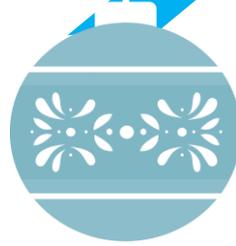


Christmas Newsletter 2024



Christmas Message from Branch Chair Stephen Brannan

Another busy and successful year comes to an end as we plan for all our member activities in 2025. The combination of individual activities and branch-wide events, seem to be working well at involving many of our members.

We relocated our monthly Get Togethers to the LifeCare centre in Stockbridge and held a number of well attended sessions there. The next Get Together will be on Wednesday 15th January from 2pm, with Natalie Blair, our local advisor from Parkinson's Scotland.

This year's annual Edinburgh Parkinson's Lecture on the subject of diet and nutrition attracted a large audience both in person and online. The number of hits on the website continues to rise, now showing above 2,500.

Our social cafes are becoming a 'must attend' event. We are now running regular cafes at Marchmont St Giles, Hays Community Hub in Niddrie and at the pop-up café in Fairmilehead church.

If you are still searching for a gift for Christmas, visit the Tech Guide to read reviews of products and apps provided by companies claiming to help symptoms. An introduction is available on page 5.

A huge thanks must go to our dedicated activity leaders and volunteers for all the time and effort they put in to supporting members.

Finally, a thank you to all the partners and carers who look after us PwPs.

I wish you all a Merry Christmas and a healthy and Happy New Year and look forward to seeing you all in 2025.

Stephen



Branch Updates

Edinburgh Young Parkinson's Support Group

Please note, the January 'YP' meeting will take place on the second Thursday of the month (9th January) rather than the usual first Thursday of the month. This is a one-off change. The YP meeting is at The Steading, Biggar Road. (Full details on [webpage](#)).



The January speaker will be Anita Jefferies, one of our Scotland Area Development Managers.

Anita will talk about the mental health work which is part of her remit. She will give an insight into her role and other projects she is working on but will focus mainly on the mental health aspect of her remit. She is currently progressing some work in the West of Scotland which she will discuss and would be VERY interested in getting people's take on this and any insights or ideas people would be willing to share. We are very keen to have good turnout as Anita will eventually start doing some development in Edinburgh and surrounding area. This is something we are very keen to pursue.

We look forward to welcoming Gemma Barnes on Thursday 6th February. Gemma is a boxing instructor who will discuss the benefits of boxing for Parkinson's. More details nearer the time!

Art Group



Lindsay (*pictured left*) and Linda McDermid have decided to pause the Art Group at the Botanics over the winter months. Instead, there is a programme of visits to galleries and exhibitions and discussions about art. This is open to anyone, you don't have to be one of regular group members. Contact Lindsay (see below) who will be able to give more details.

It is around 10 years now that Lindsay has run the group and he has voiced that perhaps someone new might like to take over. If this is something you would be interested in, please do speak to Lindsay in the first instance. You can email him: lindsay@edinburghparkinsons.org

Nordic Walking Group

We started a pilot for Nordic Walking in 2017. After seven years our Nordic Walking instructor Trevor Jones is standing down. We want to thank Trevor for his support, expertise and commitment.

Fortunately, it seems we have a replacement, so this popular activity can continue. Emily Ronaldson has been leading groups in the outdoors for 15 years as a Ranger and has been a Nordic instructor for 2 years. She teaches the technique and leads group Nordic walks across Edinburgh every week. Emily is also supported by Rosemary.



(We realise it will be nice for you to have more details of all of the activity providers. So, in 2025 we shall hope to include profiles of our amazing service and activity providers in our newsletters).

New Branch Treasurer

We are very happy to announce we have a new Treasurer. Welcome to Sandra McArthur, who from January will replace Weir Brown in the role, which he magnanimously took on again until we could appoint somebody.

Christmas Animal Quiz



1. Which of Santa's reindeer has the same name as a female fox?
2. Which of these birds do we commonly associate with Christmas?
 - a) Blackbird
 - b) Barn owl
 - c) Goldfinch
 - d) Robin
3. What is the Grinch's dog called?
 - a) Max
 - b) Rufus
 - c) Rex
 - d) Marley
4. On the seventh day of Christmas, my true love gave to me seven of which bird?
 - a) Geese
 - b) Another
 - c) Swans
 - d) Another
5. Which of these cartoon TV families has a dog named Santa's Little Helper?
 - a) The Flintstones
 - b) The Simpsons
 - c) The Griffins
 - d) The Adams
6. What animal says the line "Bye Buddy, I hope you find your dad!" in the movie Elf?
 - a) Polar bear
 - b) Narwhal
 - c) Seal
 - d) Whale
7. Which Christmas animal is also known as a caribou?
8. How many reindeer (including Rudolph) does Santa have?
9. What Christmas decoration is inspired by spiders
10. When were reindeer fully domesticated?
 - a) 1000 BC
 - b) 2000 BC
 - c) 3000 BC
 - d) 4000 BC
11. Who was famous as the first person to eat turkey for Christmas dinner?
12. In the Christmas story 'The Little Drummer Boy', what animal accompanies the drummer boy?
 - a) Penguin
 - b) Giraffe
 - c) Lamb
 - d) Elephant

(Answers at bottom of Page 8)

Festive Long Drink Using Baileys

For The Coffee: *Double shot espresso; Milk; Ice*
For The Cream Float: *30ml Baileys Original Irish Cream; 50ml cream; 25ml milk, Chocolate powder to garnish*

Directions

Fill the glass with ice. Pour milk into the glass, filling it about two-thirds full and add a double shot of espresso. In a separate jug, combine all the ingredients for the cream float. Whisk using a milk frother for 5-10 seconds until well mixed. Pour cream float on top of the drink and sprinkle with chocolate powder for some extra yum!



Keeping Active and Healthy

As Stephen has confirmed it's been a busy and successful year for the Branch. Many of our activities are well attended, particularly in the months where the weather is better.

We want to make sure that over the winter we all stay fit and active, which we know is important for PwPs – and also their carers. Below we list some of our regular Branch activities that you can enjoy indoors, while delivered live (which we find so much better than YouTube videos!):



Branch Online Activities

Neurodynamic Exercise

For those that have completed the initial 10-week course (which requires pre and post assessment), you are more than welcome to continue to participate in the weekly sessions. The Zoom sessions are ideal for the winter months. The Zoom classes are on Wednesdays from 9.30-10.30am, Thursdays 4-5pm and Fridays 8-9am. For more details, contact Sasha Baggaley: sasha@edinburghparkinsons.org

Pilates

Pilates with regular application, helps your core strength develop, to gain stability throughout your entire torso, which can help with some of the mobility and postural issues of Parkinson's. Classes are Wednesdays 10.30-11.30am and Thursdays 3-4pm. If interested contact Sasha (as above).

Tai Chi

Tai Chi is a gentle but powerful form of flowing movement that may help in improving balance, spinal alignment and posture, physical strength, flexibility and cardiovascular fitness. The Zoom class takes place on a Wednesday from 11.30am-12.30pm. Please contact Kevin Brown by phone: 01506 845 498 (please leave a message), or email: kevin@chi-flow.co.uk.

Yoga for Parkinson's

Theiya Arts run a weekly class online. This is a chair-based Yoga class which you can do from the comfort of your own home, and all you need is a chair. Classes are Tuesdays from 4pm-5pm. Please contact Karen from Theiya Arts: hello@theiya.org

External Parkinson's UK Supported Online Activities

Exercise Drumming

The sessions take place on Zoom, Mondays at 11am and Thursdays at 2pm (sessions last for an hour). You can drum seated or standing. Each session costs £2. The benefits of this, the equipment you might need (at the most basic wooden spoons and a cushion) are on our website page ([click here](#)). If you want to know more, contact: Jo Holland: jhollandparkinsons@gmail.com

(Full details of each are on the [Regular Activities](#) part of the website)



Parkinson's UK Related Information

Tech Guide

Parkinson's UK have been developing a Tech Guide. This is so that people with Parkinson's can make the right decisions for themselves about all the devices and apps that claim to be able to help improve their quality of life.

They have been using PwPs to trial these products and will collate the review and update the guide as more and more products are tested. So while you can order a hard copy (as below) it will likely become out of date quickly. Best to check the online webpage:

<https://techguide.parkinsons.org.uk/>

You can access the Tech Guide from the link above, or order a copy by calling the Parkinson's UK helpline: 0808 800 0303.

For more information, please have a look at this [FAQ document](#).



Research Opportunity

Giving voice to experience: understanding people's experience of communication aids

A PhD student at Newcastle University would like to conduct interviews with people who have used communication aids such as text to speech or written materials.

The researcher will record interviews to form an oral history of people who use alternative communication methods.

The researchers need 20 people (with or without Parkinson's) who use augmented or alternative communication aids. They also need 10 communication partners, who can be a friend, relative etc.

Interviews can be online, so being based in Scotland is not a barrier.

For more information please view the [participant information sheet](#), which also has contact details for the researcher.

(Deadline is Hogmanay 2024).

Parkinson's UK Membership

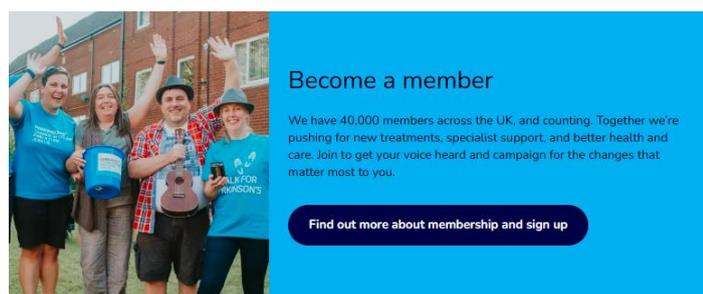
We are conscious that there are people who have joined Edinburgh Branch, but have not joined the main Parkinson's UK charity (P-UK).

We urge those of you who are in this category to please join P-UK. There are many benefits for you, in terms of information and communication and access to opportunities for research and to campaign for things that really matter to you, and discounts for leading brands on products that can benefit PwPs.

With a whole team to produce newsletters, emails and social media, P-UK are much more productive and effective for wider Parkinson's related areas.

Membership is free. For more information and link to join online, please see the [Membership page](#) on the P-UK website.

If you prefer, you can phone the Supporter Care team on 0800 138 6593. You can also email membership@parkinsons.org.uk.





Walking Football

In September, [Parkinson's Walking Football: Edinburgh Group](#) was introduced. This is a partnership with Walking Football Scotland, Hibernian Community Foundation and Parkinson's UK.

We were thrilled that so many attended the inaugural session and that numbers have remained good for the weekly sessions (Wednesdays at 11am at World of Football at the Corn Exchange). One of the first goal scorers was Alison Williams – Walk Football is a gender-neutral activity! She tells us about the sessions: "It's a great morning, combining physical activity, cognitive exercise, learning, camaraderie and sheer fun. I wouldn't miss it for anything – join us!" (Please see the [Walking Football](#) page of our website).

On November 16th, Glasgow Life (sponsored by Ford) hosted the Peoples Ford Parkinson's Festival. Of the twelve teams taking part, one was Hibernian Community Foundation. Hibernian were winners of the Peoples Ford Parkinson's Ball!

This is an incredible achievement – as the team only started playing less than three months ago. Well done to everyone concerned.



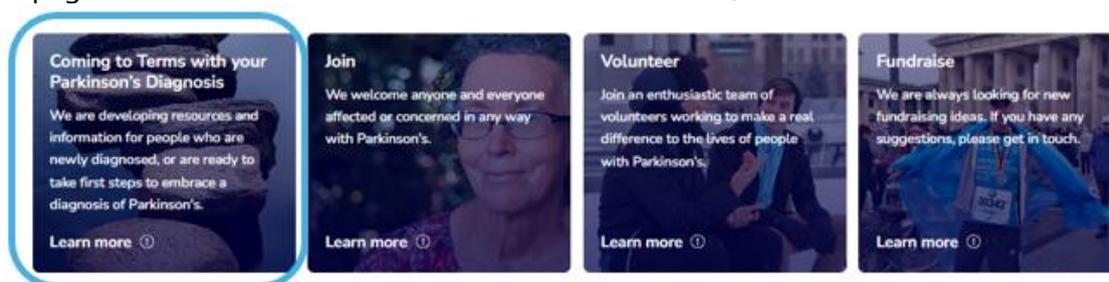
(Photo attribution: photosbyphild, via P-UK Scotland Dec Newsletter)

Newly Diagnosed With Parkinson's?

If you, or someone you know is newly diagnosed, Parkinson's UK are about to open up bookings this month for the 2025 Newly Diagnosed Welcome Sessions and [First Steps](#) programme.

Please keep checking the P-UK [Newly Diagnosed online events page](#) for dates and booking links.

On the front page of our website we have a block dedicated to this, which also has more local information.



Royal Military Tattoo: Vote for Their Charity of the Year

For the Tattoo's 75th anniversary, they have committed to donating an extra 75p of every 2025 ticket sold to a new charity. They have shortlisted five charities, and Parkinsons' UK is one.

Please go to their website and [Vote](#). Take note, the voting closes on Sunday 5 January 2025, so please, if you can, go and do this now. It's potentially a huge amount of money if P-UK wins!

Special Thanks

The Branch could not do all it does without the input of all the volunteers who contribute to make sure we offer a range of activities, social opportunities. Some of these are listed below. Sorry if we missed any of you, there are so many of you!



Cathie Quinn for running Side by Side and hosting the monthly Carers Group meeting

Port O' Leith Boxing Club for running the Punching with Parkinson's sessions

Scott Wilson and Gina Allen for running the 'YP' group and the Table Tennis



Stephen, Olivia, Sheila, Mike and others for hosting the cafes

Lindsay and Linda, and Katrina from Botanic Cottage for Art Group

David Melton, for organising the hugely successful annual Edinburgh Lectures.

Emma from Dancebase and Karen from Theiya Arts for the various dance options for PwPs

Martin Maxwell for his commitment and support for the Craigeith can collections.

Olivia, Penny and all those who help keep singing 4 Fun the success it is.

Helen Harris for her continued support to the Branch

Alison Williams for running the QoL group and for the huge amount of other things she does for the Branch.

Our Activity Leaders, for their dedication and support for our members.

The Committee who constantly try to improve the Branch support and scope for PwPs in Edinburgh and Lothians



Last Minute News...

Local Research Opportunity

Research has found that images taken during routine eye exams are able to detect markers of Parkinson's years before a clinical diagnosis.

Ana-Paul Rubio, and researchers at the University of Edinburgh, are looking at improving eye healthcare and improving health outcomes in Scotland by analysing images from community optometrists. The project is called The Scottish Collaborative Optometry-Ophthalmology Network eResearch (SCONE).



This would involve participants joining an advisory panel in January 2025. There are quarterly meetings, held online, via video call.

Researchers are looking for People with Parkinson's as well as partners, family members and carers. You can find more details on the [website](#).

Please note the closing date is 30th December. Contact Ana-Paul by emailing arubio@ed.ac.uk.

Edinburgh v Glasgow Warriors: Rugby Ticket Offer

At the start of December, Mark Coxe, Chair of Fife Branch of P-UK very kindly offered to share with Edinburgh Branch members some free tickets for the rugby at Murrayfield on 28th December.

If you would like to request some tickets, please email Mark: mcoxe@fife.parkinsonsuk.group.

(while the tickets are being offered free, it would be really nice to make a donation to Fife Branch. Mark can confirm how this is done).



And Finally... a Festive Poem



*I made myself a snowball,
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.
I made it some pajamas,
And a pillow for its head.
Then last night it ran away,
But first, it wet the bed!*

– Shel Silverstein

Quiz Answers



1) Vixen; 2) Robin; 3) Max; 4) Swans; 5) The Simpsons; 6) Narwhal; 7) Reindeer; 8) Nine; 9) Tinsel; 10) 3000 BC; 11) Henry VIII; 12) Lamb