

Edinburgh Branch

February 2025 Newsletter



Parkinson's UK Re-Brand

If you have received the Parkinson's UK Scotland Newsletter you will know about the recent re-brand by P-UK. For consistency we are adopting a similar format for our Newsletter. We hope you like the more modern look.

AGM Reminder

Our AGM is on Wednesday 5th March 2-4pm. We will be joined by Jackie Baillie MSP and James Jopling, Parkinson's UK Scotland Director.

The venue is LifeCare Centre, 2 Cheyne St, Edinburgh EH4 1JB. We begin at 2pm when Branch Chair Stephen Brannan will give an overview of the last 12 months.

Mindfulness for Parkinson's

Cath Ashby is offering to deliver a free online mindfulness course for people living with Parkinson's and their partners, friends and carers. The course is recognised by the British Association of Mindfulness-based approaches (BAMBA), where Cath is a registered teacher, and has been teaching mindfulness since 2020.

This Mindfulness-Based Living Course introduces different tools you can use in your life which can help you stay more present and build qualities such as self-compassion.

The Mindfulness Based Living Course (MBLC) has been developed by the Mindfulness Association. It is recognised by the British Association of Mindfulness-based approaches (BAMBA), where Cath is a registered teacher, and has been teaching mindfulness since 2020.

The course is an 8-week course, delivered via Zoom. There is an introductory evening on 11th March 2025. The main course takes place every Tuesday from 1st April 2025 until 20th May 2025, with a final meet up on 10th June.

For full details and form to apply online, [Click Here](#)



MINDFULNESS COURSE FOR
PARKINSON'S SCOTLAND

Quality of Life Group

Our group, established in 2015 would like to welcome more people with Parkinson's to take part. In this monthly group people with Parkinson's talk, laugh, share experiences, and learn to be forthright about feelings and needs. We exchange information about what works for us as individuals: whatever has improved the quality of life for someone and so potentially for others.

The group is not facilitated but self-led. We learn how to deal emotionally with what the world throws at us now that we have PD; how to maintain our sense of humour and our fighting spirit. Spontaneous comments include *"It's so good to be able to talk about Parkinson's without boring anyone!"* and *"The feeling of understanding and companionship was heart-warming"*.

The Quality of Life (QL) group meets online for the winter months (October-March) and then in-person for the summer months (April - September). The next QL group will be online on Thursday 6th March.

The meetings are held from 2pm-3.15pm on the first Thursday of the month. The in-person venue is Murrayfield View, 28 Roseburn Place, EH12 5NN. There is car parking at the building, or you can get Lothian Buses 12, 26 or 31. The tram stop at Murrayfield is roughly a ten-minute walk.

If you would like to give the group a try, please contact Alison Williams at: alison@edinburghparkinsons.org

You can find these in the QL page on the [Edinburgh Branch website](#).



Monday Pilates Resuming

After a short spell where the Monday Pilates had to be postponed, we are thrilled to have another instructor, organised by Sasha. Andrew Raeburn will join us, and resume the sessions, starting on Monday 24th February.

The sessions will be at the same venue, Morningside Parish Church, at 2pm.

There has been a lot of interest in the Pilates classes, so we are thinking of adding in a new session on Mondays at 3pm, at the same venue. If you are interested, could you please email: annec@edinburghparkinsons.org.

Check the [Regular Activities](#) page on the website, and in particular the Pilates page for more updates and information.

London Marathon: Names Needed

Don't panic, we are not asking you to sign up to run the marathon! We were contacted by Iona Rayner who is running, and she would like to run on behalf of as many people who have Parkinson's as possible.

In her own words Iona said: "I have had a bit of a crazy idea of something I want to try do for Parkinson's UK and the people living with Parkinson's in the UK at the moment and I am hoping you can help me with it.

I am running the London Marathon in support of Parkinson's UK, a charity that has been a great help to my mum in recent years, and I would like to represent as many people living with Parkinson's in the UK as possible by wearing their names on my clothing while I run. The name can be anything you want - full name, nickname, initial surname or Mr Smith - whatever you feel comfortable sharing. What is important is representing you".



To have your name added to Iona's shirt, email her: ionarayner@gmail.com

Her sponsorship link is: <https://events.parkinsons.org.uk/fundraisers/ionarayner>

Iona's local paper ran an article about her: [Farnham Herald](#).

Tech Guide

Parkinson's UK have been involved in developing a Tech Guide. This was done so that PwPs are better informed to make more informed decisions about all the devices and apps that claim to be able to help improve their quality of life.

Branch Chair Stephen Brannan is on the Steering Committee for the [Tech Guide](#). There are 100 reviewers who are given a product or app and asked to use it for a period of time then give an honest review. Their findings are shared in the Tech Guide, which is available via the Parkinson's UK website.



They are looking for new reviewers, so if this is something you would like to undertake, please view the [reviewer information and recruitment](#) page on the Parkinson's UK website.

Date for Diaries...

The 2025 Edinburgh Parkinson's Lecture will be on Thursday 2nd October. The guest lecturer has a focus on stem cell research. More details to follow in due course, likely summer.

The lecture will once again be delivered live, and simultaneously streamed via the internet, enabling a global audience to participate.

World Parkinson's Day

World Parkinson's Day is Friday 11th April 2025. Can you help raise awareness of Parkinson's by organising for a building to be lit up blue?



Parkinson's UK have developed a [World Parkinson's Day Guide](#).

If you have any connections to any building that you think would light up blue, if you can arrange for them to agree, and then let P-UK know of this. That way they can give more publicity.

Further, if you are able to get pictures, you can share on the Branch Facebook page or Parkinsons UK Scotland Facebook.

This is the same day we have a can collection. Maybe you could help by assisting us with that? (See pg 10)

Comedian Sought

Shake with Laughter is coming to Scotland in 2026 at some point. Bruce Port the relatively new Community Fundraiser for Parkinson's UK Scotland asked if we might know a comedian who could potentially be part of the event.

He is specifically looking for a comedian based somewhere in Scotland who has a connection to Parkinson's. Could that be you? If so, then please contact Bruce: bport@parkinsons.org.uk

Shake with Laughter is an unforgettable night of comedy, raising funds and awareness for Parkinson's UK. This year's Shake with Laughter is on Monday 6th October 2025 in London. The 2024 headliner was the legendary Greg Davies, with MC Gbemi Oladipo. There were performances from Phil Jerky, Jenny Collier, Tom Price, and others.

Shake with Laughter 2025

Shake up your evening with an unforgettable night of comedy.



Café Niddrie

Our second café has become popular and we are fortunate to have connections with the Polish Parkinson's community in Edinburgh. Though everyone is welcome at all our cafés!



Spotkanie

dla osób zmagających się z chorobą Park

Dołącz do nas !!!

co czwarty poniedziałek miesiąca godzina

Hays Community Hub, 3 Hay Avenue, EH16 4

kolejne spotkanie odbędzie się 24 luty

spotkania są otwarte dla każdego z Parkinsonem, ich rodzin i o
więcej szczegółów o działalności i wydarzeniach znajdzie

www.edinburghparkinsons.org

Support group for Poles with Parkinson's disease / Grupa wsparcia dla
z chorobą Parkinsona, kontakt Kinga Kabała 07477692018
<https://www.facebook.com/groups/902688688421996/>

Café Niddrie takes place at 2pm on the fourth Monday of the month. Next date (if you can't read Polish!) is 24th February at Hays Community Hub, 3 Hay Avenue.

Café Marchmont takes place at Butterflies Café within Marchmont St Giles, Kilgraston Road, 10.30am on the second Monday of the month. Next café is 10th March.

Café Fairmilehead is at Fairmilehead Church, Frogston Rd West at 10.15am on the Third Wednesday of the month. Next café is 19th February 2025

All cafés are open to all. We find they are particularly helpful for those who have a recent diagnosis. While the focus is mainly social, there is a wealth of information to be gleaned from the volunteer organisers and people with Parkinson's and their carers.

Suggestions for Speakers

It's the time of year where we need to start thinking about next annual calendar (we follow the academic year – starting in Septembers).

If you have any suggestions for speakers (don't have to be Parkinson's related – just someone interesting), or for topics you would like us to cover, please do let our Chairman Stephen know by emailing: chair@edinburghparkinsons.org

Yoga for Parkinson's

Yoga for Parkinson's is an online chair-based class that happens every Tuesday afternoon (4-5pm). The class happens over Zoom. The class is taught by Karen Watts from Theiya Arts. Karen has been teaching this class for Parkinson's UK Edinburgh Branch ever since it was started by the wonderful and deeply missed Bill Wright in 2019.

What you can expect:

This style of yoga is movement-based. We start with a short breathing exercise. We then do some seated movement sequences, focusing on exploring movements in the spine, shoulders, hips, and legs. Next, we stand up, and using the chair as support, we do some standing postures and sequences. Finally, we sit back down, for some final postures, and finish with a short mindfulness exercise.

The class content is designed to be accessible to all, and so there are variations and adjustments for all movements and postures. You don't need any special yoga equipment or props for this class (we work with what you have around the house).

The general intention of the class is for you to work with your body as it is on that particular day, and explore flexibility and range of movement, play with balance, breathe better, reduce feelings of stress and anxiety, and generally leave the class feeling good and ready for whatever the rest of your day brings.



Photo: Nick Shelness, Yoga for Parkinson's student. Photo credit: Theiya Arts

How to join:

Email karen@theiya.org or call 07722071256 and she can then send you the Zoom connection details.

Karen will have a wee chat with you about the class. You are welcome to let her know if there's anything you feel she needs to know about any other medical conditions or physical niggles (this is mainly to ensure she can tailor class content to your needs and abilities, so you get the most out of the classes).

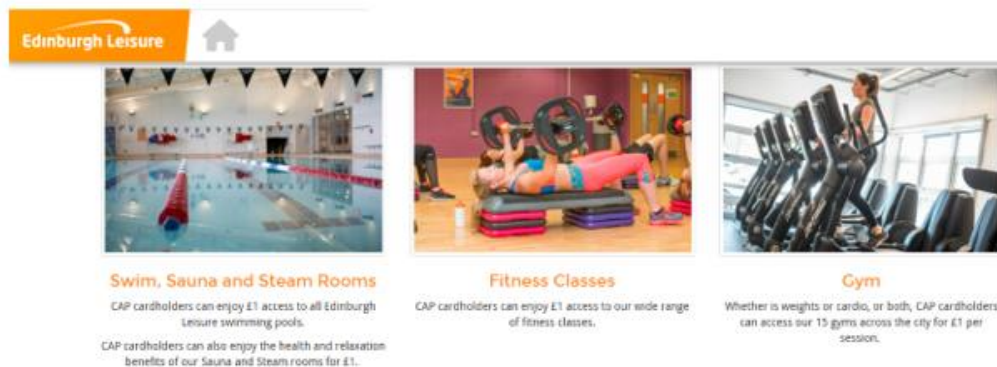
What Theiya Arts students have to say:

"Anyone interested in trying any of Theiya Arts activities can find a welcoming space, free from judgment or expectations"

Try Swimming?

Swimming can be good for people with Parkinson's. Aquatic can help with balance, mobility, and strength. They can also help with mood, daily tasks, and slowing disease progression.

Parkinson's UK confirm "Swimming is an excellent way of increasing your stamina – especially if you experience painful joints or weak bones. This is because the buoyancy of the water takes some of the weight of your body. It can also build your confidence to put weight on your joints and get your heart and lungs working harder". Via the Branch you can get a CAP card that allows you to go swimming, take some fitness classes, or use the gym, at some of the Edinburgh Leisure facilities – all at discounted rates. See the [Swimming](#) page of the website.



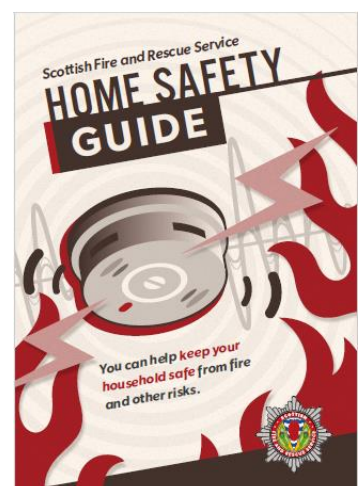
Safety in the Home

We had a really interesting enjoyable talk by Lorna and Warren from Fire Rescue Scotland about Safety in the Home at our last Branch Get-Together.

We had a good turnout on the day but feel that it is worth sharing a handout with those that were not at the February Get-Together.

This guide is designed to keep you and your household safe from fire and other risks. We have added this into the Useful Links within the Local Support part of the Branch website. [Click Here.](#)

Visit firescotland.gov.uk/contact-us/home-fire-safety-visits for more information.



Volunteering

Membership Secretary

We are still looking for someone to take over as Membership Secretary. This involves maintaining and updating the membership records. It also requires forwarding communications to the membership via email (such as this newsletter).

If you are interested or would like more information, please contact Branch Chair Stephen Brannan (chair@edinburghparkinsons.org)

Volunteers for Fundraising

A reminder our first can collection of the year is Friday 11th and Saturday 12th April, at Craighleith Retail Park. Our time slot is 10am – 4pm.

Please email Diane (diane@edinburghparkinsons.org) with dates you can help. We would appreciate if you could cover a 2-hour timeslot but are grateful for any amount of time you can spare.

Volunteer Training

For new volunteers, induction training and ongoing support is provided by our [Parkinson's UK Volunteer Co-ordinator](#) as well as the Branch Chair and Committee Members.

If you have any idea for fundraising, or need us to promote your personal fundraising ideas (e.g. Fergus Smith and Kevin Brown often run the Edinburgh half- marathon in aid of Parkinsons' UK), then let us know by emailing: communications@edinburghparkinsons.org

Parkinson's: Sporting Memories

This is a partnership with Parkinson's UK Scotland and Sporting Memories, who are a charity and social enterprise that helps people to reminisce, replay, and connect. These sessions are for anyone affected by Parkinson's, looking to keep mentally active, and increase community engagement.

The sessions take place on Thursdays from 10:30am–Noon, starting 27th February 2025. The venue is Liberton Northfield Church, Edinburgh, EH16 5TT. There is on-site and street parking available, as well as a bus stop (numbers 3, 8, 29) directly outside the venue and the venue has disabled access.

The session facilitator is trained by Sporting Memories and supported by a volunteer. Attendance is free and you get a cuppa and a biccyy, along with opportunity to relive, rejoice, and relish, in memories of sport and events of the past. (Full details: [Click Here](#)).



**Sporting
memories and
Parkinson's**

Gloves Up for Parkinson's

Gloves up for Parkinson's is a non-contact boxing inspired fitness class for people living with Parkinson's. Based in Broxburn, classes are open to everyone in Edinburgh and The Lothians.

Their Facebook page confirms “exercise is important for everyone but it's particularly important for people with Parkinson's and boxing in particular has been shown to massively help with reducing and improving symptoms”.

Classes will be every Friday morning 11-12 in Broxburn Boxing Club, Albyn Park, Broxburn, EH52 5BP. (Gloves are provided). Classes are taken by Gemma Barnes from Gloves Up For Parkinson's who is a personal trainer, a qualified boxercise instructor and qualified boxercise for Parkinson's instructor.

If you are interested in going along, please contact Gemma to arrange a meet so she can give more information and answer any questions you may have: Gemma_fitness.pt@yahoo.com or phone: 07595 626589.