

Edinburgh Branch Get-Togethers

LifeCare Edinburgh, 2 Cheyne St, Edinburgh EH4 1JB.
(This is in Stockbridge).

2025

Wednesday 10th September 2–4pm

Mary Ellmers: Service Improvement Manager Scotland for P-UK: Parkinson's Excellence Network

Wednesday 8th October 2–4pm

Claire Taylor Director of Information Services,
Edinburgh Napier University: Scams & Cybersecurity

Wednesday 12th November 2–4pm

Michael McLaughlin: Postural Stability instructor from
Edinburgh Leisure's Steady Steps Programme

2026

Wednesday 7th January 2–4pm

Jackie Baillie MSP: Jackie is an active supporter of
Parkinson's UK Get It On Time

Wednesday 11th February 2–4pm

Natalie Blair: Parkinson's Local Adviser (PLA) for
Edinburgh, East Lothians and the Borders

Wednesday 11th March 2–4pm

Branch AGM: An opportunity to get insight and
feedback on the previous year

Wednesday 8th April 2–4pm

Tilo Kunath: Professor of Regenerative Neurobiology at
the University of Edinburgh: Finding new treatments
with stem cells

Wednesday 13th May 2–4pm

Jeanne-Marie Lee, Vocal: Support for carers

Annual Events

The Edinburgh Parkinson's Lecture 2025

2nd October 7.15pm, Royal College of Physicians of
Edinburgh, EH2 1JQ. Dr Agnete Kirkeby: Stem cell
therapies for Parkinson's Disease – where are we now?

Christmas and Summer Lunches

In June and December, we have a lunch at the
Leonardo Murrayfield, Edinburgh EH12 6UG.

Other Events may be planned during the year.

Regular Body and Mind Activities

Activities often have holiday periods. Please get in
touch with named Contact before first attendance.

Dance for Parkinson's Scotland

(sponsored/organised by Scottish Ballet & Dance
Base) Wednesdays 11.30am–1pm. Dance Base,
Grassmarket. Contact Katherine: 0131 225 5525 or
katherine.rothman@dancebase.co.uk

Indoor Bowling

Mondays 12–2pm, Meadowmill Indoor Bowls, Tranent,
EH33 1LZ. Contact Kenneth Williamson: 0131 336
4088 or via trainbuff1@virginmedia.com

Neurodynamic Exercise

Continuation classes for those who complete a 10-
week course. Wed 3pm (Fisherrow) & Mon 1pm
(Morningside). Course has 1:1 pre- and post-course
assessments, held 2-3 times a year. Zoom classes
Wed-Fri (times vary). Contact Sasha:
sasha@edinburghparkinsons.org

Nordic Walking

Thursdays 12–1pm, Jawbone Walk, The Meadows,
EH9 1JU. Contact Dot Brown: 0131 443 1665 or via
dot@edinburghparkinsons.org

Parkinson's Walking Football

Wednesdays 11am-Noon, World of Football, Corn
Exchange, 10 New Market Rd, EH14 1RJ. contact
Niamh Westwood: niamhw@hiberniancf.org or
phone: 07450718702.

Parkinson's Walks

Last Monday of the month at 10.30am. Walks are open
to PwPs and their supporters. Contact Lynn Stewart:
lynn@edinburghparkinsons.org

Pilates

Wednesdays 2–3pm, Fisherrow Centre with Sasha.
Mondays 2-3pm and 3-4pm Morningside Parish
Church and Thursdays 10.20am-11.20am, OMH
Therapies, 4 Atholl Place, Edinburgh, EH3 8HT.
Contact Andrew: andrew@edinburghparkinsons.org.

Pilates by Zoom is Wednesdays 10.30am and
Thursdays 3pm. Contact Sasha (as before)

Punching with Parkinson's

Mondays and Fridays 11am, Port O' Leith Boxing Club,
83 Craighall Road, Edinburgh EH6 4RR. Contact:
info@portleithboxing.co.uk

Singing4Fun

Tuesdays 2–4pm, Marchmont St Giles, Kilgraston
Road, EH9 2DW (school term times only). Contact
Olivia: secretary@edinburghparkinsons.org

Swimming (and More)

The Branch has an affiliation with the Edinburgh
Leisure Community Access Programme allowing
holders to swim and use other facilities for £1.
Contact Olivia: secretary@edinburghparkinsons.org

Table Tennis

Saturdays 1.15–3.15pm, North Merchiston Club in
Watson Crescent, Edinburgh, EH11 1EP.
Contact Gina Allen: gina@edinburghparkinsons.org

Tai Chi

Tuesdays 11am–12noon, Barclay Viewforth Church, 1
Wright's Houses, EH10 4HR. Tai Chi by Zoom on
Wednesdays from 11.30am-12.30pm. Contact Kevin
Brown: 01506 845 498 or kevin@chi-flow.co.uk

Yoga for Parkinson's

Tuesdays 4–5pm, delivered by Zoom. Contact Karen:
hello@theiya.org

Non-Branch Endorsed Activities

There are some other external activities we support:
Exercise Drumming and Gloves up for Parkinson's.
Details in Regular Activities section of the website.

Edinburgh Research Interest Group (ERIG)

Meetings and communications regarding Parkinson's
research. Contact David Melton (Chair):
davidm@edinburghparkinsons.org

**Please consult edinburghparkinsons.org for
the latest information**

Branch organised activities should be paid for
via the 'Shop' option on the website homepage

Support Activities

Carers Support Group

Last Wednesday of the month 10.30am–12.30pm,
Pollock Pavilion, 227 Ferry Road, EH6 4SP. Contact:
Cathie Quinn – see *Side by Side* below

Edinburgh Parkinson's Social Cafés

- 1) Second Monday of the month 10.30am–Noon,
Butterflies Café at Marchmont St Giles, 3 Kilgraston
Rd, Edinburgh EH9 2DW. Contact Lynn Stewart:
lynn@edinburghparkinsons.org
- 2) Fourth Monday of the month 2pm, Hays Business
Centre, 4 Hay Avenue, EH16 4AQ. Contact Stephen
Brannan: chair@edinburghparkinsons.org
- 3) Third Wednesday of the month at 10.15am (except
school holidays) at Fairmilehead Church, 1a
Frogston Rd West, EH10 7AA. Contact Stephen

Edinburgh Young Parkinson's Support Group

First Thursday of the month, starts 6.30/7pm, The
Steading, Hillend, EH10 7DU. Contact Scott Wilson:
scottwils180@gmail.com

Quality of Life (QL) Group for PwP's

First Thursday of the month, 2–3.15pm, 28 Roseburn
Place, EH12 5NN. Contact Alison Williams
alison@edinburghparkinsons.org

Side By Side with Parkinson's Course

Typically runs in spring and autumn. For anyone living
or working with someone with Parkinson's. Contact
Cathie: cathie@edinburghparkinsons.org

Branch Committee Office Bearers

CHAIR – Stephen Brannan

chair@edinburghparkinsons.org

VICE CHAIR – Patrick Mark

vicechair@edinburghparkinsons.org

SECRETARY – Olivia Bell

secretary@edinburghparkinsons.org

TREASURER – Sandra McArthur

treasurer@edinburghparkinsons.org

There is more information in our “Welcome to Our
Branch” document and at edinburghparkinsons.org
which has the most up-to-date information

Parkinson's UK Edinburgh Branch Aims

We aim to help people with Parkinson's in Edinburgh
and the Lothians and provide:

- Opportunities for members to meet, share
experience and support each other
- Information about medical and lifestyle issues
- Group activities

We represent Parkinson's interests to NHS Lothian and
others. We want standards of care and medical
facilities for Parkinson's in Lothian to be the best.

We are a branch of Parkinson's UK which is the
operating name of the Parkinson's Disease Society of
the United Kingdom. A charity registered in England
and Wales (258197) and in Scotland (SC037554).
www.parkinsons.org.uk

Parkinson's UK Helpline

The helpline is a free confidential service providing
support to anyone affected by Parkinson's. Trained
advisers, including specialist Parkinson's nurses, can
provide information and advice about all aspects of
living with Parkinson's. Freephone number 0800 800
0303 Monday to Friday, 9am – 6pm, and Saturday,
10am – 2pm or by email: hello@parkinsons.org.uk

Parkinson's Nurse Specialist Team

Alison Stewart and Sharon Reading share the Lead
Nurse role. The other Nurses are Daniel Curran,
Melanie Arthurs, and Yolonde Mackie.
0131 465 9156 (Mon-Fri 8.30am – 10.30am)

Parkinson's Local Adviser

Natalie Blair is the PLA for Edinburgh, East Lothian and
the Borders. Advisers can support anyone with
Parkinson's, their family or carer. Access to an Adviser
is through the Parkinson's UK Helpline.

Parkinson's UK Volunteer Co-Ordinator

Alice Hall: vc.scotland1@parkinsons.org.uk

Scottish National Office

Parkinson's UK Scotland
Mailbox 14, King James VI Business Centre
Riverview Business Park, Friarton Road, Perth PH2
8DY. Tel: 0344 225 3724



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



www.edinburghparkinsons.org