



SUPPORT ACTIVITIES

Carers Support Group

Last Wednesday of the month 10.30am-12.30pm,
Pollock Pavilion, 227 Ferry Road, EH6 4SP.
Contact: Cathie Quinn - see Side by Side below

Edinburgh Parkinson's Social Café

Second Monday of the month 10.30am-Noon, Butterflies
Café at St Giles, 3 Kilgraston Rd, Edinburgh EH9 2DW.
Contact Maggy: maggy@edinburghparkinsons.org

Edinburgh Young Parkinson's Support Group

First Thursday of the month, starts 6.30/7pm,
The Steading, Hillend, EH10 7DU.
Contact Scott Wilson: scottwils180@gmail.com

Quality of Life (QL) Group for PwP's

First Thursday of the month, 2-3.30pm, private location,
Roseburn. Contact Alison Williams:
alison@edinburghparkinsons.org

Side By Side with Parkinson's Course

For anyone living or working with someone with
Parkinson's. Contact Cathie Quinn:
cathie@edinburghparkinsons.org

BRANCH COMMITTEE OFFICE BEARERS

CHAIR - Stephen Brannan

chair@edinburghparkinsons.org

VICE CHAIR - Patrick Mark

vicechair@edinburghparkinsons.org

SECRETARY - Olivia Bell

secretary@edinburghparkinsons.org

TREASURER - Weir Brown

treasurer@edinburghparkinsons.org

There is more information in our
"Welcome To Our Branch" document and at
www.edinburghparkinsons.org which has the
most up-to-date information.

PARKINSON'S UK EDINBURGH BRANCH AIMS

We aim to help people with Parkinson's in Edinburgh and
the Lothians and provide:

- Opportunities for members to meet, share experience
and support each other
- Information about medical and lifestyle issues
- Group activities

We represent Parkinson's interests to NHS Lothian and
others. We want standards of care and medical facilities
for Parkinson's in Lothian to be the best.

We are a branch of Parkinson's UK which is the operating
name of the Parkinson's Disease Society of the United
Kingdom. A charity registered in England and Wales
(258197) and in Scotland (SC037554).

www.parkinsons.org.uk

PARKINSON'S UK HELPLINE

The helpline is a free confidential service providing
support to anyone affected by Parkinson's. Trained
advisers, including specialist Parkinson's nurses, can
provide information and advice about all aspects of living
with Parkinson's. Freephone number 0808 800 0303
Monday to Friday, 9am - 6pm, and Saturday, 10am - 2pm
or by email: hello@parkinsons.org.uk

PARKINSON'S NURSE SPECIALIST TEAM

Alison Stewart and Sharon Reading share the Lead Nurse
role. The other Nurses are Tina Daniels, Daniel Curran and
Melanie Arthurs. 0131 465 9156 (Mon-Fri 10am - 2pm).

PARKINSON'S ADVISERS

Advisers can support anyone with Parkinson's, their
family or carer. Access to an Adviser is through the
Parkinson's UK Helpline (details above).

PARKINSON'S UK VOLUNTEER CO-ORDINATOR

Alice Hall, vc.scotland1@parkinsons.org.uk

SCOTTISH NATIONAL OFFICE

Parkinson's UK Scotland, King James VI Business Centre
Riverview Business Park, Friarton Road, Perth PH2 8DY
0344 225 3724. scotland@parkinsons.org.uk

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

PARKINSON'S UK EDINBURGH BRANCH

OUR EVENTS IN 2023/24



www.edinburghparkinsons.org



EDINBURGH BRANCH GET-TOGETHERS

St Andrew's & St George's West, 13 George St., EH2 2PA

2023

Wednesday 13th September 2-4pm

Shona Lawson, Parkinson's Adviser will give insight into the role and how Advisers can help PwPs.

Wednesday 11th October 2-4pm

World Parkinson Congress Feedback Seminar:
Branch Representatives and Professor Tilo Kunath.

Wednesday 8th November 2-4pm

Leanne Connolly and Scott Mulhearn from Thistle Foundation, a charity supporting people with health conditions and disabilities to live life on their terms.

2024

Wednesday 10th January 2-4pm

Scottish Fire Service: a talk on Safety in the Home.

Wednesday 14th February 2-4pm

Dr Gordon Duncan, Consultant Physician at WGH will talk about Developments in Parkinson's Care.

Wednesday 13th March 2-4pm

Branch AGM followed by a talk by Scotland Trustee for Parkinson's UK, Brian Carson.

Wednesday 10th April 2-4pm

Linda Wyman will explain the Alexander Technique.

Wednesday 8th May 2-4pm (NOTE: CHANGES)

Alison Williams will share with us information from the recent NECTAR (Network for European CNS Transplantation and Restoration) conference in Naples. Please Note: The venue for this meeting will be: Liberton Kirk Halls, Kirkgate, Edinburgh. The venue is served well by Lothian Buses and there is a small car park with blue badge spaces, and there is free parking in the road.

ANNUAL EVENTS

The Edinburgh Parkinson's Lecture 2023

20th September 7.15pm, Royal College of Physicians of Edinburgh, EH2 1JQ - Professor Camille Carroll "Learning to Listen - a patient-centred approach to Parkinson's care and research". Free but ticketed.

Christmas and Summer Lunches

In June and December, we have a lunch at the Leonardo Murrayfield, Edinburgh EH12 6UG.

Other Events may be planned during the year

REGULAR BODY AND MIND ACTIVITIES

Activities have holiday periods. Please get in touch with the named Contact before first attendance.

Art Group

Thursdays 1.30-3.30pm, the Botanic Cottage, RBGE, EH3 5LR.
Contact Art Group Coordinator Katrina:
katrinamcgougan6@gmail.com

Dance for Parkinson's Scotland

(sponsored & organised by Scottish Ballet & Dance Base)
Wednesdays 11.30am-1pm then 30min. social café, Dance Base, Grassmarket, EH1 2JU. Contact Emma:
emma.smith@dancebase.com or 0131 225 5525

Indoor Bowling

Mondays 12-2pm, Meadowmill Indoor Bowls, Tranent, EH33 1LZ. Contact Kenneth Williamson: 0131 336 4088 or via trainbuff1@virginmedia.com

Neurodynamic Exercise

Continuation classes for those who complete a 10-week course are Wed 3pm (Fisherrow) and Mon Noon (Morningside Parish Church). Course has 1:1 pre- and post-course assessments, held 2-3 times a year. Zoom classes Wed-Fri (times vary, check website). Contact Sasha (details below in Pilates)

Nordic Walking

Thursdays 12-1pm, Jawbone Walk, The Meadows, EH9 1JU.
Contact Dot Brown: 0131 443 1665 or via weirbrown@gmail.com

Parkinson's Walks

Last Monday of the month. Start time 10.30am. The walks are open to People with Parkinson's and their supporters. For slow to moderate walkers. Contact Maggy:
maggy@edinburghparkinsons.org

Pilates

Wednesdays 2-3pm, Fisherrow Centre, Musselburgh and Mondays 1-2pm, Morningside Parish Church, 2 Cluny Gardens, EH10 6BQ. Pilates by Zoom Wednesdays 10.30am and Thursdays 3pm. Contact Sasha Baggaley:
sasha@edinburghparkinsons.org

Singing4Fun

Tuesdays 2-4pm, Marchmont St Giles, Kilgraston Road, EH9 2DW (term times only). Contact Olivia:
secretary@edinburghparkinsons.org

Swimming (and More)

The Branch has an affiliation with the Edinburgh Leisure Community Access Programme allowing holders to swim and use other facilities for £1. Contact Olivia:
secretary@edinburghparkinsons.org

Table Tennis

Saturdays 1.15-3.15pm, North Merchiston Club in Watson Crescent, Edinburgh, EH11 1EP.
Contact Gina Allen: gina@edinburghparkinsons.org

Tai Chi

Tuesdays 11am-12noon, Barclay Viewforth Church, 1 Wright's Houses, EH10 4HR. Tai Chi by Zoom on Wednesdays from 11.30am. Contact Kevin Brown: 01506 845 498 or kevin@chi-flow.co.uk

Wu-style Tai Chi Chuan

Thursdays 3-4pm, Millar Hall, (Scout Hall), 2 Nether Liberton Lane, EH16 5TY. Contact Philippa Hope: 07702 674924 or phobinder@aol.com

Yoga for Parkinson's

Tuesdays 4-5pm, delivered by Zoom.
Contact Karen: hello@theiya.org

All activities should be paid for via the 'Shop' option on The Branch website homepage.

EDINBURGH RESEARCH INTEREST GROUP (ERIG)

Meetings and communications regarding Parkinson's research. Contact David Melton (Chair):
davidm@edinburghparkinsons.org

Please consult www.edinburghparkinsons.org for the latest information.