



Jennifer "Jenny" Anderson
1948 – 2021

It was a sad Monday morning in late May when Victor told us on a Zoom meeting that his lovely wife Jenny had died suddenly the evening before working in their back garden. She was doing what she enjoyed - tending to her plants.



Jenny spent her first 47 years in Zimbabwe (formerly Southern Rhodesia) where she worked as a senior nursing sister; Victor was a hospital laboratory technician. They came to the UK when Victor retired, first settling in London in 1995 before coming to Scotland about 7 years ago.

Our thoughts and prayers are with Victor, their four sons, and their families, at this difficult time. One son still lives in Zimbabwe while the others have also settled the UK.



One member of the Fife Branch described Jenny so well in three words – busy, cheerful and creative. Another member added three equally appropriate words kind, caring and thoughtful.

Soon after arriving in Scotland Jenny, along with Victor, became an outstanding supporter of the Fife Branch and more recently a formal member of the committee. She was always a source of ideas and creating things. Giant Christmas crackers and making angels from paperback books for the top of the festive tree are just two examples. The crackers, prepared for celebrations at the end of 2020, are being stored and will be a very special memory when we hold the delayed event at the end of this year. Jenny was a very generous person in many ways including providing the gifts in the crackers that would rival the best you could get from Harrods.

Jenny was an excellent cook and often came along to events with cakes, scones and other nice things. This extended to providing or organising meals to be delivered to members who were having problems recovering from an illness or injury. With my wife currently in hospital, late one wet evening, a few days before she died, Jenny knocked on my door with a delicious cake.

When out with the Walking Group, Jenny usually used a walking frame although it could perhaps be more accurately described as a fast walking frame. The frame is part of a special Jenny memory for some members of the committee. We were with Jenny just a few days before she died visiting the Baptist Church in Glenrothes to decide whether to start some of our in-person events there. We needed to get to the first floor and therefore we offered Jenny the use of the lift. Not keen to use lifts she put her frame on her shoulder and went up the stairs quicker than most of us. Her catering skills and caring for the group were evident at the end of the visit; she had brought along cakes and scones for the group to share. The back of Mark Coxe's very new car became an impromptu snack bar.



Jenny was without doubt one of a kind. We have lost a very special friend and someone for whom having Parkinson's was not a time for being inward looking but a time to serve others and, when appropriate, use her caring instinct that led her to achieving senior status in her nursing career back home in Zimbabwe.

John Minhinick

Hello Readers

Welcome to 'Keeping Us Together No. 20'. We can't believe that we are producing the twentieth edition of our pandemic press newsletter. Unlike the traffic calming campaign "Twenty's Plenty" we're determined to keep going, sharing titbits and stories which entertain, inform and keep our Parkinson's Fife Family together.

Our thanks go once again to all our contributors who continue to support us with regular reports.

Thanks to everyone who has returned a Branch Questionnaire to John Minhinick. Your views are important to your committee members and help them to plan future programmes. If you have not returned a completed questionnaire, please do so. Let your views be known!

We hope you will enjoy reading, 'Keeping Us Together 20'

Charles Small - 01592 713824 cjsmall12@tiscali.co.uk Mark Coxe – 07913 207057 markcoxe@blueyonder.co.uk



PROBLEM

Restarting In-Person Meetings – A major problem!

The Branch Membership has told the Committee that there is a demand for meetings to resume again, obviously cautiously at first. The Committee has discussed ways to restart many of the activities that you enjoyed back in 2019 although in some cases you may wish to continue with some meetings online. That's the positive side but there is a **major downside**. In order to get back to normal **we need some volunteers to come forward** to be part of the teams planning and running the events and activities.



The bottom line is that without people to help we will not be able to restart some of the activities that we took part in and enjoyed before the pandemic.

In asking for people to come forward to volunteer I'm not seeking massive commitment in time and energy. In many cases I'm looking for a few people to be responsible for such tasks as organising small prizes at events, taking people's names for the complimentary therapies at our monthly meetings, communicating with the therapists and activity leaders and leading support for social events.

I do hope that you will come forward and join the team. Please speak to me or Secretary Briar.

John Minhinick 07917602484 or j.minhinick@btinternet.com

Briar Richardson 07821552228 or bandbrichardson52@gmail.com

John Minhinick

Fife Branch, Chairman

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Coffee and Chat GroupLatest

We are all saddened at the sudden death of our good friend and Coffee and Chat regular, Jenny Anderson, a very special lady who inspired everyone with her enthusiasm and lovely personality. She will be so missed.

As we are now moving between the Zooming and returning to "Face -to- Face" Meetings, there will be many changes to our programmes and to our weekly routines. However the good news is that our Zoom Coffee and Chat Group is very much open for everyone, existing contributors and visitors too.

Last month we had two meetings, and a dozen or so ladies joined our groups for very diverse chats. On 21st May we had a very lively chat putting the world to rights - we are a chatty bunch and the crack was as good as usual. Zoom has been a super way to keep us up-to-date with what everyone is facing with Covid restrictions notwithstanding.



For the future, we are planning to return on a fortnightly basis to Dobbies at Dunfermline, and then Rejects at Kirkcaldy. Look out for the details once everything is in order. The weather has at last improved and hopefully we will get a decent summer so we can get that all important tan.

Meanwhile, can I put my personal thanks down to the NHS staff for the welcome gift of a new knee. It will make such a difference and allow us to get some walking in and enjoy the Scottish scenery.

Cheers for now

Frances – tel. 01383.726383

GET IN TOUCH with Parkinson's UK 0808 800 0303

Fife Branch Complementary Therapy Scheme – coming soon!

Circle of Comfort is a registered Scottish charity which offers reflexology, massage or aromatherapy treatments to people in Fife and Perthshire who are living with the side effects of cancer, multiple sclerosis or Parkinson's disease.



Therapeutic massage aims to induce physical and mental relaxation and promote well-being by stroking, kneading or pressing the soft tissues of the body.

Their therapists want to encourage the body's own healing processes and so tailor treatments according to the needs of each individual.

This means that they will vary the areas of the body massaged and can offer a very gentle treatment.

In 'Keeping Us Together 8' David Rigg, our YP Group Leader, invited applications from Branch Members with Parkinson's disease who wished to be considered for a short course of 4 sessions in their own homes. Unfortunately, due to the Covid restrictions the scheme could not start.

However David tells me that we can now go ahead with our scheme and that discussions with the Circle of Comfort charity have taken place. If you applied for a place on the scheme, David will be in touch before too long to let you know if your application has been successful. If we have too many applicants for our allotted budget, names will be placed on a waiting list and people will be notified once more budget becomes available. Watch this space!

Rhubarb Ginger Crunch - Briar Richardson

This is a nice summer pudding to use up fresh rhubarb from the garden.

Ingredients:

225g / 8oz crushed ginger snaps

110g / 4oz margarine melted

450g / 1lb rhubarb cut into 1 inch chunks

110g / 4oz sugar

3 tablespoons water

1 strawberry jelly



Method:

Stir the crushed ginger snaps into the melted margarine and press into a loose bottomed 20cm / 8 inch tin. Cool to set.

Trim and stew the rhubarb with 4oz sugar and 3 tablespoons of water until tender but whole. Cool, strain and reserve the juice.

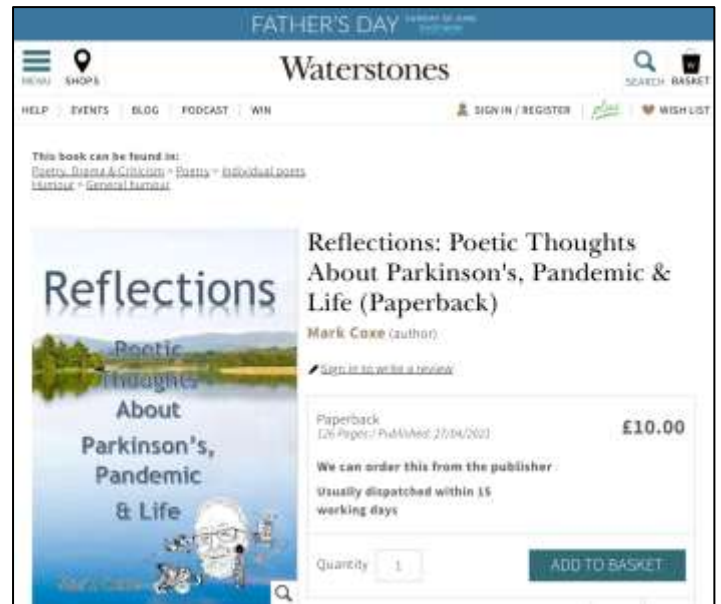
Dissolve the jelly in 150ml / a quarter of a pint of boiling water and make up to 570ml / a pint with reserved juice and water if needed. Stir in the rhubarb.

When starting to set pour into the biscuit case and leave to set.

Serve with cream or natural yoghurt.

Thank you, Briar for sharing this tasty summer pudding recipe with us.

On Reflection a Big Thank You To Everyone Who Bought The Book!



So far we have paid back the printing cost that the Branch so generously loaned and have so far contributed £870 to Parkinson's Active Appeal and £580 to the Branch funds - and were still going strong with sales in Cyprus, Australia, Italy, the USA, the Isle of Lewis and Buckhaven.

To top it all the book is now available in the booksellers Waterstones.

If you know anyone who would like to buy a copy please contact Mark on mark.coxe@icloud.com

DONATIONS TO OUR BRANCH - Alex Rodger

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



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

Take Your Tops Off!

Can YOU help Charles?



He's had the comforting idea of using plastic lids from fabric softener / cleaning fluids bottles etc. so that we can use them as Covid friendly cups for throwing dice when playing table games during our monthly meetings, when they resume.

If you have any lids when your bottles are empty, please come clean, save them up and give them to him when you get the chance. Hopefully we'll be able to use them in a Jiffy! We'll make use of them in a Flash!

If we are inundated with bottle caps we can always donate them to Blue Peter!



One Small Step for Man - One Giant Leap for the Walking Group

This is a big milestone for the Walking Group. After 15 months of Zoom meetings, we are about to take some tentative steps outside.

Our final online meeting took place on Friday 11th June when we revisited the many places we have travelled to since 3rd April 2020, the beginning of our fortnightly online meetings. We have crossed the globe - East and West, North and South - climbed mountains, taken exciting train journeys, learned about map reading, flora and fauna, had Fun with Facts about Fife and made new friends on the way.

The boots are now out of the cupboard and at the front door waiting for our first actual walk which will take place on Friday, 18th June; a gentle stroll around the beautiful Pittencrieff Park in Dunfermline.



Bob Copeland is going to carry out a Risk Assessment of the walk beforehand and the walk will be conducted in line with the health and safety recommendations of Parkinson's UK and in full compliance with the Scottish Government regulations for our area; details will be sent to each walker prior to the walk.

If you are interested in joining this friendly group and would like further information, please contact Elizabeth Tait on 01383 822668 or Bob and Frances Copeland on 01383 726383 and we will be more than happy to give you further details.

David Rigg's Poetry Garden Corner

Here's one what I wrote about my frustration with three line poetry (Tercets) during the Cambridge Stem Cell Institute/Parkinson's Poetry Workshop.

The Garden

The sight of hailstones greeted me
As I gazed into the garden
The chickens enjoyed their frozen tea

I hear them squawk, ...another cat
An invader in the garden
They warn each other, they smell a rat

Sadly I can no longer smell
The delights of the garden
It's sort of my own personal hell
I need a fourth line, I beg your pardon!

David Rigg

And a thank you Haiku

Cambridge stem cells rock
Cutting edge genome talent
Thank you for your work

ZOOM MEETINGS FOR JUNE

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

Get Together 'Talk For Scotland'

11am Monday

Eric's Tai Chi 'Marshalling the Oriental Art'

11am Tuesday

Camera Club 'No Negatives Here'

10am Wednesday 23rd.

Coffee & Chat 'More Milk Vicar?'

11.00am Wednesday 30th.

Quiz Evening 'It's Only a Game'

7:30pm Wednesday 23rd.

Alex's Dance/Exercise & Chat 'Five-Six-Seven-Eight'. 11:15am Thursday

Meri's Sing-along 'Singing Together – Virtually' 09:45am Friday 18th.

Camera Club Zoom Meeting 26th May 2021

We began our meeting discussing the Tuesday BBC4 television programme called 'Great British Photography Challenge' with the photographer Rankin in his London Studios.

The premise of the programme is to take six photographers who show promise - one young lad from Dunfermline called Jackson is there- and train them to become professional all-round photographers. Rankin sets challenges for the team and they then have to complete them and display their best photo which is critiqued by Rankin, his First Photography Assistant and his Creative Director.

Their first challenge was to use the camera on their mobile phone to take pictures on Brighton beach, which evoked nostalgia. The interesting thing was that Rankin described the phone camera as having a hundred years of photographic technology inside it. He also advised them not to think of it as a phone but a camera.

Next, was a studio challenge with Anna Friel. This was daunting for some of the photographers because they had never worked with a celebrity before. Anna made them feel at ease and they produced some great shots.

The programme continued with the contestants having a go at nature photography with the celebrated Spring, Summer and Autumn Watch presenter Chris Packham as their mentor.

It is always interesting to get a glimpse into the world of professional photographers, because being amateurs we would love to have an opportunity to do activities like this. We look forward to the rest of the episodes.

We are always learning as each day is a school day!

One of our club members Bill Davidson, who is also a member of Cupar Camera Club recently went to the Isle of Mull and posted super photographs on his Instagram account here is one.

Bob Copeland



Bob says, 'For me this photograph captures the way we think about the Islands - Highland Cattle and the lifeline of the ferries. It sets a normal scene rather than the usual landscape of mountain and loch.'

June Quiz

1. Trooping the Colour is held in London annually on a Saturday in June, on which parade ground?
2. June has two zodiac signs, name both.
3. What in the UK is celebrated on the third Sunday of June?
4. What is June's birthstone?
5. In which year did June Brown first play the role of Dot Cotton, in *EastEnders*?
6. Which historical novel begins in 1815 and culminates with the 1832 June Rebellion in Paris?
7. The longest day of the year can occur on one of three dates in June, name any of the three?
8. Which 1956 film adaptation of a Rodgers and Hammerstein stage musical of the same name features the song 'June Is Bustin' Out All Over'?
9. How is 14th June 1942 related to Anne Frank?
10. The Lady and The Tramp movie was released on June 22nd of which year?



Shooting From The Hip!

My experience of the Camera Club

So much has changed since I got my first decent camera. But that's only to be expected since it was about forty years ago.

Before purchasing my 'proper' camera I had been using instamatic, point and shoot, fixed lens cameras, which had the film in cassettes.



My proper camera took 35mm film, which was on a roll. It had interchangeable lenses which could be used for different situations. Zoom, wide angle, fish eye and the standard lens, which roughly represents what a human eye can see.

The only trouble was that because the image was getting burnt onto light sensitive strips of film your fabulous pictures weren't as fabulous as you thought when you got them back ten days later from the developers with 'out of focus' or 'low exposure' stickers on them. Sometimes the lab technician really rubbed it in with both stickers on one photo!

Thank goodness for digital, which meant that you could delete the lousy ones before anybody could cover them in stickers. A decent digital SLR was extortionately expensive but you could get 'Bridge Cameras' which bridged the gap between point and shoot and SLR, hence the name.

Over the years I've had a couple and of course my mobile phone, which is more like a pocket computer these days. But something was missing. The great thing about SLR cameras is that the photographer has to interact with the camera to get the best picture that he can. This also means that he, or she, is always learning and finding ways to improve. In stepped the camera club.

I joined the digital meetings last year and was introduced to a group of extremely experienced and knowledgeable photographers. Since I had forsaken my old SLR's, yes I'd had a few over the years, I was back to basics, which they didn't seem to mind at all.

Listening to them and seeing their great pictures spurred me on to get an up-to date cheap SLR camera, which has most of the knobs and buttons

on it and so I was off. Taking it on walks and generally out and about, looking at the world as a photographer again and sharing my pictures with my new found friends, the panel of experts.

The biggest change that I have found from my experiences forty years ago, apart from digital, is that it is now possible to edit a poor photo to make it better.



This has undoubtedly had a detrimental effect on those blasted sticker manufacturers and good riddance!

Our camera club's latest project is to look at editing and inspired by the BBC4 Four 'Great British Photography Challenge' we're editing each other's photos to see what each person comes up with. You'd be surprised how different everybody's interpretations can be.

If you would like to join our club to learn some techniques, which will help you take better pictures, see some inspirational pictures or just generally put the world to right, come along. The only cost is your time and if you have a camera on your phone you have everything that you need. You don't even need to be an expert, I'm not!

The Camera Club meets every other Wednesday, the same week as the quiz.

Mark Coxe

June Quiz Answers

1. Horse Guards Parade (Except this and last year was at Windsor Castle because of Covid)
2. Gemini (until June 20) and Cancer (from June 21 onwards)
3. Father's Day
4. Pearl or alexandrite or moonstone (it seems to have three!)
5. 1985
6. Les Miserables
7. 20th, or 21st, or 22nd
8. Carousel
9. Anne Frank began her diary after she received it for her 13th birthday.
10. 1955

Just a Couple of Swingers!

Jarlath & Andy's golf challenge 72 holes in 2 days for Parkinson's UK because access to exercise helps people with Parkinson's



Jarlath & Andy are both members of the Fife YP group and both of them, as you know have Parkinson's disease. Despite that, they regularly play golf. All of this practising has paid off because they have both been asked to Sport Parkinson's Home

Nations Golf Tournament on the famous Brabazon Course at The Belfry on 11th-14th October 2021.

In preparation and as a way to support Sport Parkinson's fundraising they challenged themselves to play 72 holes of golf over 2 days at their home course of Thornton, Fife last weekend (12th & 13th June).

Jarlath and Andy have added a comment to their Just Giving page. "Golf has taught us to start off with no expectations to avoid disappointment! We thought our target was ambitious but you have smashed it with your overwhelming generosity. The excitement of watching the total climb has left us both a quiver.

You have made two old shakers very happy. Let's keep going as it will make a massive difference to people supported by Sport Parkinson and PUK".

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

For the non-golfers 72 holes is 4 rounds. Each round is 4 miles walking looking for your ball and about 90 shots (on a good day) and still spoils a good walk in the countryside having to stop and hit the ball every five minutes!



£1,355

raised of £1,000 target
by 40 supporters

Sunfoolery



By now with my experience,
You'd think I should know better,
After all when it is chilly,
I wear a lovely woolly sweater.

But when the sun is shining,
And I'm out and and I'm about,
I don't wear a hat upon my head,
Just what do you think about that?

Now I've heard Baz Luhrmann's record,
Suggesting people wear sunscreen,
But I forget my baldy head sometimes,
You know exactly what I mean.

My bald patch is getting bigger,
It's grown more over the years,
Now I haven't even enough hair,
To keep the sun from off my ears.

Next, without any wonder,
My skin will start to peel,
Which is not at all a good look,
Affects my manly sex appeal.

The thing I should consider,
But more often I forget,
My Parkinson's medication,
Can have an awful side effect.



The leaflet says you may react,
When exposed to strong sunlight,
Skin cancer, no thanks, after all,
That just doesn't seem quite right.

So when the sun is shining,
And is out most of the day,
And the weatherman says that it's great,
And it's not going to go away.

I really must remember,
To wear a hat upon my head,
Don't want my Parkinson's physician,
Becoming an Oncologist instead!

Mark Coxe