

What We Do

The Edinburgh and Lothians Branch of Parkinson's UK was established in 1972. We offer friendship, community and activities to help support quality of life for people with Parkinson's and their families and friends. We support research through our Edinburgh Research Interest Group (ERIG). The Branch is run by a Committee with help from other volunteers. We keep people informed through newsletters, emails, postal mailings, and the Branch website edinburghparkinsons.org, which provides the most up-to-date information. We list below our activities with more details, including contacts, available on our website.

Regular SUPPORT Activities



Branch Get-Togethers are held monthly (Sep – May). Speakers with special knowledge talk about aspects of life with Parkinson's or non-related topics. There is time to meet others over a cup of tea. We hold Christmas and Summer Lunches. Check our website under Activities and Events: Branch Get-Togethers.

Our **Carers Support Group** is for Edinburgh based care-partners and meets *last Wednesday of the month 10.30am–12.30pm* in the Pollock Pavilion, 227 Ferry Road, EH6 4SP. Contact: Cathie Quinn: cathie@edinburghparkinsons.org.

The **Edinburgh Young Parkinson's Support Group** is aimed at people of working age with Parkinson's who want to meet and share. It meets on the *first Thursday evening of the month starting 6.30/7.00pm* at The Steading, Hillend, EH10 7DU. Contact: Scott Wilson, 07835 820898, scottwils180@gmail.com.

Parkinson's Cafés. Café Marchmont is on the *second Monday of the month, 10.30am–12noon*, at Butterflies Café, Marchmont St Giles, 3 Kilgraston Rd, EH9 2DW. Contact: Lynn Stewart, lynn@edinburghparkinsons.org. Café Niddrie is the *last Monday of the month at 2pm* at Hays Community Hub, 3 Hay Avenue, EH16 4RW. Café Fairmilehead is on the *third Wednesday of the month at 10.15am* (except school holidays) at Fairmilehead Church, 1a Frogston Rd West, EH10 7AA. Contact Stephen Brannan for the latter two cafes: chair@edinburghparkinsons.org.

Quality of Life Group exclusively for those with Parkinson's. Meets online during Autumn/Winter months, and in person Spring/Summer. Meetings are *First Thursday of the month, 2pm–3.15pm*. Contact: Alison Williams, alison@edinburghparkinsons.org.

Twice a year, we run a **Side by Side course** which meets weekly for six weeks to provide information and discussion for anyone living or working with someone with Parkinson's. Contact: Cathie Quinn, 0131 557 6438, cathie@edinburghparkinsons.org.

Access to a short course of **Complementary Therapy** by therapists approved and funded by the Branch. Contact: Gina Allen, gina@edinburghparkinsons.org.

Parkinson's UK helpline Monday to Friday 9am–6pm Saturday 10am–2pm, FREEPHONE 0800 800 033

Regular BODY AND MIND Activities

Check with relevant person or Branch website for up-to-date information and to register interest.

Art Group: Sessions on *Thursdays 1.30–3.30pm* at the Royal Botanic Garden's Cottage, EH3 5LR. Contact our Art Group Coordinator Katrina, katrinamcgougan6@gmail.com.

Creative Writing: *Tuesdays 10:30 – 12:30* at Heart of Newhaven, 4-6 Main Street, Newhaven, Edinburgh EH6 4HY. Contact Catherine, catherine@edinburghparkinsons.org.

Dance for Parkinson's: *Wednesdays 11.30am–1.30pm* Dance Base, 14-16 Grassmarket, EH1 2JU, supported by Dance Base/Scottish Ballet. Contact: Emma, 0131 225 5525, emma.smith@dancebase.co.uk.

Indoor Bowling: Meadowmill Indoor Bowls, Tranent, EH33 1LZ, *Mondays 12noon–2pm*. Contact: Kenneth Williamson, 0131 336 4088, trainbuff1@virginmedia.com.

Neurodynamic Exercise programme: 10-week course available 2-3 times a year, then weekly continuation classes various days & times. Contact: Sasha Baggaley, sasha@edinburghparkinsons.org.

Nordic Walking: Sessions are held in the Meadows, EH9 1JU, *Thursdays 12–1pm*. Contact: Dot Brown, 0131 443 1665, or dot@edinburghparkinsons.org.

Parkinson's Walks: *Last Monday of the month, except December, 10.30–12noon*. Contact: Lynn Stewart, lynn@edinburghparkinsons.org. Check our website under Regular Activities for dates and details.

Pilates: In person *Monday afternoons 2.30–3.30*, Morningside Parish Church, Morningside Road, EH10 6BQ. *Wednesdays 2.00–3.00pm*, Fisherrow Centre, Musselburgh EH21 6AT. By Zoom *Wednesday 10.30 am, Thursday 3.00pm*. Contact: Sasha Baggaley, sasha@edinburghparkinsons.org.

Singing4Fun: *Tuesdays 2–4pm*, Marchmont St.Giles, Kilgraston Road, EH9 2DW. Contact Olivia, secretary@edinburghparkinsons.org.

Swimming and More: A member with Parkinson's may apply for an Edinburgh Leisure Community Access Programme Get Active Card (valid for a year). Contact: secretary@edinburghparkinsons.org.

Table Tennis: *Saturdays, 1.15 to 3.15pm* at the North Merchiston Club in Watson Crescent, Edinburgh, EH11 1EP. Contact: Gina Allen, gina@edinburghparkinsons.org or Scott Wilson, scott180@gmail.com.

Tai Chi: in-person sessions *Tuesdays 11am–12noon*, Barclay Viewforth Church, 1 Wright's Houses, EH10 4HR. Zoom, *Wednesdays 11.30am–12.30pm*. Contact: Kevin Brown, 01506 845 498, kevin@chi-flow.co.uk.

Yoga: Online *Tuesdays 4–5pm*. Contact: Karen Watts hello@theiya.org, 07722 071 256.

External Activities

Our website has details of Boxing (Punching for Parkinson's), Exercise Drumming and Walking Football.

Edinburgh Research Interest Group ERIG

Branch Members with an interest in Parkinson's research meet, learn, discuss, work together and generally further the cause of research. Contact: David Melton, davidm@edinburghparkinsons.org.

Parkinson's UK is the operating name of Parkinson's Disease Society of the United Kingdom, a charity registered in England and Wales (258197) and in Scotland (SC037554)