

## **Edinburgh Branch**

### **June 2026 Newsletter**



Contributions to the newsletter or the website are welcome. Please send anything to:  
[communications@edinburghparkinsons.org](mailto:communications@edinburghparkinsons.org)

# News in Brief

**Some snippets of news we feel important are outlined below:**

## Quality of Life Group

**A decision has been made to have a summer break, so there will be no meeting in June. We will keep you informed of when the group resumes.**

Sally or Alison will have been in touch with those who attend regularly, we just want to make sure nobody else turns up on 4th June.

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## Pilates: June Changes to Monday Classes

**Deirdre our Monday Pilates instructor had a fall and sustained injuries that means she is unable to take classes currently. She expects to be recovered to resume in July. We wish her a speedy recovery.**

We are very grateful to Katie, who can take two of Deirdre's June classes. The revised schedule for the remainder of June is:

- 8<sup>th</sup> June: Classes as normal, with Katie delivering
  - 15<sup>th</sup> June: Classes cancelled
  - 22<sup>nd</sup> June: Classes as normal, with Katie delivering
  - 29th June: Classes cancelled
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## Summer Break

**We confirmed in the last newsletter that the monthly Get-Togethers at Lifecare Centre are now finished, and will restart in September.**

However, most of our regular activities, cafés, and support groups do run all year long. Check the website and the individual pages for any activity or group you are interested in, and up-to-date information should be available.

## Chelsea Flower Show: People's Choice Award

**Members of the public had opportunity to vote for the RHS Chelsea Show Best Show Garden. They decided that Arit Anderson, designer of the Parkinson's UK – A Garden for Every Parkinson's Journey was their Best Show Garden.**

A special rose was produced for the garden (pictured). You can buy the Parkinson's Resilience Rose, and there is a £5 from every sale that goes to Parkinson's UK.

The rose is for sale through Harkness Roses, from this [Link](#)



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## Edinburgh Marathon Festival

**There were many runners who took part in the 2026 Edinburgh Marathon, running for Parkinson's. It was a very hot day, and so completing the event is even more awesome. Committee Member Stuart Smith gave a summary:**

“I joined the Parkinson's Events team from London at the stand in the charity village. We had quite a few runners calling in at the stand to rest, take on more water and snacks and to chat to us. Some also had a post-run massage to ease their tired limbs.

Runners came from across the UK, there actually weren't many Edinburgh based runners. James Jopling (Scotland Director for P-UK) completed his first marathon – not sure of his time but he looked not too bad at all, given the heat!

One young woman was running for Parkinson's in her first marathon. She was wearing the pink Parkinson's shirt. What I didn't know until I saw her was that printed on the back of her shirt was “In Memory of Rachel Smith”, my late wife!”

Perhaps for next year, you might be interested, either personally or in coercing a family member or friend, to participate in an event that can raise awareness and ideally some funds for Parkinson's. Stuart's son Euan Smith is taking part once again in [Pedal Trossachs](#). If you have any thoughts or ideas for an event, feel free to discuss with our Fundraiser Diane: [diane@edinbrughparkinsons.org](mailto:diane@edinbrughparkinsons.org)

# Younger Parkinson's Information Event

**This Parkinson's UK YP event takes place at the Stirling Court Hotel (within the grounds of the University) on Saturday 29 August 2026 from 11am – 5pm.**

This event brings people who are affected by Parkinson's and are of working age together from all over Scotland. It provides the opportunity to meet with others, seek advice, access support and find out about activities in your local area and Scotland-wide.

This event has been designed by P-UKs Younger Parkinson's Working Group specifically for people with Parkinson's and those closest to them (aged 18+).



## Scotland's Younger Parkinson's information and support event

On Saturday 29 August 2026, 11am, at the Stirling Court Hotel, University of Stirling FK9 4LA.



There will be information on research, physical activity, benefits, employment, technology, sources of support, as well as hearing from people living with Parkinson's about how they live well with the condition.

The event is free, but booking is essential. You can register via [Eventbrite](#).

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## Frame Running Trial Finishes

**The 16-week Frame Running trial for members of Edinburgh Branch organised by Dr Martine Verheul and her PhD student Ruyi Xu has recently ended.**

We look forward to hearing about the results of the trial at an upcoming Saturday morning talk from Ruyi and Martine to the Edinburgh Parkinson's Research Interest Group (ERIG).

You can watch a video about the [benefits of frame running for people with MS](#). We are considering the introduction of frame running as part of our activities, however the track at Saughton is being re-laid this year. We will keep you posted on whether in 2027 this is something we can proceed with.

# Research Opportunity

**Parkinson's UK shared an opportunity for people with Parkinson's (and other conditions with similar symptoms) to get involved in research that can help researchers find better ways to diagnose parkinsonism. And read a new guide to help you navigate clinical trials.**

Parkinsonism is an umbrella term used to cover a range of conditions that share similar symptoms to Parkinson's. Currently, there isn't a simple way to accurately diagnose these conditions. Researchers want to improve this by tracking changes in people with these conditions.

The researchers need people living in the UK who:

- have been diagnosed with Parkinson's or a condition with similar symptoms, including Progressive Supranuclear Palsy (PSP), Cortico-Basal Syndrome (CBS) and Multiple System Atrophy (MSA)
- or are experiencing symptoms that may suggest Parkinson's or a related condition. ([Read about the symptoms associated with parkinsonism](#)).

## What is involved?

You'll be invited to your nearest study centre (there will be one in Edinburgh) for a 2 to 3 hour visit where you'll:

- give consent and donate a blood sample, which will be assessed for markers that may help identify parkinsonism
- complete questionnaires and have a neurological examination, as well as other optional assessments, including a skin biopsy, urine sample, and a lumbar puncture.

You'll be invited to repeat these assessments after 1 year

Travel expenses will be reimbursed up to £25

For more information, please read the [participant information sheet](#)

## Interested in taking part?

The first step is to contact the study coordinator, who will give you more information about the study and whether it's right for you. Please email [uclh.prospect@nhs.net](mailto:uclh.prospect@nhs.net) or call 07825 076 394.

# Activities: Monthly Spotlight

**Each month we are going to spotlight one of the many activities or support groups the Branch offer, or external sources who focus on Parkinson's. It's useful to have insight into what is entailed and who takes the classes/sessions.**

## Table Tennis

Table Tennis was introduced and is run by Scott Wilson, Chair of the Edinburgh Younger Parkinson's Support Group, and Branch Volunteer Gina Allen. The sessions are on Saturdays from 1.15 to 3.15pm at the North Merchiston Club in Watson Crescent, Edinburgh, EH11 1EP. There is a charge of £5 per person. Equipment can be provided.

The group is open to *anyone* with Parkinson's, no matter your age, and is for all abilities, including complete beginners.

That said, some of our players competed at the Perth and Kinross Disability Sports Table Tennis Championships on the 23rd May 2026.

Ken Macfarlane (pictured right) won silver, and Iain Thomson (pictured below) took the bronze.



Scott Wilson, Frank Duffy and Ged Wallis played too and are in the team photo below. Scott organised design and purchase of the smart cyan blue team kit.



All thoroughly enjoyed themselves, both playing in the tournament and meeting people from other groups.

This is not the first year that some of those that attend on Saturdays enter into competitions. There were silver and bronze medals at this same competition last year. And in 2024 we had some good success in the Scottish International Parkinson's Open Largs 2024, where some of the women were in the medals. The image below is from that tournament.



**Good luck to the players participating in the Largs international event in August.**