

PARKINSON'S UK FIFE

'KEEPING US TOGETHER' 24

Hello Readers

We can't believe that our second monthly meeting in Glenrothes has come round so quickly. We are hoping that many more members, carers and friends will come along on Thursday 14th October from 12 noon until 2.45 to enjoy the activities and the friendship. Please remember to bring along your own Lunch Snack and your badge if you were at the September meeting. Complementary teas, coffees and individually wrapped biscuits will once again be available in the café area.

Thanks again to everyone who contributed to this edition of our Branch Newsletter. 'Keeping Us Together' just wouldn't be the same without your articles. Please note that we have a new email address.

Charles Small 01592 713824 & Mark Coxe 01592 560160 or contact editor@fifeparkinsons.org

Notes from the Chairman



Within the Scottish Government rules and the additional requirements set down by Parkinson's UK, the Fife Branch continues to slowly return to in-person activities. Fortnightly walks have been happening for a number of weeks, the Wednesday afternoon bowling at Abbeyview, Dunfermline started at the end of September and the Young Persons' Group has had a couple of their monthly meetings at the Dunnikier Golf Club.

Roma has recently been to the 10-pin Bowling Alley, Dunfermline to review their safety measures. The lanes are clearly separated, tables and seats are cleaned between users and the bowls are restricted to be specifically used by the bowler. We are thinking about re-starting the Tuesday afternoon (2pm) sessions after the end of the schools' half term break. If you are interested in coming along please let Roma know on 07908 175832 or via angelajeff50@gmail.com.

I sit on the steering committee of the Dundee Research Interest Group (DRIG) covering Fife and Tayside. One of the committee members, Dr. Andy Howden, is a Senior Research Associate at Dundee University researching possible early indications through blood tests. Andy's current research interests are linked to his father being diagnosed with Parkinson's in his early middle age. Andy's family and professional life is the subject of a very interesting article published by Parkinson's Life. To read the article go to: <https://parkinsonslife.eu/a-day-in-the-life-of-a-parkinsons-disease-researcher/>

The Fife Branch Camera Club have got a very interesting speaker at their meeting on 27th October. Mike O'Connor, a Canadian, is not only a gifted photographer; he seeks closeness to people and turns his pictures into stories. He has sought his subjects in numerous journeys all over the world and it is only through his Parkinson's disease that his travels become less frequent. But his pictures remain simply stunning. The meeting, starting at 10am, is open to everyone. Using this Zoom link:

<https://zoom.us/j/6100850> Password: 447546

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Walking Group

Friday the seventeenth of September saw the Fife Branch Walking Group head to the far east. No not China but the Far East of Fife all the way to St Andrews to walk around the historic town. Fourteen members of the Walking Group including new members Mike and Linda who are most welcome to our merry band.

We met at the West Sands car park at eleven and organised ourselves, read our mandatory risk assessment and before we set off used the loo! How posh, you pay your thirty pence by credit card - no scrambling around for loose change - but hey it's St Andrews!

The group headed up past the Martyrs' Pinnacle where our tour guide for the day aka Elizabeth gave us a short history of the pinnacle. We continued on along the Scores stopping at the castle where Elizabeth gave us information of its history. We then headed for the East Harbour passing the Abbey grounds which unfortunately were closed due to falling masonry and head stones. We turned for home and walked along North Street and into the quadrangle of the old building of the University's which is now the School of Divinity. We stopped for our group photo in this historic place and Elizabeth took the opportunity to give us a potted history of the building.



On leaving the quadrangle we encountered some students. As we have tried to include some of the people we meet on our walks in our photos we persuaded the students to have their photo taken with us and a lovely bunch they were. We did insist that as they were students and may have COVID to keep a distance from us! They fortunately took this in good spirit. Arriving at the car park we went to the Golf Museum for lunch. Unfortunately, although the food was very tasty, by the time they took to serve us, we all felt we were all museum pieces by the end of our lunch. It was a super walk with lovely

sunshine and good friends - what more could you ask?

Thanks to our tour guide for making the walk all the more interesting.

The Walking Group – 'To Be or Not To Be'

8.30am, Friday 1st October and a group walk in prospect; it was raining and the weather forecast uncertain – do we stay or do we go? I think there's a song in there somewhere!

After some discussion we decided to take a chance and go.

Fortunately, we were well rewarded as when we met at the Loch Birnie and Loch Gaddon Car Park it turned out to be a lovely sunny, Autumnal morning – somewhat blustery I grant you - but the nine walkers who came along thoroughly enjoyed the walk. The sun glinted on the water, the outlook over the lochs and distant hills from the viewpoint and the sight of the swans and wildfowl in the water added to the calming atmosphere as we chatted on our walk. Some walkers took the slightly shorter route around Loch Birnie and enjoyed the sunshine, seated on the grassy area by the loch as they waited for the rest of the group to arrive.



We prepared to leave the Car Park to drive the short distance to the Africafe at Fife Zoo where we had arranged to have a bite to eat. Fortunately, on this occasion we had sent our menu choices ahead and the food was ready for us when we arrived. A slight hiccup occurred when Bob realised that he had a problem with the lock on his car's back door, which was stuck and the door couldn't be closed properly. Fortunately, after some trial and error, advice given by phone from the AA rectified the situation and Bob was able to join us at the cafe and as Shakespeare said, "All's Well That Ends Well".

If you would like to join us in the Walking Group, you would be most welcome. We meet twice a month and have a variety of walks including in coastal, forest, loch and park locations. If you would like to take part in any of the walks please get in touch with Bob and Frances Copeland (01383 726383) or Elizabeth Tait (01383 822668) or ask any of the members who are involved.

Elizabeth Tait

PLEASE HELP TO ALL FIFE BRANCH MEMBERS

With the second Fife Branch meeting coming up on Thursday, this is an urgent request for help. We need a small group of members to be part of a roster to help with the catering.



The role is to be part of a two or three person team, who serve up tea, coffee and biscuits, clear tables and wash up. There is a dishwasher available for cleaning the cups and plates.

It is hoped that with a sufficient number of volunteers you will only need to be called upon to help a few times in the next year.

Come on Ladies and Gentlemen! Your Branch Needs You!

For more information and hopefully to offer your services please speak to Sally on 01337 832662 or sally.colgrave@btinternet.com.

Keeping In Touch

Recently Briar Richardson, our Branch Secretary, was in touch with John and Mary Kennedy who moved from Fife to East Kilbride several years ago.



Both John and Mary were active members of the Branch Committee; Mary holding the post of Secretary before Diane Dunbar and John looking after Transport before David Fitzsimmons took over.

Mary was saying that they have many good memories of their time with the Fife Branch and of friends they met there. She wanted us to send their good wishes to all branch members who still remember them. Job done Mary and John.

Charles Small

Word Quiz

How many three and four letter words can you make from the letters in the word?

OCTOBER

Answers on page 7



Camera Club – September Meeting

Our task for our last meeting on September 29th was to provide a portrait of our home town in six images.

Having club members throughout Fife, we were treated to photographs from Dunfermline, Upper Largo, Buckhaven and Pittenweem. This produced a range of photos showing the history of each person's hometown with a great variety of subjects: seascapes, an Abbey, historic houses, pubs and harbours. I think most of us found it quite challenging to capture the characteristics of a town in only six photos.

Next time you see a tourist guide think of the poor photographer who has to get the important shots showing the best bits of the town.



For our next meeting on the 13th October at 10 am, we have planned an absolute highlight:

Canadian photographer, Mike O'Conner, will give a fascinating insight into his work. Mike is not only a gifted photographer; he seeks closeness to people and turns his pictures into stories. He has sought his subjects all over the world but it is only through his Parkinson's disease that his travels have become less frequent. His pictures, however, remain simply stunning

This is an event that will thrill not only photo-enthusiasts and so we invite any member of the Fife Branch to join us.

The link to the Zoom session is <https://zoom.us/j/610082550> - Password 447546

Bob Copeland & Werner Remmele

FIFE BRANCH MEETINGS FOR OCTOBER

IN PERSON

Indoor Bowling at Abbeyview 2pm Wednesday 13th, 20th & 27th.

Branch Monthly Meeting at Glenrothes 12 Noon Thursday 14th.

Walking Group

Friday 15th Ravenscraig Park, Kirkcaldy
Friday, 29th Riverside Park, Glenrothes

ON SCREEN

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

Get Together 11am Monday

Eric's Tai Chi 10:45am Tuesday 26th.

Camera Club 10am Wednesday 13th & 27th.

Coffee & Chat 11:00am Wednesday 20th.

Quiz Evening 7:30pm Wednesday 13th & 27th.

Alex's Dance/Exercise & Chat 11:15am Thursday 21st & 28th.

Meri's Sing-along 09:30am Saturday 23rd

ALL WELCOME

Sherried Chicken Casserole. Diane Dunbar

Serves 2



Ingredients

2 Chicken Breasts	100g butter
1 onion sliced	1 leek sliced
2 cloves of garlic crushed	200ml sherry
300ml chicken stock	200ml double cream
1 tsp dried thyme	100g mushrooms sliced
Salt and pepper	

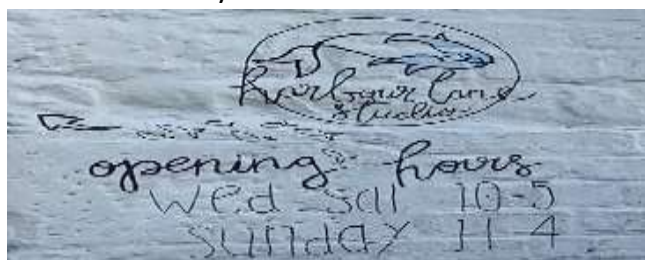
Method

Season the chicken with salt and pepper
Melt half the butter in pan and brown the chicken
Put chicken into casserole dish
Add the remaining butter to the pan
Add the onion, leeks and garlic to the pan.
Cook for 15 minutes until soft
Add to casserole dish
Pour sherry into pan bring to boil
Add stock, cream and mushrooms
Simmer for 5 minutes. Add thyme
Transfer to casserole dish.
Cover dish and place in preheated oven 180c/160c fan for 45 minutes.

Thanks again Diane for a fabulous Winter Warmer!

Well Worth A Visit.

Thank you, Bob Copeland, for sending in a recommendation, not of a restaurant this time but of a superb craft shop in South Queensferry called 'Harbour Lane'. It specialises in lamps, bespoke lamps, shades and lots of other craft items from all over Fife and beyond.



As its name suggests it sits in Harbour Lane, a little lane near the harbour. If you were coming along passed the Co-op, it is straight ahead. Best if you park in the Co-op as the main road through the Ferry is now only one way heading east.



Don't forget the Parkinson's UK Photography Competition that we spoke about in No. 23.

- £10 to enter up to 4 photographs (1 in each of the 4 categories)
- Closing date for entries: 31 October 2021
- Enter at the following link:

events.parkinson's.org.uk/action21

Well Worth A Look!

Fife Forum

Recently I had the pleasure of talking to Sandie Gibson, one of the Local Area Co-ordinators, about the organisation she works for 'Fife Forum'. She was good enough to send me details of the Fife Forum Website which I found most interesting and so I thought I would pass them on to you for your information.

Fife Forum was established in 1990 as Fife Elderly Forum Executive. This was the umbrella organisation for elderly fora in Fife giving information and advice on older people's issues.

Over time they introduced an advocacy service. This assists people aged over 65 who are in hospital or resident in care settings. 2009 saw the introduction of User Panels. In 2011 they introduced Local Area Co-ordination for older people in Fife. With the commencement of the integration of health & social care this has been extended to include a service for adults. 2017 saw further expansion to some GP practices.

Fife Forum seeks to achieve a difference by:

- Campaigning for services for people in Fife.
- Ensuring that people are aware of their entitlements.
- Seeking opportunities for people to have active and fulfilling lives.
- Promoting the benefits of people having an active part in the life of their communities.
- Identifying the specific needs and interests of people and ensuring that this information is made available to policy makers and those responsible for implementing and delivering services.

Fife Forum produces several information leaflets, booklets and forms which are available to download. One booklet which I thought very useful is called [The Shopping Domestic Booklet](#). The information contained in this booklet is provided as a guide for people who may require a shopping delivery or cleaning service to assist them with their daily living. Along with this information are details of some other organisations that may be of use to you. This is general information to assist you only. No organisation mentioned is endorsed by Fife Forum.

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Fife Forum

Phone 0800 032 4595 or 0800 032 4596

Email info@fifeforum.org.uk
Website www.fifeforum.org.uk

Scottish Charity Number SC022596

Next 'share the love' with second exclusive collection in support of Parkinson's UK



Next has released a new exclusive range in collaboration with internationally-renowned artist Alex Echo, who was diagnosed with Parkinson's in early 2020.

Together, we can tackle misconceptions about Parkinson's and fund support for the Parkinson's community.

[Buy parkinsonsuk Parkinsonsuk from the Next UK online shop](#)

P Parkinson's UK AGM Join us for our AGM on Saturday 16 October. The meeting is open to all Team Parkinson's members and is your opportunity to hear from Gary Shaughnessy, Chair of the Board of Trustees. He'll be presenting on Parkinson's UK work and impact over the last 18 months, as well as the board's ambitions for the future of the charity. Agenda 10.00 AGM business 10.30 Member Q & A with Gary Shaughnessy, our CEO Caroline Russell, trustees and members of the Executive Leadership Team 11.35 Chair's closing remarks 11.40 AGM closes.

Red Painted Nails

All eyes on the lady with red painted nails
Her escort well-groomed in top hat and tails
As she entered the room to the sound of the band
Forward he stepped and offered his hand.

Like a Hollywood couple they started to dance
Their gaze met each other, as though in a trance
When the evening was over, no more to be said
He left with the lady; nails painted red.

Ian Brown



Are We There Yet?

So we're almost back to normal,
Restrictions lifting without strings,
But Covid's not quite down and out,
Not until that fatty sings.

I probably should not have said that,
Politically Correct I know it's not,
But we've the luxury of free speech,
At least we think that's what we've got.

The over sensitive do gooders,
Would tend to strongly disagree,
Naturally they're well within their rights,
Sometimes I can also be PC.

We all know of that expression,
And we're well aware she's fat,
There you see I've said it yet again,
Because you can't avoid a fact.

To say that it's not over
Until the fat lady starts to sing,
Means she better go and warm up,
Enter stage right and do her thing.

Why does it have to be a woman,
Who is so morbidly obese?
Chose from any fat male tenor,
You'll find there's quite a few of these.

There's Luciano Pavarotti,
He won't count because he's dead.
So, we'll have to find another one,
Plácido Domingo'll do instead

Mark Cox



Reminiscence Insomnia By Margaret Stewart

When wishful sleep evades me
I rise and sip a hot brew
My mind still seems to function
Dictating what I should do.
So, looking at the bright stars
And the sleepy village still
No other light or life astir
I'm alone at my God's will.

But the clock ticks on relentlessly
It makes me think of time
How fast it goes, the years fly by
Memories come to mind.
Those memories so precious
Looking back, I reminisce
Facing all life's happy times and sorrows
Emotions are all amiss.

Fortune truly blessed me
With families and friends
A loving mother, kind and selfless
So caring to the end.
The joy of a good husband
To face the world as one
Through glorious ups and tearful downs
But we just did what needed done.



Blessed with two lovely daughters
I couldn't ask for more
Never brought any trouble or heartache
A-knocking at our door.
My heart just fills with pride
At all they've managed and achieved
I pray they will forgive me
If I disappointed or displeased.

But I was thrilled and can truly say
The best years of my life
Was spent with my four grandchildren
I'm so thankful for the time
We played, we sang and 'carried on'
Such happiness! I still laugh
Remembering all their antics
But these years flew by so fast.

But the clock still keeps on ticking
And the morning will soon dawn
My life feels fulfilled. I'm happy
Then I stifle a little yawn
Eyes now droopy and quite sleepy
Methinks I'll sneak back into bed
And cuddle up to my better half
Content with the life I've led



Wanted! You've All Got One.....Used Ink Cartridges. Canon and HP originals are the most acceptable, but they may accept cheaper imitations as well. This is an easy way for us raise some funds. Each one recycled is worth at least £1 and we're saving the planet at the same time!

You can drop them off at our monthly meeting in Glenrothes.



Blue Badge & Pip

If you are having difficulty in getting a Blue Badge or claiming PIP, please get in touch with our Helpline or Local Advisors. Our helpline and Parkinson's local advisers are here to answer any questions you have and they can be contacted on ☎ **0808 800 0303**. They are there to help everyone.

Starting Soon

Support sessions for families, friends and carers Parkinson's UK - How we can help Tuesday 26 October (7.00-8.30pm) Find out about our information and support services. We are here for people with Parkinson's and their family, friends and carers too. This session will cover: how we work; the types of support we offer; and how to access our services. What can we learn from each other? Tuesday 30 November (2.00-3.30pm) An informal session where participants can learn from their shared experiences of supporting someone with Parkinson's. This session will be relevant both for those supporting someone who is newly diagnosed and those who's partner, friend or family member has had Parkinson's for a long time. For further details, please contact Chloe on 0300 123 3679 or at scotland@parkinsons.org.uk

Lunch In Your Café, Captain – Yes Please!

Last week Frances and I did the Risk Assessment for the next Walking Group walk which is in Ravenscraig Park, Kirkcaldy. We went to see if the Harbour Master's Cafe was open as we usually have our lunch there.

The Walking Group have always liked the cafe and we were really surprised to find that it is now under new management. A family has taken it over and completely renovated the cafe.

It is lovely! There seems to be much more room and modern colours have been used to brighten up the surroundings. The staff were really friendly and attentive, and the food was great too. We have booked the cafe for lunch on the 13th of October and would definitely recommend the Harbour Master's Cafe in Dysart to all our readers.

Bob and Frances Copeland

The Camera Club of the Fife Branch

Invite You to the Mike O'Connor Talk on Wednesday, 27 Oct 2021 - 10:00
Zoom: <https://zoom.us/j/610082550> PW: 447546



Mike O'Connor is not only a gifted photographer; he seeks closeness to people and turns his pictures into stories. He has sought his subjects in numerous journeys all over the world and it is only through his Parkinson's disease that his travels become less frequent. But his pictures remain simply stunning.



Word Quiz Answers

3 letter Words made out of October

1). Ret 2). Roe 3). Rec 4). Rob 5). Roc 6). toe 7). Tor 8). Rot 9). Too 10). Reb 11). Bet 12). Boo 13). Cob 14). Bot 15). Bro 16). Coe 17). Cor 18). Cot 19). Obe 20). Oot 21). Orb 22). Ort 23). Ore 24). Orc

4 letter Words made out of October

1). oboe 2). Robe 3). Root 4). Cote 5). ore 6). Rote 7). Coot 8). Bore 9). Roto 10). Boor 11). Toro 12). Boot 13). Torc 14). Bort 15). Broo 16). Cero 17). Tore

Note: The Editors will not be held responsible if some of these words do not exist!

Our October Monthly Meeting Update

After the success of our first **Fife Branch face -to-face Monthly Meeting** in September, we are thrilled to announce that our next get-together will be on:



**Thursday 14th October 2021 from 12 noon
to 3pm in our new location
The Baptist Church Bridge Centre, Falkland
Way, Glenrothes KY7 5NS**

Everyone is invited and we hope you feel able to join in all the fun.

To make things as safe as possible for everyone there are a few things we all need to remember.

1. Do NOT attend if you are feeling unwell or develop any symptoms of COVID-19.
2. Please bring your own mask with you
3. Please bring your own sanitizer / use the sanitisers provided regularly.
4. Please follow the latest Government guidelines about safe distancing and handwashing.
5. Please bring with you a pen
6. If you need help to move around, please bring someone with you from your own Household or Support Bubble as unfortunately we won't be able to help because of safe distancing.
7. Please bring a bag to keep all your belongings including your coat/jacket, medication etc.

If you develop COVID-19 symptoms after the meeting, you should follow Government guidelines about self-isolation and testing and inform the Government tracing service if your test is positive. Please also ask them to contact the Parkinson's UK Data Protection Officer using this email address: dataprotection@parkinsons.org.uk to make sure any requests he gets for contact information, are genuine.

- Tea/Coffee and a selection of biscuits will once again be provided free of charge in the Café Area but until we get some idea of how many people will be regularly attending, **we would ask you to bring along a snack/ packed lunch or picnic to eat.**
- We will have 3 therapists on duty offering 20-minute complementary massage/reflexology sessions.
- We will run a Tai Chi Session, a BINGO Session, a Quiz, an Art/ Craft Opportunity and a Singing session too!

The usual admission price will be £3.00, which will help towards the cost of our three-hour session. This initial admission price will be reviewed should any additional costs be incurred as the function develops.

**Finally, can we remind everyone who received
a name Badge at the September Meeting to bring
it with you on the 14th Thank you**

