



June 2024 News Bulletin

Summer Lunch 2024

Final call for our summer lunch which is on Wednesday 12th June at the Leonardo Hotel in Clermiston Road. The hotel has good parking, and there are buses that come close to the hotel. The time is 12.30 for meal at 1pm. Cost is only £16 per person, which covers two courses, and tea/coffee. Tickets are booked through the [Shop](#), on the Branch website. The [menu](#) options are on the website. Please let Olivia know your menu options by Wednesday 5th June at the latest.

Volunteers Needed: Can Collection in June

We really need some help for our next 'Can Shoogle' which takes place on Friday 14th and Saturday 15th June, at our usual venue, Craighleith Retail Park.

We ideally hope to have people for two hour slots, but are happy for any amount of time you can spare. The times we need people are:

- 10am – Noon; Noon – 2pm and 2pm – 4pm.

If you can help, please contact Diane Drummond: diane@edinburghparkinsons.org

West Lothian PwPs: Survey Request

The Xcite Health & Wellbeing Team wants to hear from individuals living with Parkinson's about the types of physical activity opportunities they would like to have in West Lothian. To access the survey you need to scan a QR code. That is on the news item on our Branch website: [Click Here](#).

Click the link for more information about Xcite (part of [West Lothian Leisure](#))

Recently Diagnosed: Session Run by Parkinson's UK

Parkinson's UK offer online sessions for people who have been recently diagnosed with Parkinson's and are new to Parkinson's UK. These sessions will provide an introduction to the support offered by Parkinson's UK and an opportunity to meet others who are also newly diagnosed.

The next session is 5th June at 10am and lasts about 90 minutes. Sessions are free to attend and will be hosted online via Zoom. (More sessions are planned throughout the year). For more information or to book, use this [Link](#).

Get-Together: Summer Break

A reminder that we don't have a monthly Get-Together again until September. We plan to send out the annual calendar, probably around August. Most of the regular activities and events run through summer, but do check the website, or ask the service provider for the activity.

Walking Football: Planned introduction to Edinburgh

Walking Football Scotland got in touch to tell us they are planning to commence a new Parkinson's session in Edinburgh. They hope to begin this before the Summer but in partnership with Hibs Community Foundation are looking to establish what day/time would be most suitable.

Walking Football Scotland have a full partnership on this programme with Parkinson's UK have already worked with various other organisations across the country with new sessions created in Glasgow, Aberdeen, Dundee, Ayrshire and most recently Fife (who invited our members to their taster session, as publicised in the May News Bulletin).

If you would like to participate in Walking Football, contact Matt Ramsay from Walking Football Scotland. Phone: 07955 215288. Email: competition@walkingfootballscotland.org.