, please feel free to come along, even without confirming – all are welcome as always. The venue is St Andrews and St George's West.

Research Opportunity: Carers of PwP with Memory Loss

Are you caring for someone who may have problems with memory and thinking? Southampton University is undertaking a study which is funded by the NIHR Research for Social Care, which is part of the NHS. The project seeks to prepare a new guide for Carers of people who have Parkinson's and who have degrees of memory loss and thinking difficulty. Full details via the [Participant Information Sheet](#).

March Café Date

The next drop-in café at Butterflies (St. Giles, Marchmont), is on Monday 11th March from 10.30-12.00. If you haven't been before, why not pop along. Whether for a blether, or advice, we provide both.

Can Shoogles Dates for 2024

We have been fortunate that once again Craighleith Retail Park are allowing us to have some can collections this year. We will put out a plea for volunteers to help in due course. Last year we had some Corporate volunteers from JP Morgan who helped on Fridays. We haven't yet been told if they can help again this year, so may seek help on Fridays too. Dates for your diaries are:

- Fri 12 & Sat 13 April; Fri 14 & Sat 15 June; Fri 13 & Sat 14 Sept; Fri 15 & Sat 16 November

Dance Base: Friends Programme launched

As a charity, donations help Dance Base deliver work across a range of programmes including specialist classes like [Dance for Parkinson's](#). To say thank you, the [Friend of Dance Base](#) initiative is launched. Friends will receive special benefits: priority booking for classes, e-newsletters, a pin badge, and a special annual event invitation. The cost is £45 a year or £4 a month.

Two forthcoming events in March at Dance Base are:

[Live & Direct](#) on 3 March is a vibrant showcase of hip hop dance performance, and the culmination of the Live & Direct Hip Hop Dance Development week.

[Spring 2023 Scratch Night](#) on 17 March brings live dance work to audiences and creates a supportive performance opportunity for dance artists to try out ideas.