

Edinburgh Branch

March 2025 Newsletter



Date for Diaries...

The 2025 Edinburgh Parkinson's Summer Lunch is provisionally scheduled for Wednesday 11th June, 12.30 for 1pm. We will return once again to the Leonardo Murrayfield.

Full details should be ready for the April newsletter.

Parkinson's-related Dementia Support Group

Parkinson's UK Scotland has partnered with Alzheimer Scotland to offer a new drop-in support group in Livingston, for people affected by Parkinson's-related dementia.

Where: West Lothian Brain Health and Dementia Resource Centre. Unit 1 Grampian Court, Beveridge Square, Livingston

When: Friday, March 28th, from 10:30 am to 12 pm.

The group will continue to meet on the last Friday of each month. The group is open to individuals living with the condition, as well as their friends, family, and carers.

They aim to provide a relaxed and friendly atmosphere where people can connect over a cup of tea, chat, and receive information and support. A separate area will be available for family, friends, and carers to connect and share their experiences.

The sessions will be co-led by Parkinson's UK and Alzheimer Scotland staff and volunteers. Please feel free to go along – no booking is necessary.



Parkinson's-related Dementia Support Group



(Full details in their [Flyer](#) – please feel free to share).

April Branch Get Together

Dr David Breen: Consultant Neurologist specialising in Parkinson's will talk about a new initiative to Accelerate Clinical Trials in Parkinson's.

Please join us on Wednesday 9th April at 2pm, all welcome. Venue is Lifecare Centre in Stockbridge (2 Cheyne St, EH4 1JB). There is a café at the venue, though we do provide tea, coffee and biscuits.

Upcoming Café Dates

Café Fairmilehead: 19th March

Café Niddrie: 24th March

Café Marchmont : 21 April (*moved from April 14 because of the school holidays*)

(see the website for details of the café venues etc: [**Social Cafes**](#))

Monday Pilates Confirmation

We reported that the Monday Pilates would begin again and sent out confirmation email. However, there was a slight mix up with some details!

To confirm, the venue remains the same: Morningside Parish Church, 2 Cluny Gardens, Edinburgh EH10 6BQ. Session details are:

- Mondays: 2-3pm. A session for *those with more experience*. Resumes 17th March 2025 with new instructor Andrew Raeburn.
- Mondays: 3-4pm. A session *aimed at beginners*. Starts 17th March.

Anyone interested in either of these classes, please contact Sasha Baggaley, our lead on Pilates and Neurodynamic exercise (sasha@edinburghparkinsons.org)

Sasha has had a good response when we asked about interest in a new session that would be on Thursday morning – somewhere in the West End of Edinburgh. We will give you more details if these sessions are going ahead.

Check the [**Regular Activities**](#) page on the website, and in particular the Pilates page for more updates and information.

NoSPRIG Podcasts

North of Scotland Parkinson's Research Interest Group (NoSPRIG) have developed a series of podcasts with focus on Parkinson's research from a Scottish perspective and highlight some of the work being done here to find out more about the mechanisms of this complex disease and ways of making life better for those living with it.

This latest podcast focuses on **Self-Management in Parkinson's**. It tries to find out what this can mean for different people and what research tells us about it.

The guests are Dr Bhanu Ramaswamy OBE (*Independent Physiotherapy Consultant and Honorary Visiting Fellow, Sheffield Hallam University*) and Dr Alison Williams (*Person with Parkinson's, Academic, Artist and Parkinson's Public Speaker, and Branch volunteer*).

Click on the image below to listen to the podcast hosted by Julie Jones and Helga Macfarlane:



Can Collectors Needed

A reminder our next can collection is Fri 11th & Sat 12th April, at Craighleith Retail Park. Our time slot is 10am – 4pm.

Please email Diane with dates you can help (diane@edinburghparkinsons.org).

We would appreciate if you could cover a 2-hour timeslot but are grateful for any amount of time you can spare.



Online Information Session

Parkinson's UK Scotland are hosting an online information session focusing on **'The role of the Speech & Language Therapist in Parkinson's'**.

Speech and Language Therapists specialise in assessing, advising, supporting and treating all aspects of communication and swallowing difficulties in Parkinson's.

This session is for people with Parkinson's and family members living in Scotland.

It takes place online via Zoom, on Thurs 27 March, 11am – 12.30pm.

To register, please complete this **Google Form**. You can also contact Chloe on 0300 123 3679 or: cmacmillan@parkinsons.org.uk.

Ivor Cutler Open Mic

Lindsay McDermid, a long-standing Branch volunteer has organised a charity event for Edinburgh Branch, and Words and Action for Peace

- When: Saturday March 22nd. 7-9pm (doors open at 6:45pm).
- Cost: £10 per person. Booking is available via: **Eventbrite**
- Where: Words and Actions for Peace, 58 Ratcliffe Terrace Edinburgh EH9 1ST.

Join in a fun evening with quirky, poems, songs and stories celebrating one of Scotland's most bizarre and unique performers. Grab the limelight and perform your favourite Ivor Cutler poem/story supported by 'Robert the Keyboard player.'



This is a small friendly venue. There is on street parking. Nibbles will be provided. There will be tea and coffee available. You can BYOB 🍷.

Younger Parkinson's Activities

Parkinsons UK Scotland are hosting 3 online introductory sessions for people living with Parkinson's of working age (aged 66 or under).

The same session will run 3 times on Zoom from 7 – 9pm, on:

- Tuesday 8 April
- Thursday 5 June
- Tuesday 19 August

At these short online YP introductory sessions, attendees will:

- hear from others living with Parkinson's about what has helped them to manage their Parkinson's moving forward;
- hear from a Parkinson's Local Adviser about their role and how they can help; and
- after a comfort break, attendees will be able to ask questions and access peer support informally.

For details, contact Chloe on 0300 123 3679 or: cmacmillan@parkinsons.org.uk

Yoga Nidra / Relaxation sessions

Last month we outlined Yoga for Parkinson's classes that take place each week via Zoom. These sessions are delivered by Karen from Theiya Arts and are specifically for People with Parkinson's. (Places are still available – simply email Karen).

Karen has kindly given us details of a couple of free Yoga sessions. These are not Parkinson's specific. Carers are welcome to attend these sessions as they are for anyone.

Free Online Sessions: Yoga Nidra / Relaxation sessions with Theiya Arts

Yoga Nidra is a relaxation technique, also known as “yogic sleep,” that involves being led through mental imagery while lying on your back to induce a state of deep relaxation and rest, yet remaining awake.

- **When:** Every Tuesday 13:00-13:30 and Thursday 18:00-18:30
- **Where:** Live online, via ZOOM
- **Cost:** The sessions are offered free of charge

What happens during the session:

You join the session via Zoom. Once you connect, you will see Karen on your screen. There is a wee check in hello and chat at the start and then start the practice. When you connect on Zoom, your video is automatically switched off. Once the session starts, Karen will also mute everyone. Rest assured that Karen is the only person who is seen and heard.

You can lie down (on a couch/bed/ floor) or sit on a chair. Make sure your body is comfortable and feels supported. Cover yourself so you don't get cold. And for 30 minutes there is nothing you need to 'do' except listen to Karen's voice and follow her guidance.

Yoga Nidra is described as a 'practice', and each time we practice it will feel different. That's because each time WE are different – we have had a different kind of day or week, we may feel different physically, mentally, and emotionally, so it makes sense that our Yoga Nidra experience will differ from day to day.

What will you get out of the practice?

Often Yoga Nidra has an adaptive quality, meaning that it becomes what you need in that moment. If you are feeling really tired, you may sleep. If your mind is feeling busy, you may feel calmer afterwards. If your body is feeling restless, you may feel more relaxed. If you struggle with an issue or a question, you may find some mental clarity. There is no right or wrong.

After the meditation:

Have a glass of water and take some time before you continue with the rest of your day.

How to join: email hello@theiya.org and they send you the Zoom link & connection details.

Newly Diagnosed Webinar

Parkinson's UK has an upcoming newly diagnosed online webinar: The roles of a Parkinson's nurse and specialist physiotherapist. If you are newly diagnosed, or coming to terms with diagnosis, this is recommended.

Participants can hear from a Parkinson's nurse and specialist physiotherapist about their roles in Parkinson's care. The webinar also hear from Ali Turnbull, who has Parkinson's, about her experience of accessing healthcare once diagnosed and how physical activity helped her manage her symptoms and improve her mental health.

A helpline and local adviser will also be sharing how Parkinson's UK can support people with Parkinson's with healthcare related questions or issues, and what support services the charity offers.

Date: Monday 31 March 2025

Time: 7pm to 8pm

Speakers: Parkinson's specialist nurse: Miriam Parry, King's College London
Specialist Physiotherapist: Fiona Lindop MBE, Derby Parkinson's service
Person with Parkinson's - Ali Turnbull
Helpline adviser and local adviser - Rosalind Kent

Please go to the [Eventbrite page](#) to sign up for the event:

Online Parkinson's Research Events

Below are some details about upcoming online Parkinson's research events ERIG members may be interested in. (Not a member? [Join Here](#))

Parkinson's UK West of Scotland Research Interest Group hosts Professor Tilo Kunath, from the University of Edinburgh - 'Finding new drugs for Parkinson's using neurons produced from stem cells'

When: Thursday 27 March 2025, 2.30 - 3.30pm **Where:** Online via Zoom

What: A talk, Q&A, and virtual tour of the lab

Interested in attending? Please register via this [Zoom link](#)

Parkinson's UK East Midlands Research Interest Group (PEMRIG) hosts Dr Thomas Payne: 'Moving towards personalised medicine in Parkinson's, how can we target mitochondria?'

When: Tuesday 6 May 2025, 12 - 1pm **Where:** Online via Zoom

What: A talk followed by Q&A

Interested in attending? Please register by visiting the [Zoom registration](#) page.