

Edinburgh Branch

May 2026 Newsletter



Contributions to the newsletter or the website are welcome. Please send anything to:
communications@edinburghparkinsons.org

News in Brief

Some snippets of news we feel important are outlined below:

Summer Lunch

The lunch is on Wednesday 10th June at the Leonardo Murrayfield at 12.30 for 1pm start. The cost is £20 per person for a two-course lunch.

The menu choices, instructions for how to pay, and venue information is on the [Summer Lunch](#) webpage.

If you intend to come, please can you book your place soon. We have to reach a certain number to make the lunch viable, so would appreciate if people could book within the next couple of weeks.

May Get-Together

The next Get-Together is Wednesday 13th May 2026 at 2pm at Lifecare Centre

Our speaker is Jeanne-Marie Lee, Carer Training Officer at [VOCAL](#) Edinburgh. She will talk about support for carers and the individual support, information, training and access to services that VOCAL can help carers access.

Note: this will be the last Get-Together until September.

Annual Calendar

The tri-fold leaflet will be posted out in August, which will confirm the details of all the Get-Togethers from September 2026 to May 2027.

It also outlines all the activities and groups, and useful contact information. Well worth saving (and not in the messy drawer with all the takeaway leaflets!)



Parkinson's UK
Edinburgh Branch
Our events in 2026/27



www.edinburghparkinsons.org

Parkinson's UK Survey

Parkinson's UK have set up a working group looking at how branches could get feedback on their meetings, and we think also the activities and support provided.

The next Butterflies Café has been chosen for the trial of a paper based questionnaire. (Other branches are being asked to try a focus group and online questionnaires).



We would be incredibly grateful if as many as possible could attend, as we would love to have honest and frank feedback from members about how we are doing. There will be refreshments provided, and we have ex-Committee member Diane Kennedy also involved, who will be on hand to help.

- Where: Butterflies Café, at St Giles (Marchmont), 3 Kilgraston Rd, Edinburgh EH9 2DW
- When: Monday 11th May 10.30am to 12 Noon

Art Group

A reminder that the Art Group is restarting – an email was sent out, but just to reconfirm a couple of details.

The class is monthly and takes place on Thursday from 2-4pm at the Botanic Cottage.

The dates for the sessions are on 28th May; 25th June; 13th August; 10th September and 8th October.



Our new leader is Kelly Zou, visual artist and illustrator based in Edinburgh. She will be assisted by volunteer helper Mark Scholefield who was involved in the art group previously.

There are a couple of places still available. For more details, or to register interest, please email Diane Drummond: diane@edinburghparkinsons.org

Research Opportunity: Music

Parkinson's UK have advised up about an opportunity for people with Parkinson's to take part in research about music.

Can groovy music support movement, mood and wellbeing in Parkinson's? Some people with Parkinson's find that music helps them move more easily or lifts their mood. A PhD student wants to know how people use music and what types are most helpful.

They're also interested in how musical activities could be made more appealing to people who don't consider themselves 'musical'.

- Who do the researchers need?: 150 people with Parkinson's
- What is involved?: Completing a 30 minute online survey about groovy music, movement and wellbeing

For more information, please read the [participant information sheet](#)
Interested in taking part? Please contact George Arthur by email gda426@student.bham.ac.uk (Deadline is 31st May 2026).

Thursday Pilates by Zoom: Spaces Available

There are still some spaces for the online sessions at 3pm with Sasha.

The session involves seated and standing work only (no need for a mat or other equipment and no getting on and off the floor). It focuses on good movement strategies, range of movement, breathing, fluidity and building muscle stamina.

The session is ideal for those who can't get to an in-person class and open to people anywhere in Scotland.



Contact Sasha: sasha@edinburghparkinsons.org

Edinburgh Marathon Festival

Parkinson's UK Scotland and Edinburgh Branch would like to encourage members to support runners on Sunday 24th May. Either at the designated Cheerpoint, or at the Charity Village (details on map below).

We know of a couple of people who are running this year, Committee Member Stuart Smith's son Euan is one. And there will be people from all over Scotland who run in aid of Parkinson's. So, whether they are doing the Marathon, or the Half Marathon, it would be amazing if people were there to cheer them on.



May: Parkinson's Walk Details

The next walk is on Monday, 25th May, starting at 10.30am. This will be a gentle spring walk in the Royal Botanic Garden.

This time the plan is to include some beautiful parts of the gardens not yet visited on our previous walks, with hopefully plenty of springtime colours. The renovation work on the glasshouses is now nearing completion, though they will not be open to the public until the autumn

Meeting place is at the entrance to the John Hope Gateway building on Arboretum Place, where parking is available. The walk will finish there too, in the café upstairs. As with all good walks we promise a view, a loo and a brew!

UK Parkinson's Disease Clinical Studies Group

ERIG Chair David Melton shared the information below for people affected by Parkinson's to join the UK Parkinson's Disease Clinical Studies Group.



The UK Parkinson's Disease Clinical Studies Group

Join The UK Parkinson's Disease Clinical Studies Group!

Are you:

- Someone who has Parkinson's, Multiple System Atrophy, or Progressive Supranuclear Palsy, or a family member or carer of someone who does?
- Passionate about involvement in Parkinson's clinical research?
- Able to participate in group discussions with investigators and give your opinions?
- Willing to share your knowledge with others who are affected by Parkinson's?

We are seeking new members to represent the diversity of the Parkinson's community



About the PD-CSG group

- Membership includes people affected by Parkinson's, Multiple System Atrophy (MSA) or Progressive Supranuclear Palsy (PSP), researchers, doctors, scientists, healthcare practitioners, charities, & more
- Optimises Parkinson's, MSA and PSP clinical research across the UK
- Facilitates collaborations within the Parkinson's research community
- Supports researchers deliver more studies to increase participation opportunities
- Aims for increased representation of the devolved nations and people from diverse backgrounds

About the role

- Represent those affected by Parkinson's by sharing opinions
- Align the efforts of the group to the areas that matter most to people with Parkinson's
- Involvement in the design, management, conduct and dissemination of clinical research
- Attend regular virtual group meetings
- Provide advice to the NIHR Parkinson's Disease Translation Research Collaboration



For more information or to apply, please contact us at md4efa@sheffield.ac.uk



Funded by Cure Parkinson's

Activities: Monthly Spotlight

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

Complementary Therapies

Many people with Parkinson's have reported positive experiences from therapy sessions. The Branch recognises that care-partners may also benefit from treatments, and started the Branch funded complementary therapies project. This is open to people with Parkinson's and/or their main care-partner living in Edinburgh, Midlothian, East and West Lothian.

The Branch will pay for people to access up to 3 therapy sessions from qualified therapists we have identified and approved. Access to the therapies is by referral from the Parkinson's Nurse Specialist Team or Parkinson's UK Local Adviser. If you need more information please feel free to contact Gina Allen (gina@edinburghparkinsons.org)

Below we outline the different therapies on offer:

Acupuncture

Because Parkinson's disease affects both movement and many body systems beyond motor control, people often explore complementary therapies like acupuncture to support their overall well-being.



Suggestions are that acupuncture *may* help some people with Parkinson's by easing motor symptoms (such as tremor, rigidity, and walking difficulties) and non-motor symptoms (including pain, fatigue, anxiety, and sleep problems).

Aromatherapy



Research and clinical observations suggest several meaningful benefits including reduced anxiety and improved mood (for example using lavender or bergamot). Improved sleep, support with nausea and reduced muscle tension and stiffness are also reported benefits from using aromatherapy.

Hypnotherapy

Suggestions are that hypnotherapy may help people with Parkinson's by reducing anxiety, improving sleep, easing perceived tremor intensity, and supporting overall wellbeing. Many people use it as part of a holistic wellbeing plan alongside medication, physiotherapy, and exercise.

Indian Head Massage



Indian Head Massage focuses on the scalp, neck, shoulders, and upper back, areas where people with Parkinson's often carry tension. Indian Head Massage activates the parasympathetic nervous system, helping the body shift into a calmer state.

Massage

Massage therapy can help people with Parkinson's by reducing muscle stiffness, easing tremor intensity, improving sleep, lowering stress, and enhancing overall quality of life. Many people with Parkinson's experience chronic pain and muscle tightness.



Massage therapy has been shown to reduce physical pain, ease dystonia-related discomfort, and help with fatigue.

Reflexology



Parkinson's UK notes that [reflexology](#) is widely used to support relaxation, helping people feel calmer and more balanced. Many people report feeling "wonderfully relaxed" after sessions, which can indirectly ease symptoms that worsen with stress such as tremor or stiffness.

Reiki

Reiki can benefit people with Parkinson's by reducing stress, easing anxiety, improving relaxation, and supporting overall wellbeing. These effects may indirectly help with symptoms like tremor, stiffness, and sleep problems.

