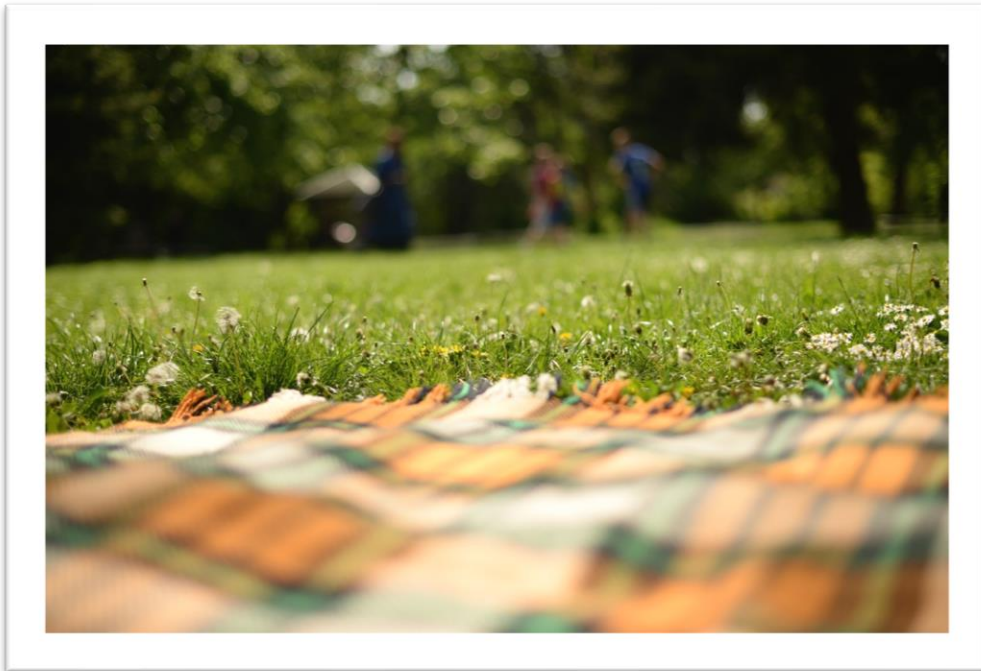


Edinburgh Branch

July 2025 Newsletter



In this edition we have some local news and information.

We also include a 'Focus on the Fringe' section, where we provide details of some shows that may be of interest.

If you would like to feature anything in the next Newsletter, or have suggestions for things you think we could include, please email: communications@edinburghparkinsons.org

Announcing New Membership Secretary

We are very pleased to announce that we have a new membership secretary. Frank Ribbons is taking over this role, which has been carried out for many years by Patrick Mark, the vice-chair of the Branch.

We are hugely indebted to Patrick who worked very hard in the development and maintenance of the membership records. It really is a complicated task, collating information from several sources and continually updating as we have new members and those who for various reasons need to be removed from the database.

Frank should be fully in role in the coming weeks, and from the August newsletter you should receive them from Frank, as well as other Branch Communications.

Branch Annual Calendar

Speaking of communications, the final touches have been added to the tri-fold leaflet we send to all the membership. It outlines really useful information, and gives details of activities, support and much more.

We want to take this opportunity to express our gratitude to Gus Mark who formats and typesets the leaflet. It is not an easy task, and Gus who is a professional creative does this on a voluntary basis for us.

The leaflet will now go for printing to an Edinburgh based company. Then they go for envelope stuffing and posting.

We have around 500 on the mailing list, including many health professionals and support organisations, as well as Branch members.

That figure is just too much for us to do the envelope stuffing and label addressing ourselves. So, we have a local company to do this for us.

The cover of a blue leaflet for Parkinson's UK Edinburgh Branch. The text on the leaflet reads "Parkinson's UK Edinburgh Branch" and "Our events in 2025/26". Below the leaflet, there is a blurred image of a calendar grid showing dates from 1 to 31.

Parkinson's UK
Edinburgh Branch
Our events in 2025/26

www.edinburghparkinsons.org

Beech Band: Did You Get One?

We mentioned in the [June Newsletter](#) Parkinson's UK secured 500 free BeechBands to give to our community.



Branch Chair Stephen Brannen is curious to know if anybody took advantage of this offer and received a free band. If you did, could you please let Stephen know? His email is: chair@edinburghparkinsons.org

Sporting Memories for Parkinson's

Parkinson's UK Scotland and Sporting Memories have a partnership with an aim to have some fun through the power of sporting reminiscence.

Sporting Memories is a charity and social enterprise that helps people to reminisce, replay and connect. These sessions are for anyone affected by Parkinson's who are looking to keep mentally active. You can look forward to reminiscing, camaraderie, team quizzes etc.

When: Thursdays from 10.30am to 12pm

Where: Liberton Northfield Church, 280 Gilmerton Road, Edinburgh EH16 5TT

For more details please see the [Sporting Memories](#) page on the website.

We urge more people to attend. Please do go along. You can also take a friend or family member, who can stay and participate.



Getting the Right Healthcare Booklet: Feedback Requested

Everyone's experience of Parkinson's is different. Getting the right care from health professionals after diagnosis is important to make sure your symptoms are managed well, right from the start.

But Parkinson's is complex and can change over time. So, it's also important to get support as your symptoms change and your Parkinson's progresses.

Parkinson's UK developed the booklet: Getting the Right Healthcare. It gives information to help you understand health professionals, how to access healthcare and how P-UK can support you.

Since launching the booklet there have been almost 4,000 physical copies of the booklet requested.

It is also available as a file to download: [Getting the Right Healthcare](#).

How Can You Help?

P-UK want to measure the impact that the booklet/project has had/might have.

This can help them measure their impact, and help them keep editing the content to make sure it's as helpful as can be – online, face to face, and in future print editions.

Contact Details

If you have accessed the booklet, could you please take a little time to provide some feedback to:

Naveen Kapur (Complete Care for Parkinson's Project Manager):

nkapur@parkinsons.org.uk



Edinburgh Parkinson's Lecture 2025

A reminder that the annual lecture will take place on Thursday 2nd October 2025. The time will be finalised soon, as will booking options.

The lecturer is Dr Agnete Kirkeby and her lecture is titled: Stem cell therapies for Parkinson's Disease – where are we now?

Agnete is Associate Professor at University of Copenhagen and Lund University.

Once again, the event will be live in person at the Royal College of Physicians in Queen Street, Edinburgh. And it will be simultaneously streamed online.

Please keep checking the [Edinburgh Parkinson's Lecture](#) page on our website.



Singing for Fun: Extra Sessions

Don't forget, we have two extra sessions of Singing4Fun. If you haven't been before, and would like to give it a try, why not come along.

The dates are Tuesdays: July 22nd and 29th, from 2pm-4pm at St Serf's church in Clark Road, just off the Ferry Road near Goldenacre.

Tea or coffee and biscuits will be provided, and the cost will be £4.00 for a single person, or £6.00 for someone with Parkinson's and a companion.

There are warm up vocal exercises to loosen your muscles. During the sessions, they sing a wide variety of songs. You don't need to read music or play an instrument. It doesn't matter if you haven't sung for years. They don't expect everyone to be Susan Boyle or Marty Pellow standard!

For more information, contact Olivia: secretary@edinburghparkinsons.org

Focus on the Fringe

The Edinburgh Festival Fringe runs from 1-25th August. We outline some shows that might be of interest. Two in support of Parkinson's and the others we think you will like, as well as some local Edinburgh 'Am-Dram'.

Parkinson's Related

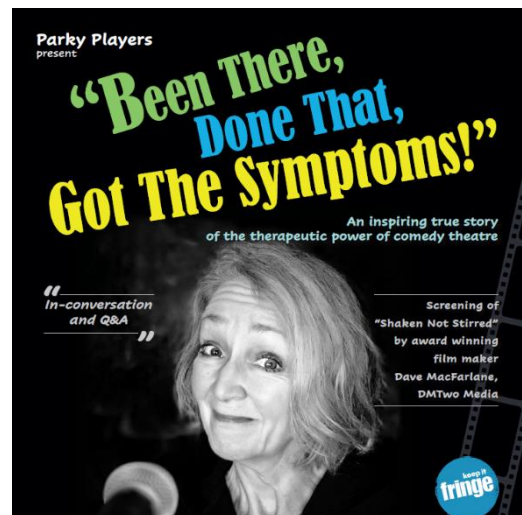
Been There, Done That, Got the Symptoms!

Parky Players

“An inspiring story of a group of people with Parkinson's, and friends, using comedy theatre to break down barriers. Learn about their 2024 adventure through live performance, a film documentary, and a Q&A”

Venue: theSpace on the Mile (Space 2)

11-16th August at 2.25pm



Myrtle Throgmorton: Me and Parky

Jenny Chalmers



“The original bag-for-life is back! Still gushing about guests and gussets but her putative paramour, Rabbie Burns, has been usurped and her new inamorato, Parky, has her all a-tremble.

A “personal journey” ... odious expression!”

Venue: Greenside @ George Street (Lime Studio).

11-16th August at 5.20pm

In Conversation with...

Paul Sinha

“Paul Sinha is arguably the most overqualified man in showbusiness and is definitely a stranger to his local Job Centre. The qualified doctor, stand-up comedian, Radio 4 regular and Chase star has turned multiple passions into a career.

In this frank and funny conversation, expect to hear the glorious mess of being a professional polymath – from medical school to quiz championships, comedy clubs to Parkinson's advocacy. It's a masterclass in multi-tasking, delivered with the sharp wit that's made him one of Britain's most beloved brains.”

Venue: The Stand Comedy Club 3 & 4 (Stand 3)

3rd August at 12:15pm



Music Related

Celtic Roots

Kevin Littlejohn and Right Here Productions

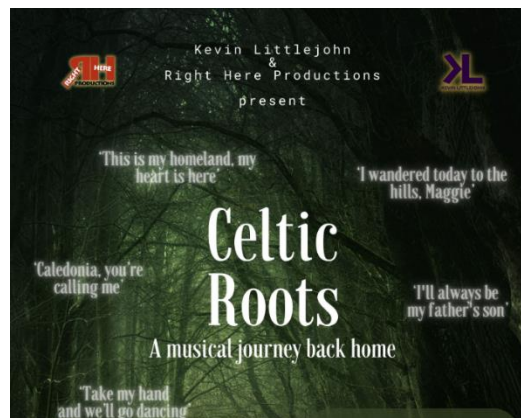
Celtic Roots is a creative musical journey through Celtic melodies that connect us to our roots and the places we call home.

Featuring mesmerising vocals, a live fiddle player and moments of spoken word, Celtic Roots celebrates heritage through familiar classics and newer melodies that will explore themes of connection, feeling included and loved within a community, and the enduring significance of music in an ever-changing world.

Venue: theSpace @ Surgeons' Hall (Haldane Theatre)

Aug 1st-9th and 11th-16th August at 4.05pm

Alison from Right Here Productions has very kindly offered a 20% discount for Edinburgh Branch members, for any performance. Use discount code 'CRF20'



Hatches, Matches and Dispatches

Edinburgh People's Theatre



“The hilarious Scots comedy by Alan Cochrane. An impending marriage between two families – one from Leith, the other from Edinburgh – is in jeopardy when an unmarried mother-to-be turns up at the door.”

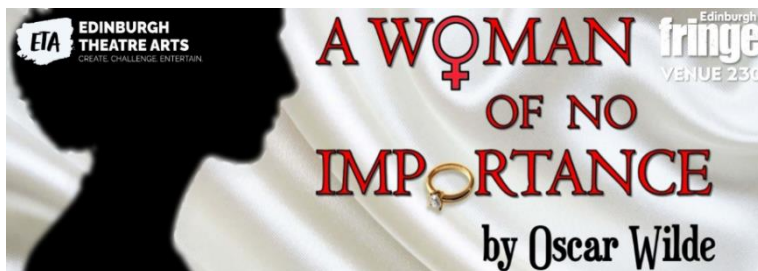
Venue: Newington Trinity Church (Church Hall)

1st, 4th-8th, 11th-15th August at 7.30pm and **2nd, 9th and 16th** at 2.30pm

A Woman of No Importance

Edinburgh Theatre Arts

“Every woman is a rebel, and usually in wild revolt against herself.’ Oscar Wilde’s biting satire explores the moral hypocrisy and injustice of the Victorian era, focusing around the revelation of a woman’s scandalous secret.”



Venue: St Ninian's Hall (Theatre)

4-9th and 11-16th August at 6pm

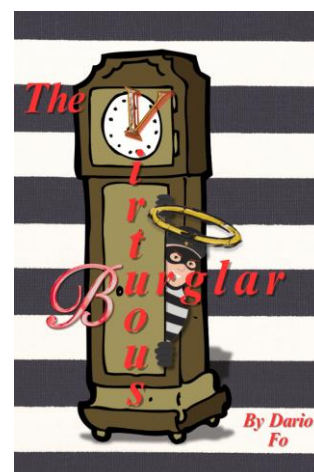
The Virtuous Burglar

EGTG (Edinburgh Graduate Theatre Group)

“A classic farce by Dario Fo. A burglar is interrupted at work when the homeowner returns unexpectedly with his mistress. Cue the arrival of various spouses and lovers, setting off a domino effect of mishaps and hilarity.”

Venue: The Royal Scots Club (The Hepburn Suite)

4th-9th August at 6.45pm



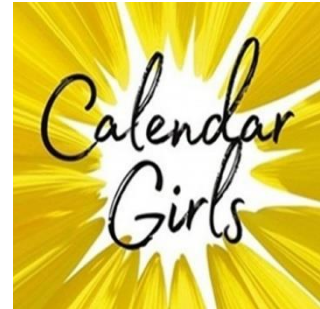
Calendar Girls

Leitheatre

“Drama Based on the true story of 11 WI members who posed nude for a calendar to raise money for the Leukaemia Research Fund. A funny, heartwarming, poignant story of friendship and fundraising.”

Venue: Inverleith St Serf's Church Centre (Main Hall)

2nd August (preview) at 7.30pm
4th-8th and 11th-15th August at 7.30pm.
9th and 16th August at 2.30pm



Dracula

The Edinburgh Makars

“This modern retelling of the Victorian classic explores what drives Dracula’s victims to invite him in and submit to his embrace. Suspenseful, chilling and suffused with dark eroticism, it retains all the eerie dread of Stoker's infamous horror novel.”



Venue: The Royal Scots Club (Hepburn Suite)

18th – 23rd August at 7.30pm

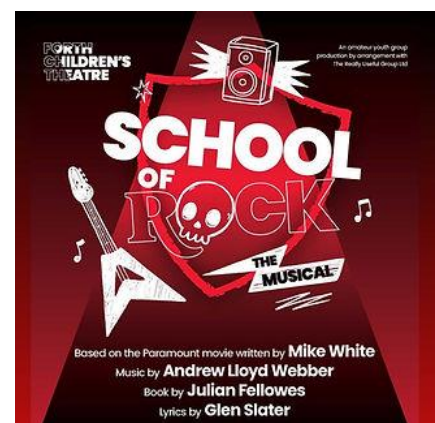
School of Rock – The Musical

Forth Children's Theatre

“Forth Children's Theatre return to the Edinburgh Fringe with Andrew Lloyd Webber's stage adaptation of School of Rock! Featuring young people from Edinburgh and the surrounding areas. Don't miss this rockin' show!”

Venue: Broughton High School (Main Theatre)

2nd, 3rd, 6th and 9th August at 2pm
2nd, and 5th-9th August at 7pm



Die Fledermaus Aria Alba Opera for All

“Aria Alba Opera for All: Die Fledermaus (Strauss). Director Zualski sets this comic operetta in 1990s Edinburgh. Revenge sees CEO of Wienerpharma tricked into attending a celebrity masked ball – laughter, mistaken identities, trysts and twists.”

Venue: Stockbridge Church (Church Hall)
13th -16th August at 7pm



And Finally (Literally)

Arkle

This is the final Festival Fringe for Arkle Theatre Company, bringing 30 years of theatre in Edinburgh to close. They are at the Hepburn Suite of The Royal Scots Club between 5th and 23rd August with four productions for you to enjoy.

Nancy's Philosopher: 5th – 16th August at 3.30pm

“Edinburgh in the 1700s – it’s the Age of Enlightenment and there is a scandalous rumour of David Hume having a relationship with a much younger woman. Now Nancy is here to tell us her side of the story.”

The 39 Steps: 11th-16th August at 6.15pm

“Arkle's affectionate take on the Buchan classic of espionage and daring-do. Gasp as Hannay gives the baddies the slip! Shriek as he hangs from the Forth Bridge! Marvel when he solves the riddle of The 39 Steps!”.

A Midsummer Night's Dream: 11th – 16th August at 8.30pm

“A Shakespeare comedy telling the tale of love, magic and mistaken identities. Four young lovers and a group of actors get caught in a mythical forest where fairies play tricks, leading to chaos and eventual resolution.”

George, Don't Do That... The Joy of Joyce Grenfell: 11th – 16th August at 3.30pm

“From nursery school to cocktail parties, Joyce Grenfell conjured colourful characters for our pleasure. Spend time with Lumpy Latimer, Mrs Fanshawe and George in this timeless collection of songs and monologues.”

