



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

Newsletter: Easter 2024

Next Branch Get-Together

Our next Get-Together takes place on Wednesday 10th April, from 2-4pm. The venue for this is St Andrew's & St George's West, 13 George St.

Our speaker for April is Linda Wyman, who will explain the Alexander Technique. Linda is a fully qualified and registered member of the Society for the Teachers of the Alexander Technique. Linda is very experienced in working with People with Parkinson's.

NHS outline that the Alexander technique teaches improved posture and movement. Linda's own website confirms there are many reasons why people learn the Alexander Technique, including: neck or back pain; painful joints; poor posture; breathing problems or general discomfort. People with Parkinson's have reported after learning the technique they often feel steadier on their feet and are able to sit and stand for longer. This talk really does sound like one not to be missed!

Creative Writing

We are introducing creative writing sessions for members, run by Catherine Lonie. The sessions will run for 6 weeks initially (with the potential to extend if there are enough interested).

First session is Tuesday 9th April from 10:30 – 12:30. Venue is Heart of Newhaven, 4-6 Main Street, Newhaven, Edinburgh EH6 4HY (this used to be the primary school). It is only 5 minutes from the Newhaven tram stop. The venue offers hot drinks with a minimum donation of £1.50 per drink.

Catherine has been on many courses and will be providing writing prompts and exercises. People are encouraged to express themselves seriously, with humour, in rhyme or in prose.



Contact Catherine (catlonie@gmail.com) or Olivia (secretary@edinburghparkinsons.org) if interested.

Side by Side 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.

Dates for the Spring 2024 course are: Thursdays: May 9th, 16th, 23rd, and 30th, June 6th and 13th. Time: 2.00-4.00 pm and the venue is the Liberton Kirk Halls, Kirkgate, Edinburgh, EH16 6RY.

Please see [dedicated webpage](#) for more details. Contact Cathie Quinn to register interest, or for more information: cathie@edinburghparkinsons.org

Edinburgh Young Parkinson's Support Group

The 'YP's' meet on the first Thursday of each month. The next meeting is 4th April from 6.30pm at The Steading, Biggar Road.

For this meeting, there will be a speaker to discuss potential interest in developing Walking Football for People with Parkinson's in Edinburgh.

Colin Mackay who until recently was a Trustee with Walking Football Scotland confirmed to us previously that "Walking football is one of the fast-growing activities for older adults in the country, offering wonderful opportunities to improve both physical and mental health and greatly increasing social connectedness. The activity encourages thousands of individuals aged from 40 to 92, many living with a wide range of disabilities, injuries and illness".



Please note: Walk Football is for any age, so non-working age PwPs are very welcome! If you would like more details of the venue and time of meeting see [EYPSG Webpage](#).

Compass: New Programmes (Leith Treatment Centre)

This is a registered charity in Edinburgh who are specialists in supporting people living with neurological conditions. They have unique facilities, equipment, and professional skills, which enable them to help people living with a wide range of health concerns. They have some new programmes starting: ReCharge (Fatigue Management) and ReVive (Well-being).

New Fatigue Programme (ReCharge) will start on:

- Thursday 18th April 2024, 12.00-13.00.
- Delivered by Gillian at the Leith Treatment Centre and will run for 6 weeks.

There will be a one-week break.

New Wellbeing Programme (ReVive) will start on:

- Thursday 30th May 2024, 12.00-13.00.
- Delivered by Jonny and Gillian at the Leith Treatment Centre and will run for 6 weeks.

Each programme is limited to 8 face-to-face participants. These programmes will run throughout 2024 and 2025, so there will be opportunities for everyone to participate.

Thanks to funding from [The Agnes Hunter Trust](#), there will be no charge for participating.

If you have any questions, please get in touch: hello@wearecompass.org.uk.

More details and Registration link are on the related page on the [Compass](#) website.



Edinburgh Community Rehabilitation And Support Service (ECRSS)

[ECRSS](#) provides person-centred, specialist rehabilitation and support for adults who have a physical disability and are living with long-term conditions. In most cases, these are conditions such as Stroke, Parkinson's Disease, Multiple Sclerosis, MND and Huntington's Disease. They consider referrals on an individual basis to identify needs and potential for rehabilitation.

Their team consists of:

- Occupational Therapists
- Stroke Specialist Physiotherapists
- Care and Support Workers
- A Work and Training Advisor
- Digital Technology Team
- An Adult Carer Support Worker

Email enquiries to ecss@edinburgh.gov.uk
Address: ECRSS
62 Longstone Street
Edinburgh
EH14 2DA

**EDINBURGH COMMUNITY REHABILITATION
AND SUPPORT SERVICE - ECRSS**



To access the services, you must be aged over 16 years, reside in Edinburgh and be registered with an Edinburgh GP. The service has an open referral system. They accept referrals from people wishing to access the service, their GP, carers and health or social care professionals.

Please contact ECRSS for a referral form: ecss@edinburgh.gov.uk

The venue for ECRSS is 62 Longstone Street, Edinburgh, EH14 2DA.

A reminder that this is also the venue for The [Heads-Up Hub and Café](#) which runs every Tuesday from 10am-2pm. It is a place where people can come together to connect, learn, and support each other if you or someone you care for is living with: MS, Stroke, Brain Injury, MND, Huntington's Disease and of course Parkinson's. They can help if you have questions about: Money; Technology; Work; Transport; Hobbies and Interests; Community Groups; Help for Carers; Health and Wellbeing.



South Asian Communities: People with Parkinson's Sought

Dance Base and Theiya Arts both deliver specialist activities to Branch Members (see pages 7 & 8).

It is well documented that music and dance can be beneficial for PwPs and Dance Base and Theiya Arts have funding from Parkinson's UK to use their shared knowledge to reach more PwPs.

In particular, they are looking to set up classes for people with Parkinson's from South Asian communities. They would like to get in touch with PwPs or their Carers to consult with them about their idea to run some new Dance for Parkinson's classes using South Asian music and dance. They would also like to research preference for location and days/times.

If you can give some insight, please contact Karen Watts from Theiya Arts on: hello@theiya.org

Focus on Research

Parkinson's Research in Scotland: An Event for World Parkinson's Day

The Scottish Research Interest Groups and Parkinson's researchers from Edinburgh and Dundee have come together to organise this all-day event on Tuesday 23rd April at the Royal College of Physicians of Edinburgh. It will also be streamed live online.

The morning session is for researchers, but everyone is also welcome. From lunch until the end of the day the programme is designed entirely for People affected by Parkinson's. The event will end with a Q&A session with a panel of Parkinson's clinicians, health care professionals, Parkinson's UK staff and People affected by Parkinson's taking questions from the live and online audiences.

For more information and to register visit [Eventbrite](#)

Edinburgh Parkinson's Lecture 2024

This year's Edinburgh Parkinson's Lecture will take place on the evening of Tuesday 17th September before a live audience at the Royal College of Physicians of Edinburgh.

The Lecture will also be streamed live to our online audience.

The 2024 Edinburgh Parkinson's Lecturer is Richelle Flanagan (pictured).

The title of Richelle's Lecture is:

"How nutrition and diet can help you live better with Parkinson's".



Research Opportunity: Can CBD Reduce Symptoms of Hallucinations/Delusions in PD?

Parkinson's UK is funding research teams across the UK to investigate whether CBD could be an effective treatment for symptoms of Parkinson's psychosis, such as hallucinations and delusions. A research centre is now open in Dundee.

There are a range of [eligibility conditions](#) you can see on a news item on our website.

If you are eligible to take part, you will either receive the study treatment (CBD) or a placebo (such as a sugar pill) for 12 weeks. You will be asked to attend up to 6 visits. Some of these can take place over the telephone or online, and others will need to take place at your local research centre or at your home.

- o Each visit will last between 1 and 3 hours
- o During the visits you may be asked to give blood samples, complete surveys, or physical examinations

For more information, please read the participant information sheets:

- o [for people with Parkinson's](#)
- o [for accompanying loved one or carer](#)

News in Brief

Craigleith Can Collection Update

We have new dates for the 'Can Shoogles' for 2024. As usual these take place at Craigleith Retail Park. And as usual we welcome (and need) volunteers to help us with can collection. Dates are:

Fri/Sat: 12/13 April; Fri/Sat: 14/15 June; Fri/Sat: 13/14 September; Fri/Sat: 15/16 November

We usually ask people to select a time slot:
10am – Noon, Noon – 2pm or 2pm – 4pm.

If you think you can help, please let Diane Drummond know:

diane@edinburghparkinsons.org



Movement for Good: Nominate a Charity

The Movement for Good Awards is an annual programme of giving, which donates over £1 million to good causes. As part of this, anyone can nominate a charity to be in a draw to win £1,000. The more nominations a charity receives, the greater their chance of winning.

It would be really wonderful if you could click the image below and nominate us.

You need to click the box for Registration Exempt (as we don't have a specific charity number). Then you can add in the term **Parkinson's UK Edinburgh Branch** and complete the nomination.



World Parkinson's Day

World Parkinson's Day takes place on 11th April every year.

Parkinson's UK want the Parkinson's community to come together and Make It Blue. That can be baking blue cupcakes, wearing blue, or any novel and unusual way in which to get the UK blue, and spread the word about Parkinson's. Awareness is key, as is raising funds, and having fun!

You can download the [Make it Blue](#) guide.

P-UK are also looking to see as many buildings and landmarks as possible light up blue for World Parkinson's Day.

Can you think of a place? Please contact communications officer, [Iain Stephen Morrison](#), who can update you on plans for 'light up blue' and support you if there is somewhere in your area you would like to include.

If you are planning an activity to mark World Parkinson's Day, they would love to hear about it and share details on their channels. You can contact [Iain Stephen](#) to plan publicity around your event, so your efforts are highlighted around the big day on 11 April 2024.



(Upcoming: Parkinson's UK have a new campaign: "There Isn't One Face of Parkinson's".

They tell us: "Parkinson's is different for everyone and we will be sharing stories from a variety of people affected by the condition on our social media channels, billboards, website, and even on the iconic Piccadilly Lights in London".

Easter Quiz

- 1) Which country started the tradition of the Easter bunny?
- 2) How many marzipan balls are traditionally on a simnel cake?
- 3) The first Easter eggs were dyed what colour?
- 4) What is the tradition behind the hot cross bun?
- 5) In Switzerland, what animal delivers Easter eggs to children?
- 6) What is the Sunday before Easter Sunday called?
- 7) What is the official flower of Easter?
- 8) Besides bunnies, what animal is considered an Easter symbol?
- 9) What popular game is traditionally played at Easter?
- 10) Where is Easter Island located?
- 11) When was the first recorded use of decorated Easter eggs?
- 12) What meat is traditionally consumed on Easter Sunday?
- 13) Where did the Easter bonnet originate from?
- 14) In the Bible, who betrayed Jesus just before his crucifixion?
- 15) When do Easter egg hunts traditionally take place?
- 16) What dance traditionally takes place at Easter?
- 17) What do the marzipan balls on Simnel cake represent?
- 18) Easter Sunday is also called what?
- 19) What/Who is Easter named after?
- 20) How many Easter eggs are sold in the UK every year?



(Answers on page 6)

Easter Recipe

National Trust Scotland share some delicious recipes. One we thought we would share.

Creme Egg Chocolate Traybake

Chocolate biscuit base

- 225g butter
- 300g Cadbury Dairy Milk chocolate
- 2 tbsp golden syrup
- 450g crushed digestive biscuits

Topping

- 8 Cadbury Creme Eggs
- 1 bag Cadbury Mini Creme Eggs
- 500g Cadbury Dairy Milk chocolate

Method

- 1) Line a 20cm x 20cm baking tin with baking paper.
- 2) To make the base, place the chocolate, syrup and butter in a heatproof bowl over a pot of simmering water and melt slowly.
- 3) Once melted completely, add the crushed digestive biscuits, mix well and press the mix into the baking tin.
- 4) Once the base has cooled, quarter the Creme Eggs and scatter over the biscuit base.
- 5) Melt the chocolate slowly in a heatproof bowl over simmering water and pour evenly over the traybake.
- 6) Top with the mini Creme Eggs.



Focus on Wellbeing & Socialisation

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.

Please use the link that is the title of each activity, to find more details on our website.

Weekly Activities Timetable

MONDAY

Indoor Bowling

From Noon–2pm at Meadowmill Indoor Bowls, Tranent. New members are particularly welcome.

Neurodynamic Exercise

In Person with David Noon -1pm at St Matthew Hall, Morningside Parish Church.

Pilates

From 1-2pm at Morningside Parish Church (St Matthew Hall), 2 Cluny Gardens, Edinburgh.

TUESDAY

Tai Chi

From 11am–12noon, Barclay Viewforth Church, 1 Wright's Houses, Edinburgh EH10.

Singing4Fun

From 2-4pm at Marchmont St Giles (during school term times. Resume after Easter break, 16th April).

Yoga for Parkinson's

Online delivery on Zoom from 4-5pm.

WEDNESDAY

Dance for Parkinson's Scotland

From 11.30am–1.30pm at Dancebase, Grassmarket, Edinburgh.

(Next set of classes are the *Summer Term*, starting 19th April – 19th July 2024)

Pilates

Online Zoom class (seated and standing) from 10.30-11.30am.

In-Person from 2-3pm at The Fisherrow Centre, South St, Musselburgh EH21 6AT.

Neurodynamic Exercise

Online Zoom classes with Sasha from 9.30-10.30am

In person classes are 3-4pm at The Fisherrow Centre, Musselburgh (with Sasha).

(The 10-week programme involves pre- and post-assessments)

Tai Chi

Online class by Zoom from 11.30am 12.30pm.

THURSDAY

Nordic Walking

From Noon-1pm. Meet at Jawbone Walk, the Meadows.

Art Group

From 1.30-3.30pm at Botanic Cottage, Royal Botanic Garden Edinburgh.

Neurodynamic Exercise

Online Zoom classes with Sasha from 4-5pm.

Pilates

Online Zoom class (seated and standing) from 3-4pm.

FRIDAY

Neurodynamic Exercise

Online Zoom class with Sasha from 8-9am.

SATURDAY

Table Tennis

From 1.15-3.15pm at the [North Merchiston Club](#) in Watson Crescent, Edinburgh, EH11 1EP.



Monthly Activities Timetable

(Please use the link that is the title of each activity to go to related website page).

MONDAY

Social Café

Monthly 10.30am (2nd Monday of month) at Butterflies Café, Marchmont St Giles.

Walking Group

Monthly 10.30am (last Monday of the month). Meet at the chosen start point.

WEDNESDAY

Carers Support Group

10.30-12.00 (Last Wednesday of the month). BB Pollock Pavilion, Ferry Road.

Branch Get-Togethers

These take place on the second Wednesday each month at 2pm. They run from September to June. In June and December we have a lunch, usually at a hotel).

THURSDAY

Quality of Life Group

For People with Parkinson's. Meetings are held at 2pm on the first Thursday of the month, rotating between online and in-person (full details from the organiser Alison)

Edinburgh Young Parkinson's Support Group

Monthly from 6.30pm (First Thursday of month) at The Steading, Biggar Road.

External Activities

These are activities we support but are *not* organised or run by the Branch. Some are delivered by other Parkinson's UK groups, some by our existing class providers and some by other charities.

Boxing (Punching with Parkinson's)

Mondays at 11am at Port O' Leith Boxing Club, Craighall Road, Edinburgh.

Exercise Drumming

Online Zoom sessions take place **Mondays** at 11am and **Thursdays** at 2pm. No special equipment needed, and you can do seated or standing.

Guided Meditation

Delivered by Theiya Arts, these Yoga Nidra sessions are delivered online on **Tuesdays** 13:00-13:30 and **Thursdays** 18:00 - 18:30. This is a deeply relaxing 30-minute guided practice. All that is required of participants is to lie comfortably and listen to Karen's voice guide your awareness. These sessions are provided free of charge.

Indian Dance for Carers (past & present)

This is delivered by Theiya Arts (who deliver our online Yoga class), in partnership with Eric Liddell Centre. Classes are **Fridays** 11:00 - 12:00, both in-person and online.

Re-Connect: Gentle Movement Class

Re-Connect is a new, gentle movement class for older people aged 65 and over. The class is on **Mondays** from 10.30am – 12.30pm at DN Studios, 9B South Gyle Crescent, Edinburgh EH12 9EB. This project is free for participants, thanks to key funders, Edinburgh Community Performing Arts.

Yoga

Theiya Arts run an asana practice that focuses on movement with breath and finding steadiness and comfort in longer held postures. There is a short Pranayama (breath) practice at the start, and class ends in Savasana (lying down for guided relaxation). **Mondays** 19:15-20:15 (£7 per class)

Quiz Answers

1) Germany; 2) 11; 3) Red; 4) The bun represents the cross on which Jesus Christ died; 5) The Easter Cuckoo (bird); 6) Palm Sunday; 7) White Lilies; 8) A lamb; 9) An Easter egg hunt; 10) The Southeast Pacific; 11) In the 13th century; 12) Lamb; 13) Europe; 14) Judas; 15) On Easter Sunday morning; 16) Morris dancing; 17) Jesus's 11 disciples (excluding Judas); 18) Resurrection Day; 19) Easter is named after the Anglo-Saxon Goddess called Eostre; 20) 80 million