



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Newsletter: November 2022

Please also check our [website](#) where we add news items on the front page. If you have any news you would like to share, please email details to: communications@edinburghparkinsons.org

November Branch Get-Together – Special Visitors!

Our meeting on 9th November takes place at Inverleith St Serf's Hall, 1A Clark Rd, Edinburgh EH5 3BD. There is free on-street parking close by, and you can use Lothian Buses 21, 23 and 27.

We are very fortunate that some of the 'bigwigs' from Parkinson's UK (P-UK) are joining us:

- Caroline Russell is the Chief Executive of P-UK
- James Jopling is the Scotland Director for P-UK
- David Dexter is Deputy Director of Research for P-UK

This will be a great opportunity to hear from them in person - and to ask questions we care most about and pick their brains!

Fundraising

Our small but dedicated group of volunteers will be out collecting again for our final fundraiser of the year. Venue as usual will be Craighleith Retail Park.

It really would be appreciated if this time we could have some additional support. All you have to do is simply stand and collect money. We don't approach people, nor do we rattle the collection cans. We also promote the Branch when people are interested and ask for information.

The dates are Fri 25th and Sat 26th November. We are permitted to collect from 10am – 4pm.

Lou asks for people to ideally commit to a two-hour slot (10am-Noon, Noon-2pm or 2pm-4pm).

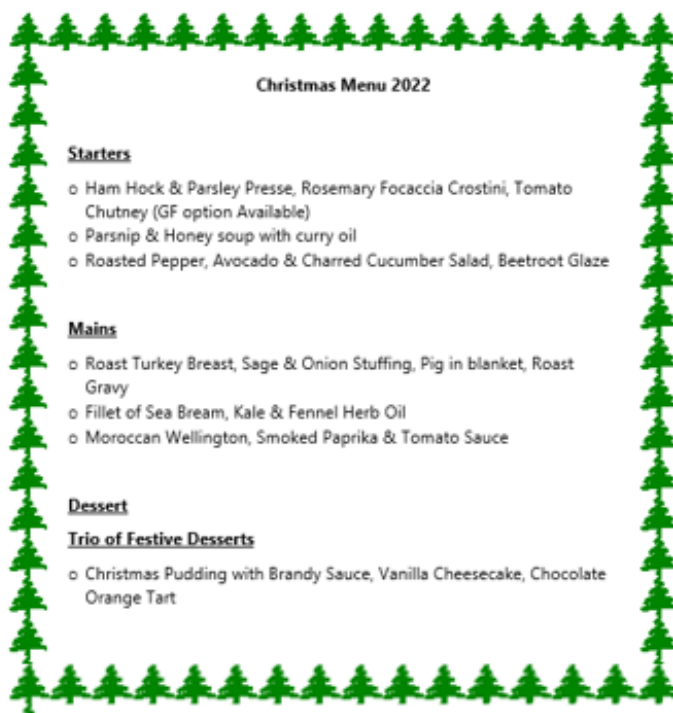
If you can spare a little time to help, please contact Lou at: lo4parkinsonsfundraising@gmail.com



Christmas Lunch 2022

Please join us on Wednesday 14th December for our Christmas Lunch at the Leonardo Hotel, Clermiston Road. Lunch will be 12.30 for 1pm.

This is a 3-course lunch with a bar, for the subsidised price of £10 per person. The Hotel has asked us to submit menu choices in advance. The options that are available are below.



Please send your choices from the menu to Olivia (secretary@edinburghparkinsons.org) by midnight on 5th December 2022 which is when the booking closes. Please also let Olivia know if you require a "fork friendly" meal, the same menu but with no need to cut up your food.

Booking Details

You can book online via [Eventbrite](https://www.eventbrite.com) or you can do a postal booking by sending a cheque made out to Parkinson's UK Edinburgh Branch to Weir Brown, 9 Kingsknowe Avenue, Edinburgh EH14 2JL. (Weir is the Branch Treasurer).

Edinburgh Young Parkinson's Support Group

The 'YPs' as we affectionately call them, meet on the first Thursday each month.

The next meeting will be on Thursday 3rd November at 6.30pm for 7pm. Sometimes there is a guest speaker, other times it's just a social event. Venue is The Steading, on Biggar Road. They do really good food if you want to get a bite to eat before the meeting (see [menu](#)).

For more information and contact details, please see the [dedicated page](#) on the website.

Complementary Therapies

We hope that you are aware that we have a [Complementary Therapies](#) section on our website. It is within the Local Support section, which is on the tabs at the top of the website.

We wanted to highlight a couple of these:

Sound Therapy

We're really pleased to add this latest option to our range of Complementary Therapies.

These sessions for **care-partners** involve the use of a variety of sound creation tools to help the recipient experience a subtle shift in consciousness, promoting a deep state of relaxation, calming of mind-chatter, release of physical and emotional tension, and a letting go of negative thought patterns. Our therapist, Helen Harris uses Himalayan bowls, crystal bowls and a variety of other instruments but the focus is on gongs. These produce a multitude of tones and overtones, so creating an envelope of sound in the room. It is not just about what the recipient hears but the vibrations subtly picked up by the body. Sound therapists refer to such sessions as sound baths or gong baths because the recipient is immersed in an envelope of sound vibrations – not a drop of water in sight. Recipients lie on a comfortable recliner with a covering blanket to stay warm. Find out more via [Helen's website](#).

To apply for vouchers, please contact Gina Allen: gina@edinburghparkinsons.org

Hypnotherapy

Anne-Marie Parham, our clinical hypnotherapist, and owner of [Signature Hypnotherapy](#), has now completed her training as a [HypnoMenopause®](#) practitioner, enabling her to support women with Parkinson's at all stages in their Menopause journey; perimenopause, menopause, and post-menopause.

The 5 session HypnoMenopause® treatment package is a flexible approach that can be tailored to meet your individual needs, using a combination of hypnotherapy, mindfulness, and Cognitive Behavioural Therapy. The package may be purchased on redemption of the four complementary therapy vouchers, together with a single charge for the fifth session of £45.00 (online) or £50.00 (face to face). See our Complementary Therapies page for more details

If you would like to apply for vouchers to experience the difference HypnoMenopause® might make, please contact Gina Allen gina@edinburghparkinsons.org

Help with Transport

We are aware that in these difficult times for many, the cost of transport to attend Branch events may be an issue. We have collated a list of transport options, which could help with this.

Please see our [Help with Transport](#) section of the website. If you know of any other schemes we could share, please email Anne: anne@edinburghparkinsons.org



World Parkinson's Day

As you probably know, World Parkinson's Day (WPD) takes place on 11th April. What you may not know is that this date is significant as it is the birthdate of James Parkinson's (in 1755).

We as a Branch don't do enough to celebrate, though thanks to Maggy Douglas, last year we finally did make an effort and had a wonderful café with cupcakes that had blue frosting.



For 2023, we hope to be more interactive and encourage people to get involved. Parkinson's UK are planning some things, and hope that Branches and Groups around the country will become involved, so we can spread information about Parkinson's.

Lighting up buildings in blue is likely to feature, and last year's poems for WPD proved very successful from a nationwide perspective.

Table Tennis



Our Edinburgh Young Parkinson's Support Group started weekly [Table Tennis](#) sessions earlier in the year.

They have announced recently that they are now affiliated with Table Tennis Scotland!

Well done to Scott and Gina who worked hard to get this started. It would be great to have more people going to support and help improve our talent pool. Table Tennis is a competitive sport! Anyone over the age of 18 is very welcome to join.

Sessions are on Saturdays from 1-3pm at North Merchiston Club, Watson Crescent, Edinburgh.

Contacts: Gina Allen gina@edinburghparkinsons.org or Scott Wilson scottwils180@gmail.com, mobile 07835 820898.

Volunteer Matters

We urgently need someone for the **Singing 4 Fun Coordinator** role for the Wednesday Evening group at the Pollock Pavilion, Ferry Road. Cathie needs to take a back seat, so please, consider this role. The sessions are only during school term times, and will not be too time consuming, but is important to the continuation of this regular activity.



If you could help us out, please contact David Adams at: chair@edinburghparkinsons.org

You can also check the [S4F website page](#) for more details. (Note: the Tuesday Singing 4 Fun session is encouraging more people to turn up and sing - contact Olivia for details at: olivia.bell1@btinternet.com)

We still need a new **Branch Vice Chair**. Current Chair David Adams has served us for over eight years and has intimated for some time that he needs to find a successor. Details of the role from an earlier post are available: [Click Here](#).