

## RETURNING TO 'NORMALITY'

It is our hope that in the near future, we can revert to post-Covid face-to-face activities. Well, at least for activities that used to be face-to-face. Our Regular Activities, our Branch Meetings and our Support Groups.

However, there have been some successes during Covid restrictions and the internet and in particular Zoom has allowed us to introduce new ways of keeping in touch and delivering our support, companionship and many of our activities.

This brief Newsletter will give a little information on some of the things taking place. We hope you might be interested in resuming those activities you once did, or decide to join in now. We would also like people to share with other People with Parkinson's, their family, friends or carers who may not be Branch Members yet, but could benefit from our services.

### Book Blether

Our next Book Blether will be held on Thursday 10th February, at 11.00am.

Have you read any interesting books this winter? If so, perhaps you would like to tell us about them. You don't need to prepare a lecture, just say a little about the book, whether you enjoyed it, and why.



Olivia will be glad to see you and hear about your choices. She has been reading some of Victoria Hislop's books about Greece in wartime, and will soon be moving on to 'All The Light We Cannot See' by Anthony Doerr. After that, she needs some recommendations!

Please join us by Zoom: <https://us06web.zoom.us/j/8757219637>

(Or you can go to Zoom and key in the Meeting ID: 875 721 9637)

### Singing4Fun

We are delighted to announce that we will be re-starting our regular Tuesday Singing4Fun group at Marchmont St Giles, on February 8th. The cost is £3.00 per session, and we ask for a contribution towards the cost of tea or coffee. The group meets from 2-3.30pm during school terms, so there will not be a meeting on Tuesday 15th as it will be half term.

At present we need to keep some social distancing, so we must limit the numbers. You will need to book a place with Olivia: [secretary@edinburghparkinsons.org](mailto:secretary@edinburghparkinsons.org)

## Social Café

We're glad that we can re-start our drop-in café on Monday, 14 February, 10.30-12.00. We'll be at Butterflies, Marchmont St Giles and everybody is welcome. Tea and coffee will be on offer in this spacious and well-ventilated venue. Please see the [website](#) for more details.

## Walking Group



The January walk at Newhaven was a great success. This image is some of the participants who joined us on that walk.

The next walk for PWP's and their care partners is on Monday 28<sup>th</sup> February at 10:30 am. The start point will be announced soon.

We welcome suggestions for walks, so please tell us routes and places you might be familiar with that are worth sharing/exploring.

For more details of the walks, see the [Walk in the Park](#) webpage.

## Neurodynamics Course with Physiotherapy Assessment

If you are recently diagnosed or are living with Parkinson's and you would like to fight your symptoms, get more from your exercise and activity, see positive changes, then this course could be for you.

It is based on the PD Warrior, LSVT BIG and PWR MOVES programmes. You need to be able to walk relatively comfortably, be a low falls risk, have minimal freezing and no major health concerns. The programme can be adapted for individual needs/abilities. You need to be prepared to work hard, do the exercises daily and make this a lifestyle choice - it is not a quick fix or a cure!

The course runs for 10 consecutive weeks, starting in March. It is at the Fisherrow Community Centre in Musselburgh on Wednesdays 4-5pm. Pre/post assessments start in February.

For further information, please email Sasha Baggaley: [sasha@edinburghparkinsons.org](mailto:sasha@edinburghparkinsons.org)

## Nordic Walking

Nordic Walking is a popular activity with the Branch members. New participants are always welcome. Don't worry if you don't have poles, they can be provided by our Instructor Trevor.

The walk takes place each Thursday at Noon, at The Meadows, Edinburgh. We meet outside Pavilion Café, Jawbone Walk, EH9 1JU.



If you wish to take part, please contact Dot Brown: or 0131 443 1665 or [weirbrown@gmail.com](mailto:weirbrown@gmail.com)

## Dance Classes Back in Person



Dance for Parkinson's classes are designed specifically for People living with Parkinson's, their carers and families.

Dance Base, Grassmarket Edinburgh, run a weekly class every Wednesday from 11:30-1:30pm.

The classes use seated and standing dance elements led by trained dance artists and musicians and are supported by a wonderful team of volunteers.

Every class has live music and includes a 30-minute social café at the end where you can enjoy a cup of tea and a blether.

No previous dance experience is needed, just bring your smile!

If you'd like to come and a try class for free or would like more information please check the [website](#) or contact Emili Åström: [Emili.astrom@dancebase.co.uk](mailto:Emili.astrom@dancebase.co.uk)

Current term dates: 12 January – 6 April 2022

Summer term dates: from April to July.

*Dance for Parkinson's Scotland is a joint initiative managed by Dance Base and Scottish Ballet, supported by Paul Hamlyn Foundation and delivered in partnership with Parkinson's UK.*

## Indoor Bowling

Our bowlers meet every Monday from 12 Noon. The bowling is done in a very gentle fashion in a sociable environment at Meadowmill Indoor Bowls, Tranent, EH33 1LZ

New Members are very welcome. This invitation is open not only to People with Parkinson's, but players with other conditions, or disabilities are encouraged to participate. Adapted wheelchairs are available.

For information contact Kenneth Williamson: 0131 336 4088 or [trainbuff1@virginmedia.com](mailto:trainbuff1@virginmedia.com)

## Fundraising

The fundraising season is almost upon us again! Our Fundraiser Lou has given us this years 'Can Shooglin' dates. These will take place at Craigmyle Retail Park on the following dates:

- April: Fri 22<sup>nd</sup> and Sat 23<sup>rd</sup> (10am – 4pm)
- August: Fri 13<sup>th</sup> and Sat 13<sup>th</sup> (10am – 4pm)
- November: Fri 25<sup>th</sup> and Sat 26<sup>th</sup> (10am – 4pm)

As usual Lou will need some volunteers. She has split the days into two hour slots, being 10am to Noon; Noon till 2pm; and 2pm to 4pm.

If you could help, please contact Lou: [lou@edinburghparkinsons.org](mailto:lou@edinburghparkinsons.org)