



August 2024 News Bulletin

New Venue for Monthly Get-Togethers

We have a new venue for our Wednesday Get-Togethers. We are moving to LifeCare, 2 Cheyne Street, EH4 1JB (Stockbridge). The centre is bright, welcoming and due to the location, we hope will prove popular. Lothian Buses 24 and 29 go close to the centre. The 36 goes to Dean Bridge which is a fairly short walk to LifeCare. The time is the same: 2pm. Next Get-Together is Wednesday 11th September.

Note: The new annual Branch calendar leaflet is being finalised and should be posted by end August.

Edinburgh Parkinsons' Lecture 2024

If you haven't already got your tickets for the lecture on 17th September, there is still time. The focus this year is on how nutrition and diet can help you live better with Parkinson's. Visit our [website](#) for more details of our guest lecturer Richelle Flanagan, and links to register. You can attend in person at the Royal College of Physicians Edinburgh (Queen Street), or you can watch the live stream online.

Walking Football for Players with Parkinson's

The Hibs Community Foundation are starting a Walking Football session for People with Parkinson's on the 11th of September. The session will be 11-12 on the pitch, and then 12-1 in a separate room for teas/coffees. This Foundation session will be in the World of Football, 10 New Market Rd, Edinburgh EH14 1RJ. When we get more details we will update the [news item](#) on our website.

Par-Con 2024

Par-Con is a free, 2-day in-person and online event for the Parkinson's community to hear from expert speakers, connect with others and learn more about living well with Parkinson's.

Day 1: Fri 11 October, 9am to 6pm; Day 2: Sat 12 October, 8.45am to 3pm (You register for one, or both days).

The physical event is taking place at Leeds with limited spaces available. So online booking may be better. For more details see the Parkinson's UK website information: [ParCon](#)

NoSPRIG Podcasts

The North of Scotland Parkinson's Research Interest Group have another podcast due out on 15th August. The focus of this podcast is research ethics, the standard of conduct that ensures scientific integrity and the safety of study participants. It covers the process of getting approval for a research project and what anyone considering taking part in research should consider before signing up.

To listen to this and all of the previous podcasts, follow this link: [NoSPRIG](#)

Special Dance for Parkinson's Class

Scottish Ballet have extended an invitation to Branch members to a Dance for Parkinson's class which is part of the Healing Arts Scotland Day in Glasgow on Wednesday 21 August. David Leventhal is coming over from the USA to deliver a very special hybrid Dance for PD® taster. You can attend in person, or via Zoom. Details on our website: [DfP Taster Session](#)

Volunteers Needed: Can Collection in September

We would welcome help for our next 'Can Shoogles' which takes place on Friday 13th and Saturday 14th September, at our usual venue, Craigleith 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