

## **Edinburgh Branch**

### **May 2025 Newsletter**



**Inside this edition we have some interesting events, activities and meetings that take place in May. So please do read over the newsletter and book your place at any you are interested in.**

(contact details for newsletter contributions (most welcome!) or for further information on any of the content please email: [communications@edinburghparkinsons.org](mailto:communications@edinburghparkinsons.org))

## Branch Summer Lunch

**We still have places for our annual summer lunch. Menu details and booking options are on the website: [Click Here](#) .**

**Where:** Leonardo Hotel in Clermiston Road

**When:** Wednesday June 11<sup>th</sup>, 12.30 for 1.00pm.

The cost will be £20 per person for two courses



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## Poetry by Vicki Feaver

**Vicki is an acclaimed poet and has a new collection launching in May. All are welcome to the launch of The Yellow Kite.**

The event is on Tuesday 27 May at 6.30pm. Fruitmarket Gallery, Market Street, Edinburgh. Vicki will read, and there is music, drinks, and nibbles.

For full details, please see the [Poetry Launch Invitation](#). From this page you get information on Vicki and a link to her 2023 poem Ode to Parkinson's.

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## ERIG Event Saturday 17th May

**Edinburgh Research Interest Group (ERIG) Chair David Melton has organised an in-person event at the Centre for Regenerative Medicine at 10am on 17th May.**

Guest speaker is Dr Tom MacGillivray from the University of Edinburgh. His topic is: Using Eye Scans to Uncover Early Indicators of Parkinson's and Neurodegenerative Diseases. The ability to reliably identify Parkinson's many years before conventional symptoms appear would offer exciting possibilities for new therapies, but how would the health service and individuals identified deal with this information?

The event starts at 10:00 with tea and coffee, finish after a light lunch at around 12:30. Free car parking at the Centre for Regenerative Medicine.

The event is for members of ERIG. To join simply fill in the [online form](#) and in the message box confirm to David you would to attend this event. He will contact you with any further information. Please do this ASAP, to ensure you get a place/places.

# Day Trip on the Bo'ness and Kinneil Railway

**Fife Parkinson's Branch Chair Mark Coxe has extended an invitation to Edinburgh folk, to participate in this exciting day out.**

Tom, one of Fife Branch volunteers will take those who sign up for an exclusive behind the scenes tour of this award winning heritage railway.

When: Saturday 14<sup>th</sup> June

Where: The Bo'ness & Kinneil Railway, Bo'ness Station, Union Street, Bo'ness

Cost: A discounted price of £15.30 (normally £17.00).

The plan is to meet between 11am and Noon for the 12:30 train departure.

The day will include a scenic ten-mile return train journey to Manuel along the Forth Estuary, through woodlands, past waterfalls and over the Avon Viaduct, a picnic lunch or you could have a snack in their cafe, a tour of their workshops with plenty of photo opportunities and a guided tour of the museum and perhaps signal box.

Please note that at the moment their accessible coach is unavailable on their steam & heritage diesel trains because it is currently out of service for repairs until further notice.

If you are interested, please email [mcoxe@fife.parkinsonsuk.group](mailto:mcoxe@fife.parkinsonsuk.group) to request a place and so he can arrange for payment.



# Cancellation of Spring Side by Side Course

**We apologise that we have had to cancel the May/June course. There will be another taking place in the Autumn.**

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## Edinburgh Marathon Festival

**A Parkinson's UK Events team will be coming up from London and will be setting up a stand on 25<sup>th</sup> May and will be there from 08.30 until 16.30.**

They will also set up an official Parkinson's cheering point at Mile 10 which is in Ravensheugh Road in Musselburgh. EH21 7SY. It would be wonderful if some of you might go along to this point, and give support to those who are running to raise money for Parkinson's. Of course, you can stand anywhere on the route!

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## Support a Scottish Fundraiser

**Gillian Aldrich is a PD Nurse Specialist in Fife who is taking part in the National Three Peak challenge, to raise money for Parkinson's UK.**

The [National Three Peaks Challenge](#) involves climbing the three highest peaks of Scotland, England and Wales, often within 24 hours.

Total walking distance is 23 miles (37km) and the total ascent is 3064 metres (10,052ft) - twice the ascent of the Yorkshire Three Peaks, over a similar total walking distance. The total driving distance is 462 miles.

If you would like to support Gillian please see her [Just Giving Page](#)



# Upcoming Speech and Language Therapy Research

**Christina Smith a Speech and Language Therapist at NHS Lothian and colleagues are reviewing the current SLT Lothian provision for people living with Parkinson's.**

In the near future they hope that to 'recruit' some people to help with this review to understand key issues, and to then co-produce their offer to people living with Parkinson's for the future. They seek to have a small group to be the 'working group' to develop their service, with aspiration to have the development work and initial implementation to be complete this year. We will follow up when we have more details, either by email or in the June newsletter.

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## Free screening of 'The All Time Oscars'

**We have been asked to extend an invite to a free screening of 'The All Time Oscars' hosted by Screen Memories and Home Instead.**

**When:** Thursday 29th May from 11am to 12noon

**Where:** The Meeting Space, Home Instead, Castlebrae Business Centre, Pepper Place, Edinburgh, EH16 4BB. (Free off-street parking and wheelchair access).

Aimed at older people and carers, this will be a nostalgic cinematic experience celebrating classic Oscars moments. Enjoy refreshments and popcorn as you revisit timeless cinematic memories, together with others.

This is the first in what is hoped will be a series of screenings if it proves popular.

To reserve your place email [andrew.senew@homeinstead.co.uk](mailto:andrew.senew@homeinstead.co.uk) or call 0131 300 0599. ([Home Instead](#)





# New Book Releases

**Parkinson's Europe have for the fourth time produced a roundup of books with Parkinson's themes, in a range of languages.**

The twelve books are extensive and wide-ranging - from essays and novels to poetry. The topics covered include how to live well with Parkinson's as well as inspiring personal accounts written by people with the condition. Please click on the image to be taken the website (*photo attribution: Parkinson's Europe*).



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## Fundraising News

### **Craigleith Can Collection: April 2025**

Diane our fundraiser shared with us that the collection on 11<sup>th</sup> and 12<sup>th</sup> April raised an amazing £1376.85, with just a handful of stalwart volunteers. Imagine how much more we could get, if we had more people dotted around the retail park, to get donations! So please, next time we ask for help, do consider giving up one or two hours of your time.

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## And Finally...

**A reminder that our Branch Get-Togethers at Lifecare Centre are now over for the summer and resume in September.**

If you have suggestions for speakers for the 2025/26, email Branch Chair Stephen ([chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org)) who is putting together the agenda now. Thanks.