

## **Edinburgh Branch**

### **July 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:**

## **New Neurodynamics Course**

**Sasha is taking names for the waiting list for the autumn course, probably starting Wednesday 30th September.**

For more details, please see the [Neurodynamic Exercise](#) webpage or contact Sasha: [sasha@edinburghparkinsons.org](mailto:sasha@edinburghparkinsons.org)

---

## **Pilates: New Class for Tuesdays**

**Katie Bennett is going to start a new class on 25<sup>th</sup> August. There are still spaces available, so please contact Katie for more information or to book a place.**

The new class will run from 3-4pm and like the earlier class is planned to be mixed ability. The venue is Stockbridge Parish Church (The Young Room), 7B Saxe Coburg Street, Edinburgh, EH3 5BN.

If you are interested, please email Katie: [katie@edinburghparkinsons.org](mailto:katie@edinburghparkinsons.org) or check out the details on the [Pilates Webpage](#).

---

## **New Name for Marchmont St Giles**

**There is a name change for the venue for our longest running café and of course Singing 4 Fun. Apologies we didn't communicate this sooner.**

Marchmont St Giles' Parish Church in Edinburgh officially changed its name to Blackford and Grange Parish Church of Scotland. This came into effect following a union between the Marchmont St Giles' and Reid Memorial congregations.

We have now updated the website for both activities and made amendments for the annual calendar (the tri-fold leaflet) that we will be sending out in August.

## Singing for Fun: New Restart Date

**Penny our song leader has decided to resume sessions at Blackford and Grange Parish Church a week earlier than originally planned.**

The new date to resume is Tuesday 1<sup>st</sup> September at 2pm. The sessions last for two hours, with a refreshment break during the session. See [webpage](#) for details.

Newcomers are always welcome – so please feel free to turn up on the day.

---

## Table Tennis: Cancelled Sessions

**Please note two dates where there will be no table tennis sessions:**

Saturday 18th July and also 15th August will no longer take place.

The August cancellation coincides with the Scottish International Parkinson's Table Tennis Tournament at Largs on Sunday 16<sup>th</sup> August.

We wish all of our entrants the very best of luck.

---



## Gardening with Parkinson's

**From the Parkinson's UK Scotland Newsletter is an article that came up at our recent Committee Meeting where we were musing on additional activities or interests that might be useful for us to either facilitate or organise**

As the article confirms, “gardening is a fantastic way to stay active and live well with Parkinson’s. It’s an activity for everyone, whether you have the condition or you support someone who does.



You don't need to be an expert or have a big garden. If you've never gardened before, you can start small, and give it a go. We've published a new guide on how to garden safely whilst living with Parkinson's.

You can [download it here](#)".

# Edinburgh Parkinson's Lecture 2026

**Booking is now set up for this year's annual lecture. Tickets are free and available (as usual) from Eventbrite (links are provided below for ease, and are on the dedicated Edinburgh Parkinson's Lecture webpage on our website).**

The 2026 Lecture is on Tuesday 22nd September. Doors open at 6pm, with the lecture is due to start at 7.15pm. As usual it takes place at the Royal College of Physicians of Edinburgh. The Lecture will be live streamed for our online audience.

Our guest Lecturer is Prof Miratul Muqit (pictured).

The title of the lecture is: Power failure in the Brain: the mitochondrial basis of Parkinson's Disease.



Register for FREE tickets to attend [In Person](#)

Register for FREE tickets to watch [Live Online](#)

---

## Programme

6:00pm: Doors open

6:15pm: Reception

7:10pm: Welcome and Introduction Dr Claire Bale, Associate Director of Research Parkinson's UK

7:15pm: Lecture Prof Miratul Muqit, Universities of Dundee and Edinburgh:  
Power failure in the Brain - the mitochondrial basis of Parkinson's Disease

8:05pm: Combined Question and Answer Session for both live and online audiences, Prof Tilo Kunath, University of Edinburgh

8:35pm: Closing Remarks Brendan Hawdon, Chairperson Dundee Parkinson's Research Interest Group

8:40pm: Vote of Thanks Prof David Melton, Edinburgh Branch Parkinson's UK

8:45pm: Close

## New Facebook Group

**While we currently have a Facebook 'Page', this can only be updated by the creator of the page. With hindsight setting up a page was not the right way to go, and it should have been a 'Group', so other contributors are able to share information.**

In light of requests for a more interactive format, we have set up a 'Group' and after a period of time to allow followers to move over, we will close the 'Page' later in the year. The new Group will become live on 17<sup>th</sup> July.

If you already follow our Page ([Link](#)) then can you please now follow the Group ([Link](#)). And if you haven't followed before, then maybe now is the time!



Please do share any news you have, or interesting information, promote any events or activities. We can make a more interactive community with better opportunity for others to contribute.

---

## Craigleith Can Shoogie Update

**Many thanks to those who volunteered for the can collection at Craigleith Retail Park on 12<sup>th</sup> and 13<sup>th</sup> June.**



Diane our Fundraiser confirms that we raised an amazing £1501 – our highest ever for the two days.

Imagine, if we have more people with cans, we could even exceed this the next time.

When we ask for helpers for Friday 11<sup>th</sup> and Saturday 12<sup>th</sup> September, could you spare us a couple of hours?

# Parkinson's UK Gala Dinner: Sponsors Sought

**Parkinson's UK are looking for sponsors for a new fundraising event: Parkinson's UK Scotland Presents, Scottish Legends for Parkinson's. This takes place on Wednesday 11 November 2026 at Oran Mor, Glasgow. The event will raise essential funds towards Parkinson's research in Scotland.**

The event is hosted by sports broadcaster Alison Walker, and welcoming Scottish legends Roddy Forsyth, Gavin Hastings, Neil Lennon and Jonathan Watson. With more to be announced...

- 100 guests: VIPs, corporate partners and high net worth individuals.
- Opportunities to network with senior contacts within these industries.
- Sparkling drinks reception, 3-course meal, sporting legends and star performances.



You could play an important, unique and memorable role in the mission at Parkinson's UK to find the cause, discover a cure and develop better treatments faster.

By partnering with them as a sponsor of the inaugural Parkinson's UK Scotland Presents event, one of their biggest moments in 2026 to raise funds for research, you can become a visible founding partner and help them to lead the way towards lasting, tangible change.

## **Brand association - increase your social value**

Partnering with Parkinson's UK Scotland can be a powerful marketing tool to drive engagement with your core and wider audience, demonstrate your business purpose, and improve consumer loyalty, particularly when working towards a shared purpose.

76% of consumers believe that companies should take a stand for social issues and be transparent about their social impact activities.

On the next page we will present the options for being involved, as well as contact details for the Parkinson's UK Event Manager who can provide more information.

# Gala Sponsor Options

## Gold Sponsor Table: £2,500

- Table for 10
- Acknowledgement in event materials
- Logo on big screen
- Logo on silent auction website
- Front row table
- Photo opportunity with one of our Scottish Legends
- Pre-dinner sparkling reception
- Luxury three-course dinner
- Two additional bottles of fizz on your table
- Half a bottle of wine pp
- Non-alcoholic and soft drinks available
- Table service
- Donation to Parkinson's UK.

## Pro-bono support

- As well as financial support, you can also support us through pro bono contributions or donations in kind.
- Services or products (AV and tech, videography / photography)
- Table centrepieces or decor arrangements i.e. flowers
- Printing of materials
- Auction prize donations

## Drinks reception sponsor: £1,500

- Your logo on the drinks reception step and repeat.
- Acknowledgement in event materials.
- You can also creatively brand the space to suit your needs by bringing additional branding of your choice.

## Stage sponsor: £1,000

- Brand visibility on stage incl. logo prominently displayed on the main screen and lectern
- Includes on-stage placement of a branded pull-up banner, provided by your company.
- Full wrap-around stage branding available for an additional fee.

## Programme dedication or advert: £500

Purchase a full page advert or dedication page in our programme

Bespoke packages are available. If you would like more information please contact Hannah Lumley, Special Events Manager at: [hlumley@parkinsons.org.uk](mailto:hlumley@parkinsons.org.uk) Telephone: 07955 270 051

## Fundraising: Donation Requests

**Elaine Barclay from Edinburgh is taking part in Pedal Trossachs to raise money for Parkinson's UK and importantly Edinburgh Branch, for which we are incredibly grateful. From her donation page Elaine confirms:**

“I'm taking part in Pedal Trossachs for Parkinson's UK and would appreciate your support!

Please help by sponsoring my cycling challenge. All the money raised will go towards ground-breaking research and life-changing support for the Parkinson's community.

Like so many other families, our lives have been impacted by Parkinsons. Parkinsons UK does incredible work to enhance the lives of People with Parkinsons (PwP) and John and I are particularly grateful to our home branch of Edinburgh Parkinsons. However, they are in constant need of funds to keep the many activities and support groups going.

I will, therefore, be cycling in the Trossachs Pedal for Parkinsons challenge on 30th August. As a novice cyclist I will be doing the bronze (25 mile) route, but I will be using pedal power, not electric power! Any contribution, however small, will be much appreciated.

Thank-you so much. Elaine & John”

You can donate at Elaine's official donation page on the Parkinson's UK website:

<https://events.parkinsons.org.uk/fundraisers/elainebarclay/pedal-trossachs>



*Photo attributions: Elaines Sponsorship Page on P-UK Events page*

# New East Lothian Drop-In Sessions: Equipment, Technology & Carer Support

**Are you or someone you know looking for ways to live independently at home? There are a range of products that can assist you to live independently at home or to make caring for someone else a little easier.**

However, it can be hard to know where to start. So, we were delighted when there was an invitation shared with us for members to join free public drop-in events, where you can speak to East Lothian Rehabilitation Services professionals to find the right solution for yourself or the person you care for.

These sessions bring together community OT-led small aids service and consumer technology support in one convenient setting—making it easier than ever to access practical advice and explore solutions.

## What to expect:

- Hands-on opportunities to see and try a wide range of daily living equipment
- Guidance on technology that can support independence and safety at home
- Dedicated advice for those in a family caregiving role

There's no need to book—people can simply drop in during the two-hour session at a time that suits them (details of where and when are on the next page).

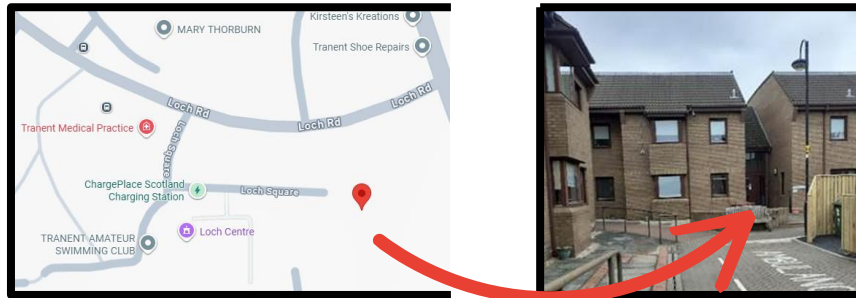
Whether someone is looking to maintain their independence, support someone else at home, or make caring a little easier, these sessions are designed with them in mind.



## Where:

**Wellwynd Hub**, Wellwynd Sheltered Housing, 6 Loch Square, Tranent, EH33 2JY

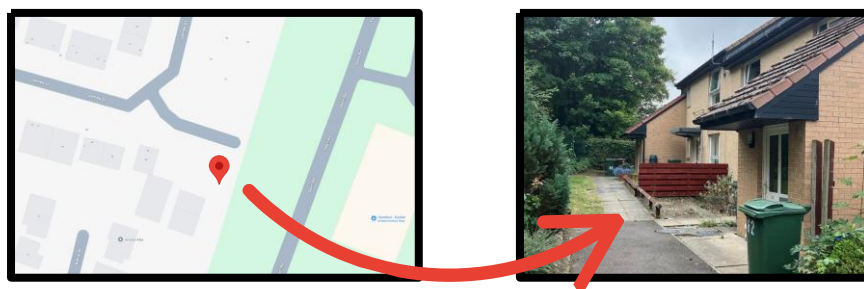
\*Wheelchair accessible.



(What 3 Words Location: *backtrack.arranges.smart*)

**James Court Hub**, 66 James Court, Dunbar, EH42 1WP

\*Not wheelchair accessible.



(What 3 Words Location: *ironclad.indirect.filled*)

## When:

**Tuesdays (10am to 12pm)**

**28/07/26:** Wellwynd Hub, Tranent

**25/08/26:** James Court Hub, Dunbar

**22/09/26:** Wellwynd Hub, Tranent

**20/10/26:** Wellwynd Hub, Tranent

**17/11/26:** James Court Hub, Dunbar

**15/12/26:** Wellwynd Hub, Tranent

**Thursdays (1pm to 3pm)**

~~**09/07/26:** Wellwynd Hub, Tranent~~

**13/08/26:** Wellwynd Hub, Tranent

**10/09/26:** Wellwynd Hub, Tranent

**08/10/26:** James Court Hub, Dunbar

**05/11/26:** Wellwynd Hub, Tranent

**03/12/26:** Wellwynd Hub, Tranent

# Golf

**Now that summer is here some of you may be interested in Parkinson's golf. We have taken information from the Scottish Parkinson's Golf Society**

"Scottish Parkinson's Golf Society is endorsed by Parkinson's UK and is dedicated to creating a safe inclusive environment for individuals affected by Parkinson's disease.

We focus on fostering well-being through golf, enabling participants to connect, socialize, and improve physical health. Our society strives to enhance the quality of life while promoting awareness of Parkinson's disease within our community. Together, we make every swing count.

We organise golfing activities in Scotland for our members. Our members are golfers who have Parkinson's disease and their spouses, friends and helpers.

Our society is FREE TO JOIN and members simply pay as they go for any entry fees which we aim to provide at subsidised rates”.

For more information, see the [Scottish Parkinson's Golf Society](#) website



*Photo Attribution: Scottish Parkinson's Golf Society*

# Women With Parkinson's: Possible New Forum

**One of our members and volunteers got in touch to ask if we would posit an idea, to gauge interest in the potential creation of a platform either in paper format, or online that is dedicated to women with Parkinson's (WWP)**

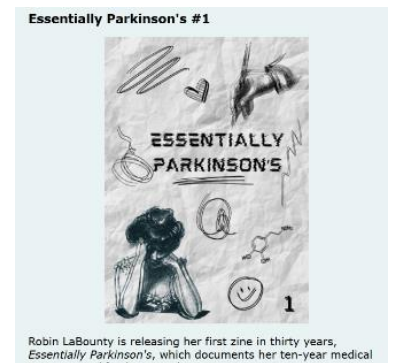
She gives a meaningful rationale for her idea:

*"Washing up the breakfast dishes the other day, I started thinking about the real obstacles, both concrete and abstract that face women in all walks of life everywhere, but most importantly now, exaggerated for women with Parkinsons and other neuro degenerative conditions.*

*For example, on an ordinary day, we may have 10 garments of different sizes, shapes, textures and weights to navigate and that's before we leave home. It can be a frustrating start to the day.*

*There is a current trend for 'zeens' similar I think in purpose to the pamphlets of the 17th and 18th century. ZEEN; short for magazine or fan zine) is "non-commercial often homemade or online publication usually devoted to specialized interests and often unconventional.*

*[Editor note: image on right added as an example of a zine dedicated to Parkinson's from a USA source].*



*I wonder if there is a place for a Zeen on paper or online dedicated to WWP ( women with Parkinsons) where we could share ideas for making life easier, share tips re dressing, have a grouch, say thanks, you get the picture. I think there is a company who has started adding things like rings to zips to help moving zips.*

*I haven't done anything like this before, but I would be willing to give it a shot.*

If this is something you think you would be interested in, then please do drop an email to this address: [zeen@edinburghparkinsons.org](mailto:zeen@edinburghparkinsons.org)

It would be good to let her know which format you would prefer, though online [in printable format] might be the most sustainable and environmentally beneficial option (save the trees 🌲 🌳 🌴 ). Once interest is established, we will give more details, including the member who kindly offered to research this.

# Activities: Monthly Spotlight

**Each month we are going to spotlight one or two 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.**

## Side By Side With Parkinson's Course

### History

In 2000 VOCAL (Edinburgh Carer charity) ran a successful course for the Branch's care-partners, repeated on several occasions. The Branch and our PDS Community Support Worker, Gina Allen, then decided to run the course in-house.



CSW involvement was later withdrawn by PDS, after which Branch Member Cathie Quinn took on the running of the course in 2009, supported by volunteer Heather Robertson. After Heather passed away Cathie continued to run the course, and in 2025 was fortunate to gain a volunteer, Anne Hood to help organise and deliver the course. Anne now has help from Kathleen Munro and Diane Drummond as a Branch Committee contact to help if needed.

### Course Details

The course is intended to help those who know/live/work with someone with Parkinson's and who want to learn more about the professional help, drugs, benefits and support available.

There is a new course starting on Monday 19<sup>th</sup> October 2026 from 2-4pm at the Small Hall, Liberton Kirk Halls, Kirkgate, Edinburgh, EH16 6RX. Full details of the course content is on the [Side by Side](#) webpage.

### Post Course Option

There is an active Carer Support Group that runs on the last Wednesday of each month, from 10.30-12.30 at the BB Pollock Pavillion at Ferry Road.

This group provides an opportunity for partners, family or close friends of people with Parkinson's to meet, share, support, and learn from each other's experiences. There is a mix of men and women who attend, current carers and those no longer in a caring role, but happy to share experiences, tips, wisdom and importantly empathy, and humour. See the [Carer Support Group](#) webpage.

# Parkinson's Passport

**Parkinson's Europe confirm that Travelling with Parkinson's can be a challenge, from accessibility issues to transporting medication, and the potential need for medical assistance in a new country or location.**

Hence, they have created Parkinson's Passport which they confirm was produced in collaboration with healthcare professionals, their member organisations, and their industry partners. They confirm the following:

“The passport provides essential medical information and helps others understand what people with Parkinson's may need outside their own environment – in airports, hotels and other public places.

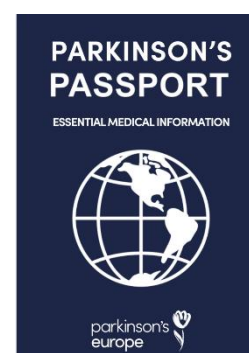
The passport includes the following:

- General information about Parkinson's
- Space to detail which Parkinson's-related issues you have that might make travel more challenging for you
- Space to detail your emergency contacts, and details of devices or implants you may carry or wear
- Space to detail your medication requirements and details of any clinical trials in which you are currently partaking
- Advice on accessibility and support, and what medications people with Parkinson's may need to carry, and how Deep Brain Stimulation devices can affect airport screening and scanning services
- Advice for how to help people with Parkinson's in a medical emergency”

The passport is downloadable from the following links:

[English – Long Digital Version](#)

[English – Short Printable Version](#)



*(photo attribution Parkinson's Europe: The Parkinson's Passport website page)*

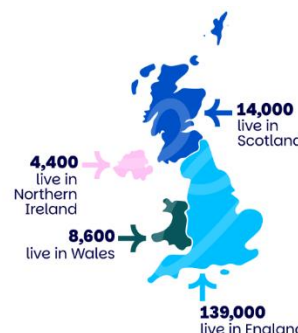
# Research Opportunity

**There are a couple of opportunities to participate in research when checking the Take Part Hub on the Parkinson's UK website and filtering down to Edinburgh.**

## [Predict-PD: refining tests that might help to predict Parkinson's](#)

The research team aims to understand who within the general population might be more likely to be diagnosed with Parkinson's. The more we know about what the early stages of Parkinson's are, the closer we're getting to finding better treatments and a cure. You'll be asked to complete the online questionnaire, which should take approximately 30 minutes.

See [Participant Information Sheet](#)



*(the image on the right is from Parkinson's UK webpage with [Statistics](#) and shows how many in each country of the UK currently are diagnosed with PD)*

---

## [Detecting Emotional Experiences Using Wearable Sensors](#)

A PhD student wants to find out if 2 wearable sensors could detect how people with Parkinson's are feeling, such as worry about falling or pain. Using artificial intelligence (AI) they'll explore how body movement may link to emotional wellbeing. For more information, please read: [The participant information sheet for people with Parkinson's](#) (There is also one for those who do not have PD, as they are seeking both people with and without the condition).

*(Those diagnosed with any other neurological conditions, such as dementia, or who have had Deep Brain Stimulation (DBS) treatment are unable to take part).*

---

## [What do people with Parkinson's think of wearing devices to track symptoms?](#)

Parkinson's symptoms can be difficult to manage. Using devices like smart watches to monitor symptoms could help health professionals improve care. Researchers want to understand how people with Parkinson's feel about using these devices.