

## **Parkinson's Resources Edinburgh**

There are many resources available in the Edinburgh area for PwP, the majority are run by the Edinburgh Branch of Parkinson's UK, most can be accessed with a simple phone call to the activity contact on the branch website. <http://www.edinburghparkinsons.org>

### **Branch Activities**

See list of **Regular Activities** on branch website

### **Other activities/treatments we have found helpful**

- AquaFit
- Argentinian Tango
- Nordic walking
- Massage (especially targeted therapeutic massage)
- Meditation
- Yoga
- Mindfulness and awareness.
- Counselling -

You will normally have access to CBT counselling through your GP, unfortunately there is generally a long waiting list.

Should you wish to go privately there are many other types of counselling available, details of which can be found on the British Association for Counselling & Psychotherapy website [www.bacp.co.uk](http://www.bacp.co.uk) along with a comprehensive list of counsellors nationally. When choosing a counsellor/therapist the most important thing to consider is the relationship, do I feel confident working with this person?

Some counsellors offer special rates or times for a first session, so take your time and find the correct counsellor regardless of their orientation.

If you live in Edinburgh, Wellspring is a reputable centre in Leith offering counselling rates based on people's income: <http://www.wellspring-scotland.co.uk/page.php?pageid=home>

### **Edinburgh Parkinson's Nurses**

The nurses can refer you to different therapies, all of which group members have found very useful:

- MEND course (Managing Energy in Neurological diseases) – what we can do about feeling tired and no energy - 4 weekly sessions
- Physiotherapy – to improve walking and movement
- Speech therapy – working on improving speech and swallowing
- Occupational therapy – support in the home
- CBT (Cognitive Behavioural Therapy)

### **Other courses/organisations**

- Edinburgh Research Interest Group (ERIG) has lectures, seminars, involvement in national research projects. <http://www.edinburghparkinsons.org/research-interestgroup/>
- Activities for the over-50s. <http://www.edinburghleisure.co.uk/activities/older-adultactivities/older-adult-sportexercise-activities/ageing-well-walking>
- Life Style management course. <http://www.thistle.org.uk/our-services/health-wellbeing>
- KICC: Keeping well in chronic conditions. <http://www.kiccactive.org.uk/aboutkicc.php>
- The Thistle Foundation: <https://www.thistle.org.uk>

## Useful Web-based links

- Parkinson's UK <http://www.parkinsons.org.uk/> good information, and a Helpline.
- Michael J Fox Foundation <https://www.michaeljfox.org/> information, support, research updates
- Davis Phoney Foundation. [www.davisfinneyfoundation.org](http://www.davisfinneyfoundation.org) Information, exercise
- Worth a look. <https://www.patientslikeme.com/> The research interest group have been recommending this, as it can be useful for comparing one's own progress against others.