

## **Edinburgh Branch**

### **August 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:**

## Fisherrow Centre: 150<sup>th</sup> Birthday Event

**The Fisherrow Centre in Musselburgh which we use for Sashas Neurodynamics and Pilates classes has a 150th birthday bash on Sunday the 23rd August.**

Between 10am-3 pm there is a bouncy castle, children's arts and crafts, food and drink trucks, and more. From 1.30-6.30pm there is live music, a bar, food, and games.

Edinburgh Branch has been offered a table on the day to promote the branch activities and in particular our social café on that side of town, Café Niddrie.



It would be lovely if we could encourage Branch members to go along and support the event and celebrate the contribution to the community the centre provides. Venue details from [Link](#).

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## Pilates: Spaces on Monday Class

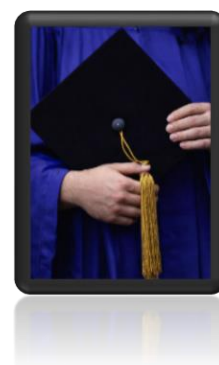
**Deirdre has let us know she has a couple of spaces available on her Monday 2pm class, which takes place at Morningside.**

This is an improvers class, so some prior experience of Pilates would be required. The class takes place at Morningside Parish Church, 2 Cluny Gardens, EH10 6BQ (The St Matthew Hall). For more information, please contact Deirdre: [deirdre@edinburghparkinsons.org](mailto:deirdre@edinburghparkinsons.org).

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## Congratulation to David Muir

**David takes Neurodynamic Exercise classes on Mondays, and we are very happy to hear he has completed his degree, with First Class Honours. Great achievement David 🎓**



# New Things in the Pipeline

## Exercise Drumming: Potential New Activity

**One of our activity leaders has been offered the opportunity to have training from Parkinson's UK (P-UK) to provide drumming classes.**

This activity is a little bit different to the online [Exercise Drumming](#) we endorse on our website. As drumming has featured as a beneficial form of exercise for PWP at the last two World Parkinson's Congress (WPC) we are interested in supporting the introduction of this activity.



While P-UK already offers this activity online, they are keen to develop it in-person throughout the UK. The Stirling and Clackmannanshire Support Group run a weekly class.

Watch this space as we will be putting out feelers for interest in starting a weekly class (probably early in 2027), and we will gauge interest prior to this.

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## New Café in North West Edinburgh

**Thanks to a generous donation from Blackhall St Columba's Church, we are planning our fourth social café, this time in Northwest Edinburgh, an area we do not currently have any real presence.**

Our Chair Stephen is currently working on this café project with help from volunteer Lynn Stewart. He will give a second presentation to the Blackhall Church group in November, and we hope shortly after to confirm details such as venue, date, and time.

We are grateful to Membership Secretary Frank Ribbons who has also offered to help with the café.

We would welcome new volunteers, it's always good to have 'fresh blood.' Perhaps an easy way to start might be donating two hours of your time at the next Can Shoogles (see page 6)

# Boxing: Potential New Class

**At the 'YP' meeting on 6th August, the guest speaker was Craig Comrie, who is a former professional footballer, experienced personal trainer, and boxing coach with a special interest in working with Parkinson's.**

Craig has been working with P-UK, and his transformative online boxing programme helps people with Parkinson's control the impact of PD on their lives, by making them stronger both physically and mentally.

## What It Combines

From Craig's presentation to the YPs he confirms this is as multi-tasking workout which involves:

- 👉 Large movements – encouraging bigger, stronger actions
- 👣 Footwork & balance – improving control
- 🔄 Repetition & rhythm – reinforcing patterns
- 🧠 Thinking & reacting – active brain exercise

## Price:

1 Class a week £4.75 per class; 2 Classes a week £4.50 per class; 3 Classes a week £4.25 per class. Classes are Monday and Wednesday evenings and also Friday and Saturday mornings.

## How to Join:

1. Sign Up Online: Select your plan and join.
2. Intro Call: A quick call with Craig to get you set up.
3. Safety Video: Watch a short briefing on home exercise.

## How You Train

Live Zoom Sessions: Train live with your coach and the community.

On-Demand Video: Watch recorded classes whenever suits your schedule.

## Contact Craig

Email: [craig@boost-support.com](mailto:craig@boost-support.com) Phone: 07301174729



Photo Attribution: Craig Comrie Presentation



(Photo Attribution: Craig Comrie Presentation)

## Climbing for Younger People with Parkinson's

**Sasha Baggaley, our Neurodynamics and Pilates instructor has negotiated a reduced charity rate of £7.50 per session for climbing at the Climbing Hangar, which Gina and Scott from the YP Group are keen to organise as a group event.**

In order to gauge feasibility, Gina has asked if anyone interested contact her: [gina@edinburghparkinsons.org](mailto:gina@edinburghparkinsons.org). While primarily for YP's (those of working age), any active 'non-YPs' can register interest and go on the waiting list.

The [Climbing Hangar](#) is based at 4 East Telferton, Edinburgh. Their website confirms they are passionate about climbing, but also passionate about the impact that a social, challenging, supportive, progressive, and fun activity can have on people's lives, regardless of ability, age, or fitness. Everything about the Hangar experience is designed to be easy to access, inclusive, and friendly so you feel right at home, right away.



Climbing has been found to be beneficial for PWP for posture, strength, balance, co-ordination, confidence, social connection. There is a [group in Leeds](#) who have a monthly session and there are plans in the North of Scotland to develop climbing for People with Parkinson's. This [article](#) has some research references.

If you are interested in trying this out or you have any questions please contact Gina Allen [gina@edinburghparkinsons.org](mailto:gina@edinburghparkinsons.org)

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## Women With Parkinson's: Possible New Forum

**We reported in the July newsletter that one of our members and volunteers would like 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).**

The initial idea is for a Zine. A Zine (pronounced "zeen") is a self-published, small-batch booklet or magazine, typically devoted to specialized interests and often unconventional. As this would be quite a commitment, it would only go ahead if there was enough interest. So, 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)

## Online Activities: Improving 'Visibility'

**There are a few activities that can be enjoyed online. Some the Branch organise (Pilates and Yoga for example), others like Exercise Drumming and the potential new boxing classes, are from other branches, groups, or approved individuals.**

Taking part in online activities on a phone, tablet or laptop is OK, but it can be better if on a large screen. So, have you thought about the potential to connect your device to the TV to see the class or activity on the big screen?



Curry's have a guide for how to do this if you are using [Android Devices](#).

They also have a comprehensive guide to connect [iPhones](#) to various TVs.

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## Help Needed for Next Can Shoogle

**We would appreciate some help for our next 'Can Shoogle' which takes place on Friday 11th and Saturday 12th September, at Craighleith Retail Park.**

We ideally hope to have people for two hour slots but are happy for any amount of time you can spare. The times we need people are:

- o 10am – Noon; Noon – 2pm and 2pm – 4pm.

We use the term 'shoogle' in a tongue and cheek way, as we are not allowed to actually rattle the cans in front of people.

We have some card readers and would welcome people who have smartphone with data allowance and are willing to download the app that connects to the online point of sale system. This can help to negate those who don't carry cash!



If you can help, please contact Diane Drummond our fundraising organiser:  
[diane@edinburghparkinsons.org](mailto:diane@edinburghparkinsons.org)

## **New Book for Carers: "You can't pour from an empty cup"**

**Ex-Chair David Adams let us know of a super new book for Carers. He brought a copy to the Carer Support Group meeting in July and we were all very impressed.**

Elaine Mottram's recently self-published book was felt to be both practical and helpful by those who had opportunity to look over the book. From her website, Elaine gives more insight into the background of the book:

Elaine has worked with carers over a 10 year period, supporting them on a one to one basis to take care of their own emotional health and wellbeing even though they were looking after someone else. During that period she was also a carer for her mother. So she gained insight into the complexity and challenging nature of being in a caring role for a family member or friend

Based on her own, and the experience of the carers, she worked with, felt it would be worth sharing with carers more widely. And that is how the book came about.

It is written in very short easy to read chapters, each of which can stand alone. Every chapter includes a framework/activity to help the reader to take on for themselves the messages in each chapter.

You can get more information and also purchase the book at:

<https://www.thehealthycarer.com/>



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## **Edinburgh Parkinson's Reminiscing Group**

**At the July Carer Support Group, this group was praised profusely for the positive impact it has had on some of the more advanced PwPs who often are less communicative and willing to engage.**

The free sessions take place every week on Thursdays from 10:30am – 12pm at Liberton Northfield Church. The sessions are free and are for anyone affected by Parkinson's, looking to keep mentally active, and increase community engagement. Please feel free to just turn up on the day – all welcome.

The sessions typically include reminiscing on a variety of topics, camaraderie, team quiz's, and some light movement. And of course, a cuppa and a biccys!

# Par-Con

**Par-Con is the P-UK community convention is a 2-day event designed for people living with Parkinson's, carers, families, and professionals. It brings the community together to learn, connect, and hear latest research and wellbeing updates.**

Par-Con 2026 is a hybrid event, with talks and panel sessions available online and in-person. As the event is in Birmingham we will focus on the online information here. Registration is via the [ParCon](#) webpage at P-UK.



You can hear directly from researchers, health and care professionals, and the wider community on key topics. Those available for online audience are:

## Friday 13<sup>th</sup> November

### 10.30am: Why does Parkinson's affect people differently?

Explore distinct biological 'types' of Parkinson's, the exciting potential for personalised medicine, and the critical need for inclusive clinical trials to make sure that the treatments we develop actually work for everyone.

### 12.00pm: Parkinson's and sleep

Hosts Helga and Julie of the Talking Parkinson's Research: from lab to life podcast discuss the latest research and tips for getting a good night's sleep.

### 2.00pm: Hidden symptoms

We'll discuss the more hidden symptoms of Parkinson's, such as impulsive behaviour, thinking and memory problems, and pain.

### 3.30pm: Community awards

Celebrate the everyday heroes of the Parkinson's community.

## Saturday 14<sup>th</sup> November

### 10.30am: Live 2 Parkies in a Pod podcast

Join hosts Kuhan and Dave, as they ask your questions to Kuhan's consultant, Professor Tom Foltynie.

### 12pm: A plan to STOP Parkinson's

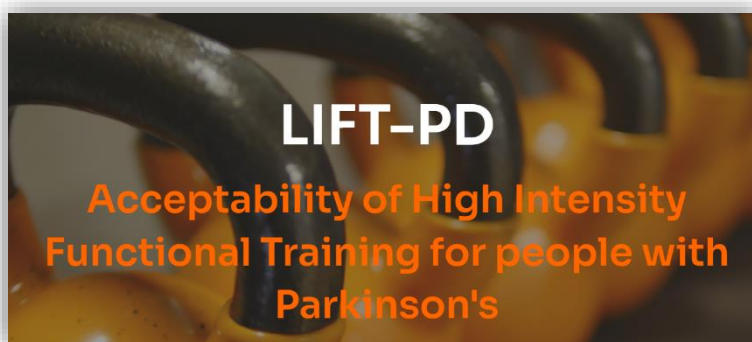
Hear from our experts about our bold ambition for the future and how research is tackling all aspects of Parkinson's.

## Research Opportunity: Exercise Focus

**A survey called LIFT-PD SWAT is looking at the adaptability of High Intensity Functional Training in People with Parkinson's. The feasibility research is being undertaken by National Institute for Health and Care Research (NIHCR).**

We have approval to circulate this survey by both Amanda Mackay, Physical Development Manager, and Mary Ellmers, Service Improvement Manager from Parkinson's UK Scotland. If you have Parkinson's and live in the UK, you are eligible to complete a short survey about exercise, either online or by post.

For more details, please visit the website: <https://liftpd.blogs.bristol.ac.uk/>. You can register interest on the website, currently it seems assessing feasibility of such a study is the aspiration.



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## MyCare.scot

**Committee member Stuart Smith found details of the MyCare.scot scheme, which we feel are worth sharing. If you find any useful initiative, please let us know so we can disseminate to our members.**

[MyCare.scot](#) is a digital service that brings together your health and social care information in one secure place. You can use MyCare.scot on the web or download the mobile app to view:

- your medicine and allergy information
- health and wellbeing services near you
- your Community Health Index (CHI) number
- your COVID-19 and flu vaccination record since 2021
- some details NHS Scotland has stored about you (e.g. home address)

# Edinburgh Parkinson's Lecture 2026

**Don't forget the annual lecture tickets are available (as usual) from Eventbrite (links are provided below and are on the dedicated Lecture webpage).**

The Lecture is on Tuesday 22nd September. Doors open at 6pm, with the lecture 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](#)



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## New Facebook Group

**Well, the new Group set up didn't quite go to plan, but it is up and running and you should be able to make posts if you follow. Please do feel free to share information.**

We will keep the Page running until Anne finds a way round the quirks of not being able to follow any of the pages from other charities that we support and they support us. Fortunately, our friends in Fife recently made the swap from a FB page to group, so may be able to help.

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!



# Younger Parkinson's Event in Stirling

**Parkinson's UK are running an event for people with Parkinson's of working age (age 66 and under) on 29<sup>th</sup> August.**

This free event brings people who are affected by Parkinson's of working age together from all over Scotland. Partners and supporters (aged 18 and over) are also very welcome.

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



You can expect:

- **Workshops & Talks:** Information on ongoing research, employment, benefits, and NHS services.
- **Lived Experiences:** Practical hints and tips from individuals managing working-age Parkinson's successfully.
- **Activities:** Physical activity sessions and wellness/activity tasters.
- **Networking:** A chance to connect with others affected by the condition from across Scotland.

**Where:** Stirling Court Hotel, University of Stirling, Stirling, FK9 4LA

**When:** Saturday 29 August 2026 (11am to 5pm)

**Cost:** Free

The Stirling Court Hotel is a short taxi ride from Stirling's bus and train stations. There is also a direct bus from Stirling city centre to the university. The hotel car park is free for event attendees and accessible spaces are available.

Booking is essential. You can sign up to come along through [Eventbrite](#). (These events tend to be popular, but we are confident there are still places).

If you have any questions please email [cmacmillan@parkinsons.org.uk](mailto:cmacmillan@parkinsons.org.uk) or call 0300 123 3679.

# 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.**

## Art Group

The Art Group resumed in May 2026 after a break. We were incredibly pleased to have Kelly Zou offer to run the group, assisted by Mark Scholefield, who had previously assisted with the Art Group.

From Kelly's website we get an insight into her background and how lucky we are to have her lead the group:

"Kelly Zou is an interdisciplinary visual artist based in Edinburgh. She graduated from Edinburgh College of Art in 2021 and is an alumna of the Royal Drawing School. Her practice is rooted in drawing and painting, integrating historical research, personal memory, and cross-cultural narratives to explore emotional landscapes of place and belonging."

Details of the Art Group are:

**Where:** Botanic Cottage which is inside the Royal Botanic Gardens Edinburgh (same venue as before)

**When:** Thursdays from 2 – 4pm. The group will be on a monthly basis. The dates for the rest of the year are: 13th August, 10th September and 8th October.

If you would like any more information, or to check availability please contact the Diane who is the activity coordinator for the activity:

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

