

Edinburgh Branch

October 2025 Newsletter



Newsletter Resumed...

The monthly Branch Newsletter is back after a short break, while Anne recovered from a hip replacement.

We would love to have more contributions from members, so if you have anything you would like to share, email: communications@edinburghparkinsons.org

That might be fundraising by you or someone you know is doing it for Parkinson's. It might be to give recognition for someone, to recommend any of the classes or activities, make suggestions for external activities that you have found useful. You can also share recipes – particularly for the December edition, that would be great.

Temporary Change to Group Leadership

Some of you may already know that Cathie Quinn has recently been unwell and is taking some time off. However, the two key activities she runs will still go ahead:

Side by Side Course: which started on 6th October will go ahead with Cathie's understudies Kathleen and Anne, supported by Olivia, and overseen by our activities coordinator Gina. However, the session on 13th October is cancelled, due to half term and difficulty in getting a guest speaker. Next session is therefore 20th October.

We are grateful to Gina and Olivia for stepping in a short notice, which prevented us from having to cancel this important course.

Carers Support Group: the last Wednesday of the month will take place as usual. Anne has offered to get some supermarket cakes – but... if anyone who attends offers to make scones, we will happily reimburse!

I am sure you will join us in wishing Cathie a speedy recovery.

Cafes: Temporary Change to Dates

Two of our three cafes don't take place on the usual date in October. Though we have updated the new times on the website, for ease the new dates are:

- Café Marchmont (Butterflies Café, at St Giles) takes place 20th October
- Café Fairmilehead (Fairmilehead Church, 1a Frogston Rd West) is on 22nd October

Branch Get-Togethers

Our monthly Branch Get-Togethers take place on the second Wednesday of the month, starting at 2pm, at Lifecare Centre, Stockbridge.

Our next Get-Together is on the 12th November. We will be joined by Michael McLaughlin who is a Postural Stability instructor from Edinburgh Leisure's Steady Steps Programme. This is a 16 week programme, aimed at anyone who has had, or is at risk of having a fall. As we know this is something that affects many with Parkinson's, so this session really is one not to be missed!

The image on right is from the [Steady Steps Leaflet](#) from Edinburgh Leisure. Michael is pictured taking the class through some exercises.



October Branch Get-Together Summary

The meeting on 8th October was very topical and highly informative. Claire Taylor Director of Information Services, Edinburgh Napier University, and one of her colleagues talked about scams and cybersecurity.

It was interesting to learn that scans are not just young lads in their bedrooms, but multiple staff in large offices are involved! We heard how anyone could get scammed, and we were told about many of the warning signs. The image below is some guidance provided by Edinburgh Napier.

- **Use strong passwords:** Create complex, 15-character minimum passwords.
- **Enable Multi-Factor Authentication (MFA):** This provides an extra layer of security.
- **Beware of suspicious emails (phishing):** Avoid clicking links or opening attachments from unknown senders. Be cautious even with emails from known senders, as their accounts can be compromised.
- **Check sender details:** Scammers often use email addresses that appear legitimate. If you receive a suspicious email, hover over or click the sender's address to see the true email.
- **Limit social media information:** Be careful about what you post, as scammers can use this information for identity theft.

Christmas Lunch 2025

Our Branch Christmas Lunch is at our usual venue - Leonardo Murrayfield Hotel (Clermiston Rd) on Wednesday 10th December. Arrive 12.30 for 1pm.

The cost of the 3-Course meal is £20 per person. Coffee is included; drinks may be purchased at the bar. There's ample parking at the hotel. Several buses go nearby. More details are on the [website](#) and booking is done at our [Shop](#) option. Menu choices can be added there or emailed to Olivia (details from first link above).

Menu

Starter

- Winter vegetable soup, roasted garlic and parsley oil, with bread roll (V) (GF)
- Chicken and leek terrine, tarragon aioli, toasted focaccia bread
- Spiced quinoa, broad bean and chickpea salad, sweet potato falafel, creamy vegan mint dressing (V) (GF)

Main

- Golden roast breast of turkey, sage and onion stuffing, thyme and garlic roast potatoes, glazed root vegetables, chipolata, Brussel sprouts, roast turkey jus
- Roast fillet of seabream, gratin potatoes, winter greens, chive cream sauce (GF)
- Pumpkin Gnocchi, Sprout leaves, roasted butternut, plant based blue cheese, toasted pumpkin seeds (V) (GF)

Dessert

- Mimosa cheesecake, orange curd, chocolate glaze (V) (GF)
- White chocolate and raspberry roulade, Chantilly cream (GF)
- Christmas pudding, brandy sauce

Followed by tea/ coffee



Edinburgh Parkinson's Lecture 2025

The annual lecture took place on Tuesday 2nd October at the Royal College of Physicians of Edinburgh. Huge thanks to [ERIG](#) Chair David Melton for another very successful lecture

The Lecturer was Dr Agnete Kirkeby, and the title of the lecture was 'Stem cell therapies for Parkinson's Disease – where are we now?'

Numbers attending were similar to last year at 250, and over 700 registered to watch online. The fundraising collection afterwards and via online donations was over £1300. We appreciate the generosity. The video of the lecture will be added to our [YouTube](#) channel in the near future.

Art Group Resumption

While it's early doors, we are exploring the possibility of resuming the Art Group at the Botanic Gardens



We were incredibly happy that someone came forward to offer to facilitate. We are not 100% sure if the slot at the Botanic Cottage is still available, but Branch Chair Stephen is beaver away in the background trying to work on reintroducing the art group – most likely this would not be until the New Year. We will keep you posted on progress.

Pilates: Changes

We plan to introduce a new Pilates session in the Stockbridge area, which will take place on Tuesdays.

The starting date is to be confirmed. Keep an eye on the [Pilates page](#) on the website for details. As soon as we are ready, updates will be posted there.

Sasha and Gina (Activities Coordinator) are jointly working on recruiting an instructor for Morningside. When we have confirmed information we let you know, either in newsletter, the website, or by email.



The Courage to Speak Podcast

As part of a new series of podcasts, the episode we think is of interest is an in-depth interview with Paul Sinha about Parkinson's disease. Most of the episode is focused on how Paul's life has been since his own Parkinson's diagnosis in 2019.

Paul's quiet mix of positivity and pragmatism shine through in this fascinating 50 minute conversation and Paul also discusses his support of Parkinson's UK and his appearance at your annual fundraising night of stand-up, Shake with Laughter, at Cadogan Hall on October 6th.

The Courage to Speak podcasts are available on all main podcast sites including [Apple](#) and [Spotify](#).



Parkinson's Specialist Nurses

You may know that Daniel is leaving Edinburgh, to move to Inverness. We wish Daniel all success and thank him for making such a great impression and being so invested in our community.

This means that the team of Nurses is down to 3 full-time equivalents, one of whom is still undertaking mentorship and training. We very much hope that NHS Lothian are proactive in recruiting more.

Parkinson's UK (P-UK) outline that they know that people with Parkinson's are waiting too long for the right care. This was something that came up at the most recent Carers Support Group meeting.

Please help P-UK make sure everyone with Parkinson's has access to the specialist care they need. Join the campaign and write to your MP or MSPs today. From the P-UK [Can't Wait](#) webpage is a link to contact your MSP.



Photo Attribution: Parkinson's UK

Frame Running

In 2022 Dr Martine Verheul (Senior Lecturer Motor Control & Skill Acquisition, Institute for Sport, Physical Education & Health Sciences, University of Edinburgh) gave a talk to ERIG members about potential benefits of frame running for PwPs.

Martine gave an illustrated talk entitled: Frame running: an exercise option for people with advanced Parkinson's? She also brought a frame running bike along to her presentation. The image gives an idea what frame running involves.



Martine followed this up in Oct 2024 with a 'Come and Try Event' at an athletics track in Balgreen. This was well received by Branch Members that participated and yielded data to support a proper study to investigate benefits to PwPs.

Martine contacted ERIG Chair David with preliminary information about the development of a 'course' that may start as early as end of October. There is now strong evidence that moderate exercise can improve Parkinson's symptoms. But people with more advanced Parkinson's are not capable of conventional moderate exercise. Frame running however can have hugely positive impact on PwPs. A slide from Martines talk in 2022 gives some insight into this...

"...My fitness and balance improved significantly which helped in my everyday life. I was able to do more in everyday life without feeling tired." – Participant 3

"I have more of a can-do attitude, it's given me a belief in my future independence. I now believe I can live independently in the future." – Participant 10

"On my bike I feel free and just like everyone else. I'm not confined to my wheelchair and don't need to worry about falling over. Frame running is my escape in a way." - Participant 5

"frame running has given me more self-confidence, and I believe that I can do anything if I set my mind to it." – Participant 6

"it's improved my confidence in many situations, I have so much more self-belief than before I found frame running." – Participant 10

This would involve pre and post testing, much as Sasha does for the [Neurodynamic Exercise](#) programme. For the frame running a focus of the evaluations will be Parkinson's symptoms, gait kinematics, quality of life, general fitness, and the perceived psychosocial impact of the assistive device.

We believe the course will be in East Lothian and will be taken by a qualified coach. You can watch the 2022 ERIG talk by Martine on our [YouTube](#) Channel. When/if we get any further information, Frank our Membership Secretary will send out an email.