

**Stop Press!** Tickets are going fast for the Annual Lecture – register now – see enclosed flyer.

## Branch Calendar 2017/2018

Do look at our new schedule of topics for the monthly Branch meetings. Due to renovations at Bellevue Chapel these will be held at **Goldenacre Bowling Club** for the time being. At the first session on 13<sup>th</sup> September, Julie Jones, Senior Lecturer, School of Health Sciences, Robert Gordon University, will talk about "**Developing a Community Based Exercise Programme.**" This is a project Julie has been working on with colleagues for some time – Julie inspired us with her presentation at the *Let's Get Moving Event* in May 2016. The subject is timely given our much expanded Regular Activities section in the calendar due to the variety of new exercise sessions we've introduced during the year. We are always keen to explore new activities for the benefit of Members but to help us comfortably sustain our level of activities we need additional volunteers. If you, or a member of your family, or friend or colleague would like to join us in a volunteer capacity, please contact any of the Committee Members listed in the calendar.

## Retiring Hon Treasurer

In September **Kenny Williamson** hands over his role as Hon Branch Treasurer to Weir Brown. Five years ago, when the previous Treasurer had to retire due to ill health, Kenny stepped up to the mark to clear a mounting backlog of accounts. With his considerable skill, dedication and strong negotiating abilities with Parkinson's UK, Kenny turned things around and steadied our finances, producing impeccable accounts and reports ever since. We are enormously grateful to him for his diligent work and for his ongoing volunteer support with Indoor Bowling, Cycling and the Art Group. Hon Chair, David Adams has promised we will find a suitable occasion to show our appreciation to Kenny and introduce you to Weir Brown. We also take this opportunity to thank **Frances Panton** for her work as Assistant Treasurer. Frances has retired from the role having returned to full-time employment – we wish her well in her new job.

## Summer Lunch



The Summer Lunch provided Members with the chance to celebrate the end of another Branch year and catch up with people perhaps not seen for a while – the photo well captures the spirit of the event! The new venue of the Edinburgh Capital Hotel, Clermiston proved a great success. Liz Hume had designed delightful floral table decorations to tone with the big blue bows adorning the chairs, helping to set the scene for a convivial lunch. David Adams talked about the year's activities and of the **Inspiring Volunteering Achievement Award**

presented to the Branch at the recent Lord Provost of Edinburgh's Award Ceremony. David handed over the personal certificates awarded to **Cathie Quinn** and **Heather Robertson** for their outstanding and unstinting volunteer work for the Branch. Finally, he paid tribute to the enormous contribution made by **Liz and Bill McBain** and in particular their establishment and ongoing administration of our Art, Swimming and Gentle Exercise activities as they retire from the role to just participate and enjoy.



## Tai Chi Instructor's Half Marathon



Well done to **Kevin Brown** on completion of his first Edinburgh half-marathon in May, raising over £400. Long distance running is at the opposite end of the spectrum to Kevin's usual form of exercise – he takes the Branch Tai Chi classes. Tai Chi combines slow, gentle movements in combination with the breath. It featured in the "The Parkinson" Spring edition, which reported a trial with PwPs who practised for 6 months and showed greater improvement in their walking ability, posture and had fewer falls than the control group. To find out more about our sessions, contact Kevin 01506 845 498, [kevin@chi-flow.co.uk](mailto:kevin@chi-flow.co.uk).

## I Like Westies by Andy Armitage

Your editor had the chance to chat to Andy at the Summer Lunch. Andy writes poems for his family and friends and last year was shortlisted in the P-UK Mervyn Peake Awards poetry category. Here is his poem:

*I like my Westie dug  
I call him Shug  
He's a nice wee dug  
Is my Shug  
Lot nicer than a Pug  
I think they are plug ug!  
He likes playing fitbaw  
And playing in the snaw  
Sometimes his coat is not so white  
When he rolls about in aw that sh...! (muck)  
They say man's best friend is his dug  
That's true wi ma wee Shug.  
I like ma wee dug, Shug.*



## Parkinson's Group at Thistle

Every Monday morning we run exercise classes for PwPs at the Thistle Foundation in Craigmillar. The classes are benefitting from the new **Centre for Wellbeing** opened by Thistle last year. The building has a welcoming feel and provides a wide variety of facilities. Instructor, Chris Davies leads the sessions which begin with warm-up exercises followed by a variety of activities to help co-ordination and mobility (these can be done seated if necessary). The session ends with a little mindfulness and meditation to help individuals feel in charge and in control. The benefits of these sessions are not just physical, the group support and sociability make a significant contribution. To find out more, contact Chris, 0131 661 3366, [chris.davies@thistle.org.uk](mailto:chris.davies@thistle.org.uk).

## Lindsay Egan and friend Amy Garrett Fundraising



In 2015, Branch Member, Alasdair Buchanan was diagnosed with PD. His daughter, Lindsay Egan (right), and friend, Amy Garrett, undertook the new **Cotswold Way Challenge** to raise money and awareness for P-UK. They set out early on 1<sup>st</sup> July from Bath and walked 100km along footpaths and trails of the undulating Cotswolds, reaching Cheltenham on the evening of the 2<sup>nd</sup> after 20 hours walking which included a 2220 metre ascent. They were stiff, sore, covered in blisters and had endured highs and lows, physically and mentally but were absolutely delighted to have raised over £2,600. Alasdair and wife Linda were the support group, following the pair around the countryside to mop them up at stops and push them out again! Well done to you both and we look forward to hearing about your promised 2018 challenge!

**Parkinson's Café:** We're piloting a drop-in café for people living with or affected by PD. We want to encourage those who have not yet been along to any of our activities to join us in an informal setting at the Festival Theatre Café, 10am–12noon, Tuesdays, 12<sup>th</sup> September, 10<sup>th</sup> October, or 7<sup>th</sup> November. To find out more please contact Liz Hume, 07594 481175.