



January 2025 News Bulletin

Branch Get-Together

We had a very successful January meeting where Natalie Blair our Parkinson's Local Adviser talked to us and gave lots of advice and information. It came to light that not everybody is aware of the wealth of information on our website. Do look at the [Local Support](#) webpage which includes details of how to contact Natalie.

Our February Get-Together is on Wednesday 12th February at 2pm. We will have representative(s) from Scottish Fire and Rescue Service who will talk to us about safety in the home. For more details see the [Get-Togethers Webpage](#).

Some Forthcoming Activities/Meetings

There are many activities you can find in the [Activities and Events](#) and also the [Local Support](#) webpages. Some key ones to consider are: [Carer Support Group](#) (Wed 29th Jan at 10.30am); [Walking Football](#) (every Wed at 11am); [Walking Group](#) (Mon 27th Jan at 10.30am); [Singing for Fun](#) (Tuesdays 2pm); [Social Cafes](#): Café Fairmilehead Wed 22nd Jan at 10.15am, Café Niddrie Mon 27th Jan at 2pm, Café Marchmont Mon 10th Feb at 10.30am. [Young Parkinson's Support Group](#) Thurs 6th Feb at 6.30pm with guest speaker Gemma Barnes a Boxercise for Parkinson's Instructor from Gloves Up for Parkinson's, who have classes in South Queensferry. [Punching for Parkinson's](#) takes place on Mondays and Fridays at 11am at Port of Leith Boxing Club.

Participants Needed To Help with Design of Clinical Trial Companion Guide

Partners in Research are working to develop a companion guide to support PwPs and their loved ones. They would like people to take part in a workshop on Thursday 20th February (10am-3pm), at Dynamic Earth. You do not have to have any prior research experience. [Click for Details](#)

Re-Connect Dance Classes

Run by Edinburgh Community Performing Arts (ECPA), Re-Connect is a free dance class for the over 65s. It is ideal for PwP's and can be done seated, as well as standing. They take place on Mondays and Thursdays at DN Studios, South Gyle Crescent. [Click for more details](#).

(*Note*: on the topic of dance, a new term for [Dance for Parkinson's](#) at Dance Base has begun. New attendees are always welcome, no dance experience necessary)

Research Opportunity: Female Carers for Those with Young Onset Parkinson's

Amelia Beveridge from the University of East London is exploring the lived experiences of women who provide unpaid care for individuals with Young Onset Parkinson's. Before she carries out her research she would like to speak to women who are caring for those with Young Onset Parkinson's to discuss the language and appropriateness of the research documents. Online discussion groups will take place: Friday 28 February 1-2pm; Monday 3 March 6-7pm; Tuesday 4 March 6-7pm. For details and how to contact Amelia: [Click Here](#)

Dates for Diaries: Craighleith Can Collections

Diane Drummond our Fundraiser has secured weekend collection dates in 2025. We rely on help from the membership with these collections which raise much needed funds, so we can continue to support and/or subsidise many of our activities and support groups. Please email Diane (diane@edinburghparkinsons.org) with dates you can help: Fri 11th/Sat 12th April; Fri 13th/Sat 14th June; Fri 12th/Sat 13th September; Fri 14th/Sat 15th November (*we collect from 10am-4pm and ideally would like people to do a 2-hr slot*).