



**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

## Halloween Newsletter 2024

Welcome to the Halloween Newsletter. This will be our last newsletter until Christmas. We will continue to share any news or key information by email, which Patrick Mark sends to everyone on the mailing list. Patrick has undertaken responsibility for the membership list for many years and would like to hand over the reins to someone else. If you would like to take on this role, please email Branch Chair Stephen (contact details below).

### Edinburgh Parkinson's Lecture 2024

We had another very successful lecture this year. Many thanks to Richelle Flanagan for delivering such an informative and inspiring lecture. And to David Melton, Chair of [ERIG](#) for all his hard work in organising the event. And we much appreciate the sponsors, Branch volunteers, and the staff from Parkinson's UK Scotland for helping at the event.

How nutrition & diet can help you live better with Parkinson's



Richelle Flanagan, RD, BA, MSc  
 PD Advocate, WPC Ambassador Alumni, Eupati Fellow  
 Co-Founder, Women's Parkinson's Project  
 Co-Founder, My Moves Matter

Well over 200 people attended in person and around 800 for the live stream. Over 2,200 people have watched the recording on our YouTube channel. Richelle made available her slides, which are on the Lecture page on our website. If you have not yet watched the lecture [view from this link](#).

### Fundraising Volunteers Needed Urgently

We would appreciate help at our upcoming can collection at Craighleith Retail Park, on the Friday 15<sup>th</sup> and Saturday 16<sup>th</sup> November. The time slots are: 10am-Noon; Noon-2pm and 2pm-4pm.



If you can only manage one hour, we would be very grateful. This is the last collection of the year, and the money we raise can be around £1,000 if we can cover all the slots on both days. This really helps us with costs involved for the activities and support groups we provide. If you can help, please let our Fundraiser Diane know: [diane@edinburghparkinsons.org](mailto:diane@edinburghparkinsons.org)

### Treasurer: Retiral of Niall Stirling

We are sad to report that Niall is standing down as Branch Treasurer. We want to thank him for his hard work and support. This leaves a vacancy for the Treasurer role. Do you know anybody who might be interested? The role is voluntary and the appointment overseen by Parkinson's UK Scotland. If you, or someone you know want to discuss the role, please contact Branch Chair Stephen Brannan ([chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org)).



**Activity Providers:** You can submit invoices to Weir Brown (temporarily helping) or Stephen Brannan.

## Parkinson's UK Related Information

### 'Par-Tech: Parkinson's and Technology'

North of Scotland Research Interest Group (NoSPRIG) host their next online event about Parkinson's and technology.

When: Tuesday 26 November 2024

Time: 12.00pm - 1.30pm

Where: Online via Zoom

In this event Kuhan Pushparatnam, an app developer and person with Parkinson's will share his insights from developing the 'Parkinson's ON' app. Dr Julie Jones will also share information about her study exploring augmented reality-based rehabilitation for Parkinson's. To Register: [Click Here](#)

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### Research Opportunities

You may know that Branch Chair Stephen Brannan is very keen that we all support research. You may not use the Parkinson's UK website as much as you do the Edinburgh Branch one, so we thought we would just outline some of the research projects open to those in Edinburgh and the Lothians:

- [iSupport-PD: Can a specially designed website help support carers of people with Parkinson's who experience thinking and memory problems?](#)  
(Closing date to apply is 1 November)
- [Understanding the experience of hearing loss in people with Parkinson's dementia](#)
- [How do changes to face and body movement affect people with Parkinson's?](#)
- [Predict-PD: refining tests that might help to predict Parkinson's](#)
- [PD Frontline: identifying genes in people with Parkinson's](#)

## First Steps Programme

Run by Parkinson's UK, First Steps is an online programme for people recently diagnosed with Parkinson's and family, friends and carers.

The programme is 3 sessions, where they help you take the first steps in making sense of your diagnosis. They will empower you to start living well with Parkinson's by providing the information and support you need.

There are two new sessions starting in early November: Tues 5<sup>th</sup> at 6.30pm and Thurs 7<sup>th</sup> at 10am. (Note: these are the final two deliveries for 2024. Best to act fast!)

If you have any questions, please contact the First Steps team on 020 7963 9381 or email [firststeps@parkinsons.org.uk](mailto:firststeps@parkinsons.org.uk)

For more information, please see the [First Steps](#) page on the P-UK Website.

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## Online information and support sessions for families, friends and carers of people with Parkinson's

This is a peer support open discussion, with a gentle Tai Chi session. This takes place online on Tuesday 29 October at 7pm.

It can be daunting and challenging living with Parkinson's in our lives, for a variety of reasons. This is an open session where people can ask questions and seek advice from each other, followed by some gentle down time. Questions can be submitted in advance and read out anonymously.

For more information or to receive a link to join, please email Chloe Macmillan ([cmacmillan@parkinsons.org.uk](mailto:cmacmillan@parkinsons.org.uk)) or call Chloe on 0300 123 3679.

## Halloween Quiz



1. Bates Motel starring Freddie Highmore is the prequel to which classic horror film?
2. What's the name of the terrifying clown in Stephen King's It?
3. Who is the lead singer of The Zombies?
4. On which historical figure was Bram Stoker's Dracula said to have been based?
5. What was the original reason people wore costumes and lit bonfires, during the Celtic festival which eventually led to Halloween?
6. What is a group of witches called?
7. In the film adaptation of Roald Dahl's The Witches, Anjelica Huston's Grand High Witch plans to turn children into what?
8. In which US state did the infamous Salem witch trials of the 1690s take place?
9. Victorians used to put what inside their coffins, just in case?
10. What is the name of the young woman who vanishes in David Lynch's cult series Twin Peaks?
11. Helen Nicoll wrote a series of children's books about a well-meaning witch, her striped cat, and their friend Owl. What were the books called?
12. Name the film and the actress.



13. Which Agatha Christie novel is Kenneth Branagh's 2023 Poirot film, A Haunting in Venice based on?
14. Who wrote Frankenstein in 1818?
15. The famous song 'Time Warp' is from which cult comedy horror film?
16. Which famous magician died on Halloween?
17. What supernatural power does Carrie possess in Stephen King's blood-soaked novel of the same title?
18. What is the day after Halloween called?
19. In Steven Spielberg's otherworldly classic E.T, name the creature Elliot sets free in his Science class, angering his teacher and causing quite the commotion?
20. What can Dracula transform into?

*(Answers at bottom of Page 5)*

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## Halloween Recipe Using Baileys

Why wait till Christmas for Baileys. They provide a yummy Halloween recipe:

### Baileys Flat White Martini Cocktail

Ingredients:

- 50ml Baileys Original Irish Cream
- 1-2 shots of Fresh Espresso
- 25ml Smirnoff Vodka
- Coffee Beans to garnish
- Ice

Add ice to a cocktail shaker. Add 50ml Baileys, 25ml Smirnoff, 1-2 Shots of cold espresso. Shake, strain into a cocktail glass. Garnish with 3 coffee beans and serve!



## Christmas Lunch 2024

We are returning to the Leonardo Murrayfield Hotel, 187 Clermiston Road, EH12 6UG. Date is Wednesday 11th December, 12.30 for 1pm. The cost is £20 for a three-course meal and tea/coffee.

To find out more information please see the dedicated [Christmas Lunch webpage](#). This page will also tell you how to book. Sales are done through the online, secure [Shop](#) on the website.

When booking you can confirm menu choices in the notes field. For example: soup, turkey, tart. Or if you prefer you can email Olivia: [secretary@edinburghparkinsons.org](mailto:secretary@edinburghparkinsons.org)

The menu choices are below – they do seem very tasty 😊



### Starter:

- Winter spiced parsnip soup, with garlic, chilli and rosemary oil
- Pressed Ham hock terrine, piccalilli, parsley oil, savoury granola
- Quinoa and wild rice salad, roasted beetroot, caramelised walnuts, tarragon dressing, chargrilled focaccia (v/g)

### Main:

- Golden roast breast of turkey, apricot stuffing, thyme and garlic roast potatoes, glazed root vegetables, chipolata, Brussel sprouts, roast turkey jus
- Roast fillet of hake, braised wintergreens, sautéed potatoes, white wine cream sauce
- Beetroot wellington, apricot stuffing, thyme and garlic roast potatoes, glazed root vegetables, Brussel sprouts, vegetable jus (v/g)

### Dessert:

- Clementine tart, bitter chocolate crumble, Chantilly cream
- Christmas pudding, brandy sauce (v/g)
- Baked vanilla cheesecake with mulled wine & berry compote



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## Introduction to Creative Writing Sessions

Fairly typically after going to press with the tri-fold annual calendar (pictured), there came to light a change about the Creative Writing sessions.

The organiser has had to temporarily take a back seat, and so the venue that has been advertised is currently not being used.

Alison Williams is currently coordinating the sessions, for which we are very grateful. We are keen that this new activity should continue.

Anyone is welcome to join the sessions, but time and place will have to be confirmed by Alison. Contact her: [alison@edinburghparkinsons.org](mailto:alison@edinburghparkinsons.org)





## Scottish International Parkinson's Open Largs 2024

Huge congratulations to Diane Kennedy a member of our Parkinson's Table Tennis group who was one half of a Silver medal winning combination in the ladies' doubles at the 2024 Scottish International Parkinson's Open in Largs. Diane is on an upward winning curve having won the Bronze in the Ladies Doubles last year with Alison Williams (pictured to the right). Diane was also a runner up with Robert Smith in the Plate Class 3 mixed doubles.



Scott Wilson and Robert Smith (pictured left) also had a good tournament against some very stiff opposition from across Europe and the rest of the world, but didn't quite make the medals. There's always next year!

If you would like to join our group, you don't need to be competitive or have any previous experience. Anyone is welcome to join our friendly group, have some coaching and most of all have fun! Join us at North Merchiston Community Centre on Saturday afternoons 1.15pm to 3.15pm. See the [dedicated website page](#) for more details.

## Supporting the Branch

We are incredibly grateful for the support we receive, and our small group of volunteers in particular do a brilliant job of ensuring the Branch continues to provide support, activities, community, socialisation, information and very often fun and laughter!

But we really would welcome more volunteers. That could just be offering to be present at one of our cafes on specific dates. It could be to take over the Membership Secretary or the Treasurer role. We also hope to recruit an Activity Coordinator. Sparing an hour or two to help at the can collection – all of this can make a real difference. If you would like to volunteer, please contact Branch Chair Stephen ([chair@edinburghparkinsons.org](mailto:chair@edinburghparkinsons.org))

You can also support us by participating in the events and activities, and coming to the monthly Get-Togethers. If you are planning any fundraising, let us know and perhaps we can help to promote it. We have had several people running in half-marathons and we would like to publicise things like this more. So please let us know how we can help you to raise money for Parkinson's.

## Quiz Answers



1. Psycho; 2. Pennywise; 3. Colin Blunstone; 4. Vlad the Impaler; 5. To ward off ghosts; 6. A coven; 7. Mice; 8. Massachusetts; 9. Bells (in case they happened to be buried alive!); 10. Laura Palmer; 11. Meg and Mog; 12. The Birds/Tippi Hedren; 13. Halloween Party; 14. Mary Shelley; 15. The Rocky Horror Show; 16. Harry Houdini; 17. Telekinestis (she can move objects with her psychic ability); 18. All Saints' Day; 19. Frogs; 20. A bat

