

PARKINSON'S UK FIFE

'KEEPING US TOGETHER' 21



Hello Everyone from John Minhinick

An Exciting Opportunity for You

All current members of the Fife Branch committee responded to an invitation to become a volunteer with Parkinson's UK. It may have been a leap into the dark, but all of us now say it's the best thing we ever did by saying yes.



With two long serving members taking a well-earned rest and sadly an untimely death, we are looking for one or two members to come on board to support the work of the Fife Branch. The call on your time will not be onerous; the benefits to you will be significant. Across Scotland our reputation is high, only with your help this will continue. If you are interested call me anytime on 07917 602484

Monthly Meetings



Plans are well advanced to restart the monthly meetings. This time we will meet at the Bridge Centre, Glenrothes Baptist Church. This new venue has excellent facilities and good free parking adjacent to the Centre. Public transport from all over Fife will get you to a short walk away from the Centre. We will have many of the old

favourites as well as some new interesting activities. Subject to any late changes in the Covid regulations, the first monthly meeting will be from midday to 3pm on Thursday 9th September. Look out for more details in the next newsletter.

Aqua Aerobics

As part of our planning for starting in-person meetings would you be interested in joining a regular aqua aerobics class? We are planning to start a class at the Carnegie Leisure Centre, Pilmuir Street, Dunfermline in September. Look out for more details in the next newsletter. In the meantime send a message to the editors if you are interested.



Thank You

Thank you to the many friends who called or sent cards, emails and flowers when my wife Sheila was in hospital and since she has returned home. With the support of the outstanding "Care at Home" team we are making slow steps in Sheila's recovery. Resistance to taking oral medicine and poor intake of food and liquid are now rare challenges and walking, albeit with help, is now improving. My household skills are improving including laundry management!!

John Minhinick - Chairman

Some Like it Hot!

Hello Readers!

Now that we're into these wonderful sunny days of July, remember to drink plenty of water since apparently people with Parkinson's can be prone to dehydration and don't forget to wear sunscreen!



So much has been happening, it's difficult to know where to begin! Things are slowly trickling back to normal, assuming that what we had before the Pandemic was normal. It feels almost like coming out of hibernation and exploring the world again. Even though we will be resuming our person to person activities there will still be a place for Zoom, which will help our friends who have difficulty with transport, or who are sometimes unable to leave their homes to enjoy our companionship.

Our thanks go to all our contributors without whom our newsletters would just not be the same. Please remember that we want to hear your stories, your poems, your recipes and your thoughts. Happy reading.

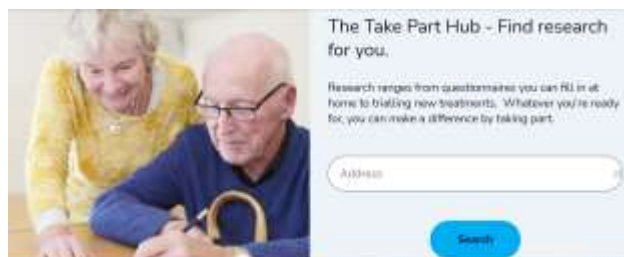
Charles Small - 01592 713824 cjsmall12@tiscali.co.uk

Mark Coxie – 07913 207057 markcoxe@blueyonder.co.uk

Help the Researchers

A lot of people when hearing about getting involved in research think immediately about clinical trials and trying new drugs. But you can get involved in research by doing surveys for researchers, taking part in workshops, sharing your experiences and/or writing peer reviews for funding grants. The range of opportunities is vast but very rewarding. You may even end up training the doctors of the future!

If you would like to find out more about helping the researchers, why not visit Research/Parkinson's UK. If you scroll down, you reach the Take Part Hub where you can enter your postcode to find research opportunities in your local area or research you can become involved in from your own home.



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YP Group Assemble!

Hi All YPwP

Young People With Parkinson's . . . and by that I mean people of working age who perhaps cannot attend the daytime events, we are planning to return to face-to-face meetings next month. The first meeting which follows the traditional pattern of the 1st Thursday of the month, is planned for **Thursday 5th August 2021** at 7pm in The Dunnikier Golf Club.

However, if the Dunnikier Golf Club venue limits its opening times due to covid restrictions, we will meet in the club on **Wednesday 4th August at 7pm**. You will be advised of arrangements which are subject to risk assessment nearer the time. Call David Rigg 07745 897690.

The 'Theme' for our first meeting will be, "Well It's a Start"

David Rigg

Disclaimer

Group photograph
Is not of YP members



Eating Out – Restaurant Review



Now that many of the COVID 19 restrictions have been lifted, our thoughts have turned to getting out of the house a bit more often and also to eating out a little more than we did.

If you have visited a café or a restaurant recently, why not write a small review of your dining experience either indoors or outside for us to share with our readers in our newsletter.

Here are a few ideas to help you write your review.

Name of Restaurant / Café.

Address of Café/ Restaurant.

Telephone Number

Indoor dining / outside dining

Variety / quality of food and drinks

Celebration birthday / anniversary / other

Staff welcome / attitude / helpfulness

Value for money



Please send your review to either Mark or Charles. We look forward to hearing from you.

SCOTT'S WHA HAE!

A Christmas gift, postponed because of Covid, took place with my family on Sunday 4th July at Scott's in South Queensferry.

Scott's is located on the riverside at Port Edgar with marvellous views of the bridges, from the floor to ceiling windows in the restaurant. The restaurant's decor, with lanterns hanging from indoor trees and lots of greenery, added to the atmosphere and set the stage for a very enjoyable afternoon.

The service was first class and the food excellent; our party – 3 children and 3 adults - selected a wide selection of dishes; we chose to share 3 starters, crispy squid (*the accompanying sauce full of flavour but a little salty*); smoked haddock fishcakes (*lovely*) and bruschetta which included a tasty variety of tomatoes.

Our Mains included lobster and prawn linguine (*lovely tomato sauce*); scampi – “*best ever*” from my son-in-law who has eaten a lot! Beer battered fish and chips (*very light and crispy batter*), chicken wrap and onion rings – a substantial portion from the Children's Menu – and burger with cheese and bacon for my grandson – “*amazing*” and “*great chips*”.



Many of you will have been to Scott's and enjoyed the experience as we did, but if you haven't had the opportunity to visit, I would definitely recommend it. A few 'tips' –

- The restaurant is operating under current restrictions so, at the moment, booking for a maximum of 6 people, hopefully this will change soon.
- It's a very popular restaurant so I would book in advance, especially for a weekend reservation.
- I would place prices at the mid-range point.
- Dress – smart/casual

Check it out on the website www.scotts-southqueensferry.co.uk

Elizabeth Tait

Thanks Elizabeth for volunteering to write our first review. Ed

**GET IN TOUCH with
Parkinson's UK
0808 800 0303**

Blueberry Muffins

Thank you, Roma, for sending in your Blueberry Muffin recipe.

Makes approx. 8/9 muffins

Pre-heat oven to 180°C

Ingredients

- 200g S.R. Flour
- 125g Caster Sugar
- 1 Medium Egg
- 62.5ml Vegetable Oil
- ½ tsp Salt
- 125ml Semi-Skimmed Milk
- ¼ tsp Cinnamon
- 125g Blueberries – frozen can be used (do not defrost)



Method

- In large bowl beat egg for 1 minute
- Add vegetable oil and milk – mix until just combined.
- Add sugar and whisk until smooth.
- In another bowl – sift flour, salt and cinnamon.
- Stir in blueberries.
- Add egg mixture and flour together until combined.
- Fill muffin cases 2/3 full and bake for 20 /25 minutes.



Our Fife Branch of Parkinson's UK is always very grateful to receive donations from members, their families and friends and from individuals and groups who wish to raise money for a local charity. We are aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness. Thanks to the latest donors.

Diana and Bill Penman, Ken and Brenda Stokes

If you or someone you know is thinking about fundraising, remember that our Fife Branch has its own 'Just Giving' page, where you can increase your donation with Gift Aid. You can find the link on our own web site, fifeparkinsons.org

July Quiz

1, In the Roman calendar July was originally called Quintilis. What does this Latin word mean?

- A. seventh B. fourth C. sixth D. fifth

2, For whom is July named?

3, What is the flower for July?

- A. Lupin B. Larkspur C. Lavender D. Lilly of the Valley

4, What is the gem for July?

5, Complete this quote by Sue Coleridge:

"Hot July brings cooling showers,
----- and gilly flowers."

- A. strawberries B. raspberries C. buttercups D. apricots

6, Where would you see the Column of July?

- A. Paris B. Moscow C. Rome D. Beijing

7, Which of these nations does not have a national day in July?

- A. Canada B. Switzerland C. Argentina D. Venezuela

8, July 16-17, 1917 are known as the July Days. They mark an uprising in which country?

- A. Russia B. Brazil C. Poland D. China

9, Which American President was shot on the second of July?

- A. Kennedy B. Lincoln C. Garfield D. Bush

10, What is the star sign for anyone born in the first weeks of July?

- A. Virgo B. Scorpio C. Leo D. Cancer

DONATIONS TO OUR BRANCH - Alex Rodger

The Walking Group Returns to Face-to-Face Meetings.



The first face-to-face walk of our Fife Branch Walking Group took place on the 18th June at Pittencrieff Park, Dunfermline with nine members taking part.

We met at our usual parking spot at the Pavilion car park. Once all had gathered and I had read out our risk assessment, the group was ready for the off. The day was lovely, warm and sunny and the Park, or the Glen as locals call it, was looking its best. Thanks to all the gardeners who keep the grounds immaculate.

We headed off heading south past the Cafe and Italian garden. As it was so nice, we strolled our way down the path taking a slightly longer route. Everyone was feeling in good spirits with meeting up again in person.

We walked a loop with a short uphill part taking us to the greenhouses area which has good views of Dunfermline Abbey. Unfortunately, due to COVID restrictions the greenhouses were closed.

We continued on past Pittencrieff Museum and stopped for our lunch at the Italian Gardens which has a lovely little pond complete with sculptures and water lilies. We sat bathing in the sun enjoying our leisurely lunch/snack. Lunch complete we returned to our cars and bid each other a fond farewell.

The Walking Group – July 9th

The Walking Group met at Beveridge Park in Kirkcaldy for our second walk post Lockdown and it was so nice to be able to meet in person again. Nine of us met at the Golf Club car park on a lovely summer morning. The weather was warm and dry, just perfect for us.

Elizabeth Tait being our walk leader duly read out our risk assessment details and we set off on our walk around the park. After a little uphill walk to the park proper, we soon entered via a small gate and on to the path which would take us on a circular journey around the large park.

The park was busy with people walking their dogs and people like us out for a pleasant morning walk with friends. We had good views down to the River Forth from the top of the initial uphill climb, where we met some women from the Kirkcaldy Probus Club. One of our members, Evelyn Maxwell, who was with them, stopped for a chat, later joining us for a catch up on our walk and our photo call.



We walked on and spent a minute or so at the fitness area where Charles and Roma strutted their stuff on

the apparatus before passing the little lake where at one time you could hire a rowing boat and sail around the lake.



We arrived at the Rose Garden where we met Frances, who is recovering from a replacement knee operation. She joined us for the last part of our walk. We then had lunch in the golf club and a long chat to allow Charles and Mark time to finish their humongous breakfast lunch.

A lovely morning with friends, a leisurely walk and lunch. What could be better after our past year?



Our next walk is from Dalgety Bay to Aberdour, our usual daffodil walk, on the 23rd July.

Cheers!

Bob Copeland

The Parkinson's Trio

Laughing All the Way to the Bank



Jarlath and Andy are joined by Alex Carruthers, who also has Parkinson's. The three friends are taking part in the 72 holes in 2 days for Parkinson's UK golf challenge on Monday and Tuesday 12th & 13th July.

There's no doubt that they're golfing wizards but they have also conjured up a marvellously magical mega monetary mass, which they are donating to the Sport Parkinson's Community Grants Programme.

They were aiming at one thousand pounds but they have hit that well out of the park, or should we say golf course? Help them break the £5K mark by visiting their **JustGiving** page and chipping in.



<https://www.justgiving.com/fundraising/jarlath-andy/donate?>

Welcoming our new CEO – Caroline Russell

We're delighted to announce the appointment of Caroline Russell as our new Chief Executive. She'll be starting on 1 September, taking over from Shān Nicholas, our interim Chief Executive since January 2021.



Acting Director for Scotland

Our Scotland Director, Annie Macleod, is taking a short Sabbatical until 14 September. Until then, Tanith Muller will be holding the reins.

LOOKING FOR A NEW HOME

We have been asked by two of our members if we would let our readers know that they have items which might be of use. If you are interested in finding out more, please telephone Charles Small 01592713824.

The first item is a 3 Wheeled Walker which is in very good condition.

The second item is a 4 Wheeled Walker which has been 'well loved' and has given a lot of support to its owner over the years but still has a lot to give.

Our last item is a 'Porta-Potty', a portable toilet for people on the move in a caravan etc.

The great news is that all three items are being given away to anyone who can use them so put your wallets away and give Charles a ring.

ZOOM MEETINGS FOR JULY & AUGUST

Joining codes and Passwords can be found in the Branch Schedule email.

Get Together 'A Wee Blether'

11am Monday

Eric's Tai Chi 'Teaching Tai Chi'

11am Tuesday

Camera Club 'In the Frame'

10am Wednesday 21st July, 4th & 18th August

Coffee & Chat 'Pit the kettle on Fiona!'

11.00am Wednesday 14th, 28th July, 11th, 25th Aug

Quiz Evening 'What was the question?'

7:30pm Wednesday 21st July, 4th & 18th August

Alex's Dance/Exercise & Chat 'The Alex and PJ Extravaganza'

11:15am Thursday

Meri's Sing-along 'All together Now Soon'

09:45am Friday 16th, 30th July, 13th & 27th August

QUIZ ANSWERS

1. Fifth 2. Julius Caesar 3. Larkspur 4. Ruby 5. Apricots 6. Paris 7. Switzerland 8. Russia 9. Garfield 10. Cancer