

Edinburgh Branch

August 2025 Newsletter



Welcome to a jam-packed newsletter. We hope you will find things of interest and useful information.

Our New 'Season' Kicks Off Soon...

After a couple of months off, the Branch will be starting the new annual programme in September. We look forward to welcoming you to many of the meetings, as well as social events and activities that run all year.

You will be receiving through the mail a copy of our annual calendar very soon. It's a professional production and a good size to have to hand on the coffee table, in a handbag, or even in the 'messy drawer' along with the takeaway menus!

The first of our monthly Get-Togethers is:

Wednesday 10th September 2–4pm at Lifecare Centre in Stockbridge. We will be joined by Mary Ellmers who is the Service Improvement Manager Scotland for P-UK who will give us insight into the Parkinson's Excellence Network.

Edinburgh Military Tattoo Ticket Offer

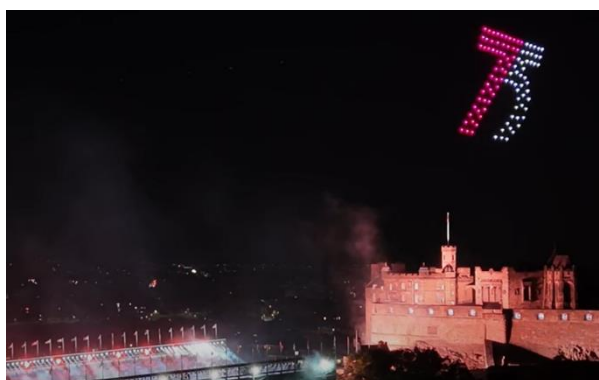
Parkinson's UK Scotland has just been gifted some tickets to The Royal Edinburgh Military Tattoo and have kindly offered to share some with the Branch.

We are happy to offer these tickets to the membership. There are 10 tickets, and we are going to offer them in pairs only.

The tickets are for the performance on **Thursday 21st August at 9.30pm.**

If you would like to take up this offer please contact Anne Chalmers (Branch Volunteer): annec@edinburghparkinsons.org.

We haven't worked out the logistics – as the tickets have not been dispatched to Anne yet. But either they will be posted First Class to you, or we can arrange collection.



Edinburgh Parkinson's Lecture 2025

The booking links are now available for the Lecture on Tuesday 2nd October at the Royal College of Physicians of Edinburgh. You can attend the venue in person, or you can watch the live stream online.

This year's Lecturer is Dr Agnete Kirkeby (pictured) who is Associate Professor at the Novo Nordisk Foundation Center for Stem Cell Medicine, University of Copenhagen, Denmark.

The title of Agnete's Lecture is: Stem cell therapies for Parkinson's Disease – where are we now?

View the [Lecture Programme 2025](#)

Register to attend [In Person](#)

Register to [Watch Online](#)



Par-Con 2025

Par-Con is a 2-day event for the Parkinson's community, to bring people together to connect and learn.

When: Friday 24 October (9.30am to 6pm) and Saturday 25 October (9.30am to 3pm)

This event takes place both in person, but also online, which is why we think some of you might be interested. We have a specific [news item](#) on our website with more details.

Online Younger Person (YP) Session

Parkinson's UK Scotland have an introductory session on Tuesday 19th August from 7 – 8.30pm, for people living with Parkinson's of working age

We have only just been made aware of this but have added more details into a [news item](#) on the website.

New 10 Week Neurodynamics Course

**We are pleased to announce a new course starting 15th October 2025.
The venue will be Fisherrow Community Centre in Musselburgh.**

The course is delivered by instructor Sasha Baggaley a Neuro Physiotherapist trained in [PD Warrior](#) and [LSVT BIG](#). Research has shown that certain types of exercise helps re-wire the brain (neuroplasticity) and may also provide neuroprotection. The right kind of exercise can improve overall physical function and may have an effect on slowing disease progression. It is an advanced exercise programme incorporating physical *and* cognitive activity for people in the earlier stages of Parkinson's (mild-moderate symptoms).

Pre-Assessment

It is mandatory that participants attend an initial assessment. This is a 90-minute, one-to-one consultation, and involves:

- Discuss your Parkinson's symptoms, medication, current exercise/activity levels.
- Establishing your short- and long-term goals.
- Physical tests including a walking test, hand function test, balance test.
- You will complete a quality-of-life questionnaire and subjective visual scale.
- Partners or friends are welcome to attend the assessment, and the classes.

Attending Classes

There are weekly classes on Wednesdays from 1-2pm. There are between 6-10 PwP's in each group. Class involves a warm-up, a circuit, and a cool-down.

Exercise Daily

For the duration of the course, you should do a range of daily exercises.

Attend a Reassessment

This assessment will take about 45-60 mins, at the end of the course.

Cost

The cost to take part in this programme will be £105 comprising equipment for use at home (£25) and classes & assessments (£80 contribution to Branch who subsidise the course), payable after initial assessment via Shop on website.

To Apply or for more information, contact Sasha: sasha@edinburghparkinsons.org

Can Collection: Volunteers Needed

We have a two-day slot in September at Craighleith Retail Park, for can collection. This generates much needed funds for the Branch.



Diane Drummond our fundraiser needs people on:

- Friday 12th and Saturday 13th September
- Times: 10am-Noon; Noon-2pm; 2pm-4pm

If you can help out, even for an hour (more is welcome 😊) can you please let Diane know. Her email is: diane@edinburghparkinsons.org

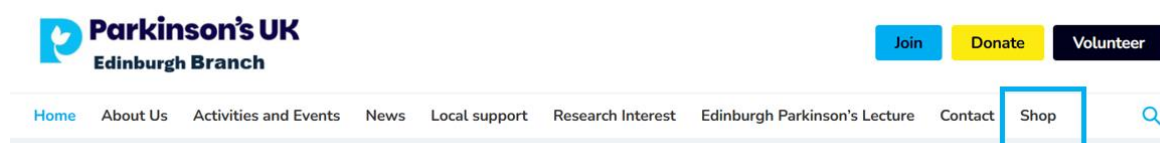
Activities and Contributions

We provide/organise a range of regular activities in an effort to promote improvement of physical ability and general well-being for people with Parkinson's.

Many of these are subsidised by the Branch, and we do ask for contributions for the activities and classes. We have a suggested contribution for many, and we have a target figure for recovery of around 50% of the costs.

While we would not want anyone to stop coming to any activity that benefits them, we would graciously ask that if you do attend and are able to make some financial contribution that you please try to remember to do so.

Some of the exercise type activities can be paid for through the [Shop](#) on the website (see image below). Other such as cafes and support groups may have a donations bowl or basket.



Younger Parkinson's Event

Parkinson's UK Scotland are hosting a Younger Parkinson's information and support event at the Stirling Court Hotel in Stirling, starting at 11am on Saturday 20th September 2025. The agenda for the day is provided below.

This is a free event for people with Parkinson's who are working age and their loved ones. The aim is to share information and experiences with like-minded people, access support and try new activities

You can book via [Eventbrite](#), which also has full details of the programme. Booking is essential.



Should you require any further information or need a hand with booking, please contact Chloe on 0300 123 3679 or email scotland@parkinsons.org.uk.

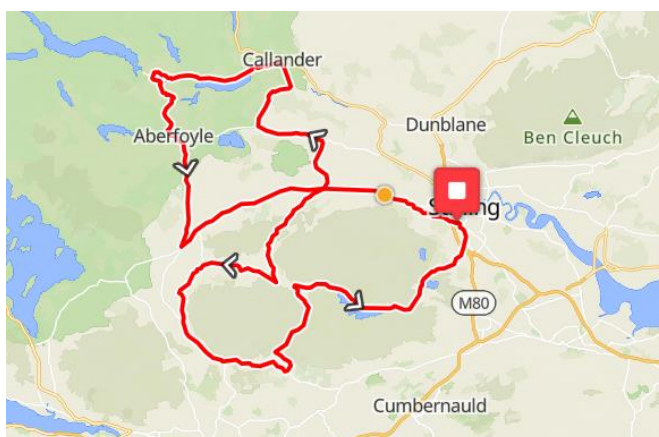
	
Younger Parkinson's information and support event	
Research, Share, Discover & Connect	
Saturday 20 September at the Stirling Court Hotel, FK9 4LA	
10.15am	Registration and refreshments
11.00am	Welcome and house-keeping Parkinson's UK – what we do and how we can help?
11.40am	Comfort break / head to workshops
11.55am	Workshops – 4 options to choose from: • Introductory session for those newly diagnosed • Benefits, Entitlements and Employment • Drumming taster session • Voice exercise taster session
12.55pm	Lunch and refreshments
2.10pm	Workshops – 4 options to choose from: • Hints and Tips for Everyday Living • Support for partners and family members – 'in it together' • Parkinson's Boxing taster session • Dance for Parkinson's taster session
3.10pm	Comfort break
3.25pm	Workshops – 3 options to choose from: • Non-motor symptoms (1 hour) • Adaptive cycling taster session (1 hour) • Informal drop in to access 121 support from staff and volunteers, and connect with others
5.00pm	Event ends with closing remarks

Pedal for Parkinson's 2025

Euan Smith, son of Committee Member Stuart is taking part in this year's Pedal Trossachs for Parkinson's which takes place on 31st August.

The course starts and finishes in Stirling and takes riders into and around the Trossachs. Euan is going for the 100 mile challenge (route shown below). This is not only to raise funds for Parkinson's UK but also in memory of Rachel, his mother, who had the condition for 22 years.

It would be wonderful if you might consider sponsoring Euan. You can do it by clicking the map image of the route he will be doing. This will take you to his sponsorship page on the Parkinson's UK website.



Good Luck!
Euan ☺

Walking Football: Female Players Wanted

We put out a request in June for more women to join the Parkinson's Walking Football in Edinburgh. And we still would welcome more.

Building on from the Lionesses recent success, has this whetted your appetite? While we don't expect this activity will lead to an opportunity to represent your country, we do expect you will have fun, keep fit and make new friends.

When: Every Wednesday from 11am-12pm playing time, with refreshments served thereafter.

Where: World of Football, Corn Exchange, 10 New Market Rd, EH14 1RJ.

For more details see the [Parkinson's Walking Football](#) page on our website. If you want to chat to someone to make sure it's right for you, contact Alison Williams (alison@edinburghparkinsons.org)

BeechBand

The BeechBand is a wearable device that uses vibrations to help with a range of motor and non-motor Parkinson's symptoms. The product was designed by someone who lives with Parkinson's.



Parkinson's UK invested in the band, allowing refinement of the device and a vehicle to allow it to be tested within the Parkinson's community.

BeechBand uses a specific tapping sensation to help manage symptoms of Parkinson's. It works by providing a rhythmic vibration that acts as a tactile cue, helping to reduce anxiety, dyskinesia, rigidity, walking problems, and speech difficulties.

BeechBand is currently £49.50 (plus p&p).

Has anyone managed to get a BeechBand? If you did, have you noticed any improvement in any of your symptoms?

Please send any observations/improvements to Stephen Brannan at (chair@edinburghparkinsons.org). He has a particular interest in this, as outlined in the next snippet...

Tech Guide

A reminder that Parkinson's UK have a Tech Guide, which allows PwPs to be better informed to make more informed decisions about 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. Reviewers 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 Parkinson's UK website: <https://techguide.parkinsons.org.uk/>

Beware of DWP Scam Texts

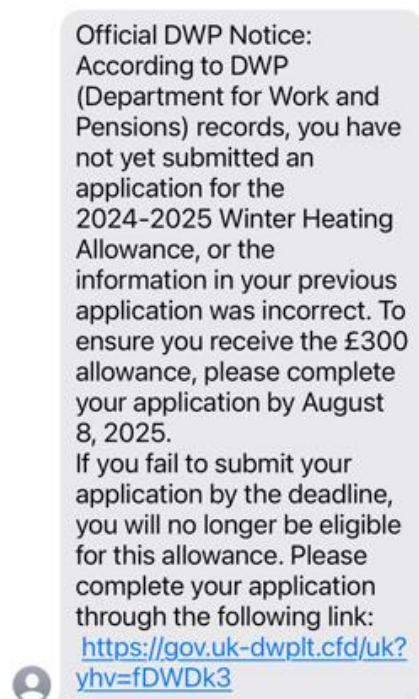
Scott Wilson, Chair of EYPSG made us aware of a scam text purporting to be from Department of Work and Pensions (DWP). There are several scam texts that have been sent, some relating to energy benefits, and some for winter fuel allowances.

One of the YPs' who used to work in fraud prevention/detection for many years confirmed it pays to be aware. He also gave some suggestions:

- "One tip is to avoid clicking on the link in the text/email message, as clicking on the provided web address may direct you to a scam site, allowing the scammers to download malware onto your computer.
- Look at the web address - it will be very similar to the official site but will have some variation. (In Scott's case, it did have gov.uk, but then all the letters and numbers that follow are the red flag.
- It's always best to look at the web address of the official site, finding it by a Google search, and then you will spot the difference - sometimes it can be very minor - an additional letter, for instance.
- If in doubt, take a step back and contact any organisation through the 'normal' way."

Because of concerns in relation to cyber security, we have arranged our Branch Get-Together on Wednesday 8th October to focus on Scams and Cybersecurity.

Claire Taylor Director of Information Services at Edinburgh Napier University (pictured) will give us guidance and advice.



Today 09:31

All Ability Bikes at Thistle

These adaptive bike sessions are open to adults of all abilities, including those with Parkinson's. This is a fun and supportive way to engage in physical activity. Build your cycling skills in a fun, inclusive environment.

The sessions are free and open to all, with no need to book in advance.

What is on offer?

Adapted Bikes for All Abilities: A variety of specially designed bikes tailored to meet diverse needs.

Inclusive for Wheelchair Users: Wheelchair users can join in on the fun too! Just bring along a carer or friend to support you.

Venue 1: Craigmillar

When: Every Tuesday from 12:30pm to 2:30pm

Where: 13 Queen's Walk, Edinburgh EH16 4EA

Venue 2: Saughton

When: Every Thursday, 1:00 PM – 4:00 PM

Where: Saughton Park (Ford's Rd Car Park, Edinburgh, EH11 3HR)

For both, everyone is welcome. Priority for people with long-term health conditions and disabilities. For those who prefer a quieter experience, it is recommend joining the Tuesday session at Craigmillar, as it tends to be calmer compared to the Thursday session at Saughton Park.

For more Information contact: thistleoutdoors@thistle.org.uk



Edinburgh Parkinson's Social Cafés

A reminder that we run a series of social cafes to meet and chat informally over a coffee/tea and a biscuit. These are open to people with Parkinsons, and family, friends, or anyone with an interest in Parkinson's.

The Butterfly Café

There is no café in August. The next Butterfly café is on Monday 8th of September (at St Giles [Marchmont], 3 Kilgraston Rd).

The Fairmilehead Café

This takes place in Fairmilehead Church popup café (1a Frogston Rd West). The next Fairmilehead Café is on Wednesday 20th August.

The Niddrie Café

These cafés did not stop over summer. The next Niddrie café is on Monday 25th August at Hays Business Centre, 4 Hay Avenue.

See the website for full [details of the cafés](#).

And Finally...

There won't be Newsletter in September, as the volunteer who produces it is going in for a hip replacement and is taking some time off to recover.

However, if there was anyone who would like to offer to put together a newsletter, even a couple of pages or so, please do get in touch. A fresh approach – a different format might be welcome. No harm in testing the water.

If you would like to take on the challenge, please contact:
communications@edinburghparkinsons.org

(Note: during this period, any important news will be shared by Frank Ribbons, the membership secretary by email).

Replacement surgery



Total hip replacement