



Christmas Lunch

Just a reminder, that there is not long to book for our Christmas Lunch (6th December is last chance).

This is an in-person event, which makes it all the more exciting. The venue is the [Leonardo Edinburgh Murrayfield](#). There is good parking and some blue badge spaces very close to the entrance. The hotel is served by buses: 1, 21, 26 & 200.

Date is: Thursday 16th December and time is 12.30 for 1pm.

There will be a three course meal with a drink, at a cost of £10 per person.

Preferred method of booking is currently via [Eventbrite](#). Postal bookings can be made by enclosing a cheque made out to Parkinson's UK Edinburgh Branch and sending to: Parkinson's UK Edinburgh, PO Box 28661, Edinburgh, EH4 9FH. If you are sending a cheque, if possible can you also confirm this by email to: Olivia at secretary@edinburghparkinsons.org (this way if there is a delay in the post, we can ensure your place is confirmed with the hotel).



Brilliant Christmas Online Songfest



On the afternoon of Wednesday 15th December we are having a Festive Songfest, led by our wonderful song leaders, Penny Stone and Sally Jaquet. The exact time is still to be confirmed. We will make sure to email this out as soon as possible.

This will be held via the Zoom platform, which worked really well last year.

The [Zoom link](#) is our usual one: Meeting ID 875 721 9637 (if the link for any reason doesn't work, you simply key in these numbers to get access).

New Year Resolution...

As we head towards 2022, we will continue to promise to offer friendship, community and activities to help support quality of life for those with Parkinson's, their families and friends.

To do this, we do have to ensure sustainability and support for all the activities we offer. So, we do need attendance numbers to be feasible, which for many activities we continue to do. For others, we need more help to ensure the activity continues. This might be attending or help with organising (nothing challenging or time consuming but could make a big difference to us).

Singing4Fun: Wednesday Evening

The Wednesday evening Singing4Fun group will resume in-person on 12th January, at the BB Pollock Pavilion, Ferry Road, Edinburgh.

We are also thrilled that song leader Sally has offered to do this as a hybrid session. This means people can join by Zoom if they can't or don't want to attend in person.

The format will be improved, so we use more technology which means people at home are more integrated and included. We are hoping to include People with Parkinson's from around the country, who perhaps don't have singing groups in their area.



Art Group: Volunteer Coordinator Needed

We have not been successful so far in having someone volunteer to coordinate attendees. This would not be a big role, but with ongoing Covid-19 restrictions, places are limited at the Botanic Cottage. So, we need someone who will be a go-between for those who want to attend and the contact at the Botanic who is responsible for compliance with Covid-19 restrictions.

If you could spare less than 30 minutes a week to make a difference to those creative members of the Branch, then please contact David Adams: chair@edinburghparkinsons.org

Walking Group



The Walk in the Park initiative went very well, so a big thank you to Maggy, Olivia, Sheila and Julia for organising and running.

We very much hope to be offering more walks in 2022. We think there is an appetite for these, and with the health benefits of walking well recognised, it is something we want to promote.

Watch this space for more details in the New Year 😊

First Steps with Parkinson's Programme Update

We have been making good progress with Parkinson's UK Scotland so we can deliver the successful First Steps Programme.

We have been able to get a couple of volunteers, but would welcome more. This way we can reach out further than Edinburgh when delivering the programme and we hope to include some members of other Groups/Branches in Scotland referred to us.

If you are a PwP, your personal experience of Parkinson's could help and inform recently diagnosed people. It would mean you co-facilitate the programme. Full training and support is given.

Volunteer Hosts work together in pairs with a volunteer Meeting Assistant who need not have Parkinson's.

If you would like to find out more or volunteer for either role, please view the role descriptors and contact details on the [website](#).

RECENTLY DIAGNOSED WITH PARKINSON'S?



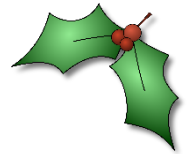
Unsure what the future may hold?
Then the **First Steps** programme is for you.

This free programme offers you and your close family or friends personalised support with:

- Coming to terms with your diagnosis
- Getting the information and support you need
- Finding your way through health and social care services locally
- Taking steps to manage the condition
- Facing the future positively



Christmas Quiz



1. **Where is St Nicholas thought to be from historically?**
 - a) Italy
 - b) Sweden
 - c) Turkey
 - d) Germany

2. **According to one survey, what % of British people own a Christmas jumper?**
 - a) 40%
 - b) 60%
 - c) 80%
 - d) 100%

3. **Which Christmas song was the first one ever played in space?**
 - a) Jingle Bells
 - b) White Christmas
 - c) The 12 days of Christmas
 - d) Silent Night

4. **What do Japanese people traditionally do on Christmas day?**
 - a) They go to the cinema
 - b) They go to Disneyland
 - c) They go to KFC
 - d) They visit their grandparents

5. **How many presents are given in 'The 12 Days of Christmas'?**
 - a) 12
 - b) 48
 - c) 90
 - d) 364

6. **What sort of things appeared on Victorian Christmas cards?**
 - a) Dead frogs
 - b) Demons
 - c) Dancing insects
 - d) All the above

7. **What odd ingredient did mince pies once contain?**
 - a) Carrots
 - b) Banana
 - c) Holly
 - d) Real mincemeat

8. **Who banned Christmas in Britain in 1647?**
 - a) Henry VIII
 - b) Oliver Cromwell
 - c) Charles II
 - d) Mary Queen of Scots

(answers are below – in footer)

