

Support Activities

Carers Support Group

Last Wednesday of the month 10.30am–12.30pm,
Pollock Pavilion, 227 Ferry Road, EH6 4SP. Contact:
Diane Drummond diane@edinburghparkinsons.org

Edinburgh Parkinson's Social Cafés

1. Second Monday of the month 10.30am–Noon,
Butterflies Café, Blackford & Grange Parish Church,
3 Kilgraston Rd, Edinburgh EH9 2DW. Contact
Lynn Stewart: lynn@edinburghparkinsons.org
2. Fourth Monday of the month 3pm, Hays Business
Centre, 4 Hay Avenue, EH16 4AQ. Contact Stephen
Brannan: chair@edinburghparkinsons.org
3. Third Wednesday of the month at 10.15am (during
term time) at Fairmilehead Church, 1a Frogston Rd
West, EH10 7AA. Contact Stephen (as above)

Edinburgh Young Parkinson's Support Group

First Thursday of the month, starts 6.30/7pm. Hunters
Tryst, 97 Oxfords Rd, Edinburgh EH13 9NG.
Contact Scott Wilson: scottwils180@gmail.com

Quality of Life/Parkinson's Support Group

For people with Parkinson's. Resumes autumn, first
Thursday of month, 2–3.15pm. Contact Sally Richards:
sallyrichards@edinburghparkinsons.org

Side By Side with Parkinson's Course

Typically runs in autumn. For anyone living or
working with someone with Parkinson's. Contact
Anne Hood: annehood@edinburghparkinsons.org

Branch Committee Office Bearers

CHAIR–Stephen Brannan

chair@edinburghparkinsons.org

VICE CHAIR–Patrick Mark

vicechair@edinburghparkinsons.org

SECRETARY–Olivia Bell

secretary@edinburghparkinsons.org

TREASURER–Sandra McArthur

treasurer@edinburghparkinsons.org

There is more information in the "About Us"
page at edinburghparkinsons.org which has
the most up-to-date information

Parkinson's UK Edinburgh branch aims

We aim to help people with Parkinson's in Edinburgh
and the Lothians and provide:

- Opportunities for members to meet, share
experience and support each other
- Information about medical and lifestyle issues
- Group activities

We represent Parkinson's interests to NHS Lothian
and others. We want standards of care and medical
facilities for Parkinson's in Lothian to be the best.

We are a branch of Parkinson's UK which is the
operating name of the Parkinson's Disease Society of
the United Kingdom. A charity registered in England
and Wales (258197) and in Scotland (SC037554).

www.parkinsons.org.uk

Parkinson's UK Helpline

The helpline is a free confidential service providing
support to anyone affected by Parkinson's. Trained
advisers, including specialist Parkinson's nurses, can
provide information and advice about all aspects of
living with Parkinson's. Freephone number 0800 800
0303 Monday to Friday, 9am–6pm, and Saturday,
10am–2pm or by email: hello@parkinsons.org.uk

Parkinson's Nurse Specialist Team

Alison Stewart and Sharon Reading share the Lead
Nurse role. The other Nurses are Melanie Arthurs, and
Yolande Mackie and new nurse Neliss Baxter.
0131 465 9156 (Mon–Fri 8.30am–10.30am)

Parkinson's Local Adviser

Advisers can support anyone with Parkinson's, their
family or carer. Access to an Adviser is through the
Parkinson's UK Helpline (details above).

Parkinson's UK Volunteer Co-Ordinator

Alice Hall, vc.scotland1@parkinsons.org.uk

Scottish National Office

Parkinson's UK Scotland
Mailbox 14, King James VI Business Centre
Riverview Business Park, Friarton Road, Perth PH2 8DY.
Tel: 0344 225 3724



Parkinson's UK Edinburgh Branch

Our events in 2026/27



www.edinburghparkinsons.org

Edinburgh Branch Get-Togethers

LifeCare Edinburgh, 2 Cheyne St, Edinburgh EH4 1JB.

2026

Wednesday 9th September 2-4pm

Felicity Aitken: Specialist Neurological/Elderly Rehab Physiotherapist

Wednesday 14th October 2-4pm

Dr Gordon Duncan: Consultant Physician, Specialist in Medicine for the Elderly and Parkinson's disease

Wednesday 11th November 2-4pm

Dr Esther Sammler: Group Leader and Honorary Consultant Neurologist at University of Dundee

2027

Wednesday 13th January 2-4pm

Natalie Blair: Parkinson's Local Adviser (PLA) for Edinburgh, East Lothians and the Borders

Wednesday 10th February 2-4pm

Anita Jefferies: Parkinson's UK Scotland Mental Health Project

Wednesday 10th March 2-4pm

Branch AGM: An opportunity to get insight and feedback on the previous year

Wednesday 14th April 2-4pm

Sasha Baggaley: Neurophysiotherapist. Exercise with Parkinson's - the Neurodynamic Approach.

Wednesday 12th May 2-4pm

Kirsten Smith: Speech and Language Therapist

Annual Events

The Edinburgh Parkinson's Lecture 2026

22nd September 7.15pm, Royal College of Physicians of Edinburgh, EH2 1JQ. Professor Miratul Muqit, who leads the national Parkinson's Research Centre

Christmas and Summer Lunches

In June and December, we have a lunch at the Leonardo Murrayfield, Edinburgh EH12 6UG. Other Events may be planned during the year.

Regular Body and Mind Activities

Activities often have holiday periods. Please get in touch with named Contact before first attendance.

Art Group

Monthly on Thursdays 2-4pm, at Botanic Cottage, Royal Botanic Garden, EH3 5NZ. Website confirms dates. Contact Diane: diane@edinburghparkinsons.org

Dance for Parkinson's Scotland

Wednesdays 11.30am-1.45pm. Dance Base, Grassmarket. Refreshments provided. Contact Emma: 0131 225 5525 or emma.smith@dancebase.co.uk

Edinburgh Parkinson's Reminiscing Group

Thursdays 10.30am-Noon. Liberton Northfield Church. Edinburgh, EH16 5TT. Contact Lyndsay: ltaylor@parkinsons.org.uk

Indoor Bowling

Mondays 12-2pm, Meadowmill Indoor Bowls, Tranent, EH33 1LZ. Contact Kenneth Williamson: 0131 336 4088 or via trainbuff1@virginmedia.com

Neurodynamic Exercise Continuation Classes

Wed 3pm (Fisherrow) with Sasha Baggaley. Monday 1pm (Morningside) with David Muir. Zoom classes Wed-Fri (times vary). Contact Sasha: sasha@edinburghparkinsons.org

Nordic Walking

Thursdays 12-1pm, Jawbone Walk, The Meadows, EH9 1JU. Contact Lis Kirkness: lis@edinburghparkinsons.org

Parkinson's Walking Football

Wednesdays 11am-Noon, World of Football, Corn Exchange, 10 New Market Rd, EH14 1RJ. Contact Erin McComisky: erin@hiberniancf.org

Parkinson's Walks

Last Monday of the month at 10.30am. Walks are open to PwPs and their supporters. Contact Lynn Stewart: lynn@edinburghparkinsons.org

Pilates

Wednesdays 2-3pm, Fisherrow Centre with Sasha. Mondays 2-3pm (Improvers) and 3-4pm (Beginners) Morningside Parish Church with Deidre Watt deidre@edinburghparkinsons.org. Tuesdays 2-3pm and 3-4pm at Stockbridge Parish Church with

Katie Bennett katie@edinburghparkinsons.org. Pilates by Zoom is Wednesdays 10.30am and Thursdays 3pm.

Contact Sasha: sasha@edinburghparkinsons.org

Punching with Parkinson's

Mondays and Fridays 11am, Port O' Leith Boxing Club, 83 Craighall Road, Edinburgh EH6 4RR.

Contact: info@portleithboxing.co.uk

Singing4Fun

Tuesdays 2-4pm, Blackford & Grange Parish Church, Kilgraston Road, EH9 2DW (school term times only).

Contact Olivia: secretary@edinburghparkinsons.org

Swimming (and More)

Edinburgh Leisure Community Access Programme allows card holders to swim and use other facilities.

Contact Olivia: secretary@edinburghparkinsons.org

Table Tennis

Saturdays 1.15-3.15pm, North Merchiston Club in Watson Crescent, Edinburgh, EH11 1EP.

Contact Gina Allen: gina@edinburghparkinsons.org

Tai Chi

Tuesdays 11am-12noon, Barclay Viewforth Church, 1 Wright's Houses, EH10 4HR. Contact Kevin Brown: 01506 845 498 or kevin@chi-flow.co.uk

Yoga for Parkinson's

Tuesdays 4-5pm, delivered by Zoom.

Contact Karen: hello@theiya.org

Non-Branch Endorsed Activities

Other external activities we support: Exercise Drumming and Gloves up for Parkinson's. Details in Regular Activities section of the website.

Edinburgh Research Interest Group (ERIG)

Meetings and communications regarding Parkinson's research. Contact David Melton (Chair):

davidm@edinburghparkinsons.org

Please consult www.edinburghparkinsons.org for the latest information. Branch organised activities should be paid for via the 'Shop' option on the website homepage.