

## **Edinburgh Branch**

### **November 2025 Newsletter**



In this edition there are a couple of events that are taking place very soon. The next Get Together on Wednesday 11<sup>th</sup> November (page 2) and a Can Collection on 14<sup>th</sup> and 15<sup>th</sup> November (page 3), where we still need volunteers.

There are plenty other inclusions, so please enjoy!

# Christmas Lunch Reminder

**There is still time to book for our Christmas Lunch on Wednesday 10<sup>th</sup> December, at the Leonardo Murrayfield, Clermiston Road.**

Below is the menu, which as you can see has some delicious options. Booking is via the secure [Shop](#) option on our website. Last date for booking is 2<sup>nd</sup> December. Further information, including options for submitting menu choices is on the [Lunch webpage](#).

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 chick pea 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

## Can Collection: Can You Help?

**Our final fundraiser of the year takes place on Friday 14<sup>th</sup> & Saturday 15<sup>th</sup> November, at Craigmillar Retail Park. We welcome extra people to help.**

The times that Diane the fundraiser particularly welcomes help is Friday from Noon – 2pm and Saturday 10am till Noon, or Noon – 2pm. If you can help, please email Diane directly:

[diane@edinburghparkinsons.org](mailto:diane@edinburghparkinsons.org)



# 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 of 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 8<sup>th</sup> 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.

# Preparing for the Future

**Organised by Parkinson's UK Scotland, 'Preparing for the future' is an online information session specifically for spouses, family members, and carers.**

The session takes place on Tuesday 25th November from 4 – 5.30pm via Zoom. There will be a presentation followed by Q&As. There are a range of things to think about when you are putting your affairs in order, so planning your future now means that potentially difficult decisions can be considered.

Parkinson's Local Adviser Lorna Fraser will co-host this important session with Family, Friends & Carers working group volunteers Linda, Mike, and Linda. Topics will include Power of Attorney, Wills, housing requirements, and care options.

It can be difficult to discuss how Parkinson's has impacted on you in front of people with Parkinson's, so please note these Zoom sessions are only open to family members, friends, supporters, and/or carers.

To register for this session, please complete this [Google Form](#) or contact Chloe at [cmacmillan@parkinsons.org.uk](mailto:cmacmillan@parkinsons.org.uk) or phone her on: 0300 123 3679

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## ERIG Talk: 22<sup>nd</sup> November at 10am

**Dr Alan Godfrey from Northumbria University will speak on “Better informing falls management in the home and community.”**

Dr Godfrey is leading a collaborative proposal to the National Institute for Health and Care Research with university colleagues from Newcastle, Liverpool John Moores, Bradford and Heriot-Watt. They plan to use digital wearable devices to monitor walking patterns in People with Parkinson's, with the ultimate aim of preventing freezing and falls.

If you would like to attend, please email David Melton who will provide the Zoom link ([davidm@edinburghparkinsons.org](mailto:davidm@edinburghparkinsons.org))

For more information about the Edinburgh Research Interest Group, please see the dedicated [webpage](#).

## Art Group Resumption

**We are pleased to announce that there is some progression in restarting the Art Group that took place at the Botanic Cottage.**

Lucy Todd has come forward to express interest in taking over the art group. She still has to research more about what this has entailed in the past. We are hopeful that early in 2026 the new art group will commence. Watch This Space!



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## Sporting Memories

**We would really appreciate if more people would go along to Sporting Memories. These sessions can make a positive difference in people's lives and work best when there are several people.**

The sessions take place each Thursday from 10.30am to 12pm at Liberton Northfield Church, 280 Gilmerton Road, Edinburgh EH16 5TT. They are free and refreshments are provided. For more information email Lyndsay Taylor (ltaylor@parkinsons.org.uk) or call 07815 610 129.

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## Pilates Updates

**We have one new class that started recently and are hoping to have another new one starting in the New Year.**

We have recruited a new Pilates instructor for Pilates at Morningside. The day and time etc. still have to be finalised. If you would like to be added to a list of those interested, contact Stephen Brannan ([chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org)).

We still have places for the new Pilates at Stockbridge, which take place on Tuesdays from 2-3pm at Stockbridge Parish Church (The Young Room), 7B Saxe Coburg Street, Edinburgh, EH3 5BN. If you would like to attend, please email Katie Bennett the instructor: [katie@edinburghparkinsons.org](mailto:katie@edinburghparkinsons.org))

# Get Active Stay Active

**Parkinson's UK's 'Get Active Stay Active' programme is designed to help people living with Parkinson's enjoy the wide-ranging benefits of regular movement.**

They offer tailored resources, community activities, and education and awareness on the benefits of being active. They have asked us to share some links to downloadable resources:

## [Being Active with Parkinson's guide](#)

This guide gives you top tips and helpful advice for staying active and improving your wellbeing.

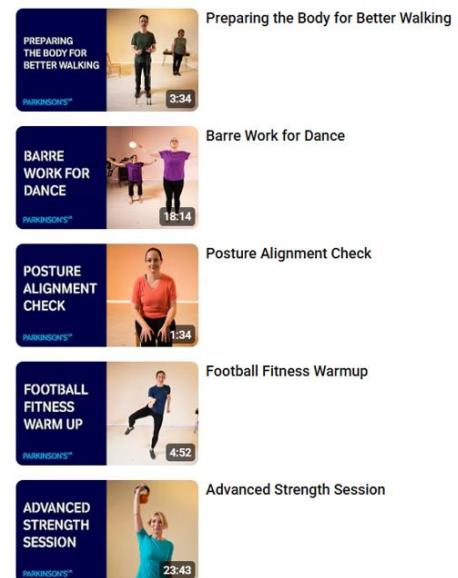
## [Active at Home guide](#)

This guide gives you a range of movements and helpful advice for staying active with Parkinson's at home.

## [On demand exercises classes on P-UK YouTube channel](#)

There are 53 individual videos. The image on the right shows just a sample of the terrific range available.

Well worth a look so you can plan your winter indoor staying active regime. While fresh air is important, staying safe in bad weather often means it's best to stay indoors. These exercise videos could be a great motivator to stay active and stay strong.



## [Get Active Stay Active Podcast](#)

*Get Active Stay Active* is a professionally produced, 12-episode podcast. It features speakers with lived experience, those with a wider connection to the condition and insights from healthcare and exercise professionals.

# Tech Guide

**The Parkinsons' UK Tech Guide has been updated. This allows you to learn about devices and apps that could improve your quality of life.**

The [Tech Guide](#) has many items that are free (e.g. the middle product in image). There are suggestions to improve walking and posture. Best of all, products are reviewed by people with Parkinson's, independent and honest reviews.

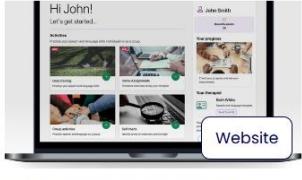
**Beats Medical** £££



An app designed to help with mobility, speech and dexterity...

[View info >](#)

**Beautiful Voice** Free



An at-home online speech coach that guides you through...

[View info >](#)

**BeechBand** £



A wearable device that uses vibrations to help reduce anxiet...

[View info >](#)

## Research Opportunities

**Parkinsons' UK have some opportunities to participate in research.**

### [COBALT: Trial of a combination of 2 drugs as a Parkinson's dementia treatment](#)

Researchers across the UK are investigating if a combination of two drugs, an acetylcholinesterase inhibitor (AChEI) and memantine, can be used to treat Parkinson's dementia and dementia with Lewy Bodies.

### [Understanding how people with Parkinson's adapt to change](#)

A Doctorate in Clinical Psychology student wants to understand if self-confidence affects how well people with Parkinson's adapt to changes in their condition.

### [Understanding pain in Parkinson's](#)

Sevenless Therapeutics is developing a treatment for pain that has fewer side effects than current options. They have designed a survey to better understand the needs of the Parkinson's community and inform a future clinical trial.