

Edinburgh Branch

April 2025 Newsletter



Branch Summer Lunch

Our annual summer lunch has been finalised. Menu details and booking options are on the website: [Click Here](#) .

Where: Leonardo Hotel in Clermiston Road

When: Wednesday June 11th, 12.30 for 1.00pm.

The cost will be £20 per person for two courses (main & dessert)



Pilates: Updates

We have a new class starting on Thursday 17th April. And our Monday Pilates at Morningside has a new venue for two weeks (14th and 21st April temporary move to Morningside United Church at Holy Corner).

The new class will be on Thursdays from 10.20am - 11.20am at OMH Therapies, 4 Atholl Place, Edinburgh, EH3 8HT. We had asked for notes of interest and got a good response. There are likely a couple of spaces left, so if you are interested, please email: sasha@edinburghparkinsons.org. And please keep watching the Pilates page of the Regular Activities section of the website for more information.

Edinburgh Marathon Festival

This annual event takes place on 25th May. There are many people who run full, or half marathons to raise funds for the Branch, or Parkinsons' UK.

Today, we are not asking for money, but rather your time and enthusiasm to go along and cheer and support runners. There is an official cheering point, and Parkinsons UK Scotland need volunteers. We will confirm details soon.

(If you just want to unofficially cheer, the route is: Starts at Potterrow, passes Greyfriars Kirkyard, then onto the city's old town. Onto Royal Mile down the Mound, along Princes Street Gardens, back up to the Royal Mile then heading east towards the coast via Portobello, then Musselburgh then onto Prestonpans before turning and heading back towards the beautiful finish line back in Musselburgh).

Side by Side Course Dates Confirmed

This free course is intended to help those who know/live/work with someone with Parkinson's and who want to learn more about the professional help, drugs, benefits and support available.



The Spring 2025 course starts on Thursday May 22nd and runs for six weeks, from 2-4pm at the BB Pollock Pavilion at Ferry Road.

See [website for full details](#) and the contact details for Cathie, who along with Ann runs the course.

Quality of Life Group

While the above course is for friends/family/carers, this monthly group is strictly only for people with Parkinson's. It's a great opportunity to offload things you may not want to share with or say in front of your loved ones!

The next meeting takes place on Thursday 6th May 2025, from 2pm-3.15pm. The venue is Murrayfield View, 28 Roseburn Place, EH12 5NN. If you would like to give the group a try, please contact Alison Williams: <mailto:alison@edinburghparkinsons.org>



The Merry Widow

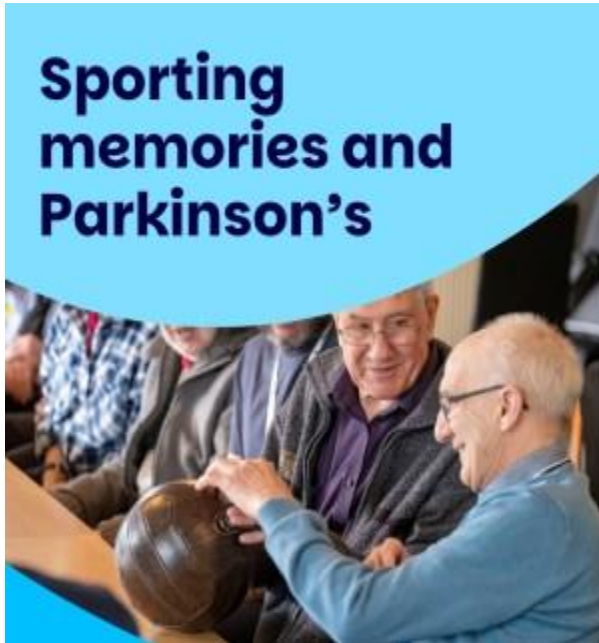
An Access opera performance of The Merry Widow takes place at the Festival Theatre Edinburgh, on Tuesday 3rd June at 3pm.

The shortened performance of The Merry Widow is open to all. Performed by a full cast and orchestra, they also feature a presenter to introduce the story, characters and music from the opera. There are wheelchair spaces and extra staff on hand to help. There is a smaller capacity to allow everyone space, and brighter lighting levels in the auditorium, giving you the flexibility and freedom to move about as required.

Tickets are £12.50 and carers go free. Full details at [Scottish Opera website](#).

Parkinson's Sporting Memories Sessions

A reminder of these sessions, which are a great social event as well as being really good for reminiscing about sporting events and personalities.



Sporting memories and Parkinson's

Sporting Memories is a charity and social enterprise that helps people to reminisce, replay and connect. These sessions are for anyone affected by Parkinson's who are looking to keep mentally active. A trained leader and a volunteer will support the sessions.

Stephen Brown who volunteers says "We all have special memories and a good number of these will be sporting memories, involving sporting heroes. Remembering and discussing special moments are some of the things we will do in our group sessions. Why not come along for good company, hearty banter, your favourite hot beverage and some biscuits or cake?"

The sessions take place every Thursday from 10.30am to 12pm, at Liberton Northfield Church, Edinburgh. Attendance is free and refreshments are provided. Street and on-site parking is available and there is a bus stop (number 3, 8, 29) outside the venue, which has disabled access.

Upcoming Café Dates

With Easter there are a couple of changes to the dates of the cafes. A reminder of the next dates for each are below. Full details of each are on the Cafés page on the website (click the image to go to page).

Café Marchmont

Mondays: 21st April (moved from April 14 because of the school holidays) and 12th May

Café Fairmilehead

Wednesdays: 23rd April and 21st May

Café Niddrie

Mondays: 28th April and 26th May

