

Fife Branch Newsletter

PARKINSON'S^{UK}
SCOTLAND

No. 30
March 2022

In this Month's Edition

- AGM News Page 2
- Stepping Out Page 3
- Styx Generosity Page 4
- Nits! Page 6
- March Meeting Page 8

Hello Readers

What a busy month it has been since our last newsletter arrived on your computer screens or in your letterboxes! We have held a most enjoyable monthly meeting at Glenrothes, held our AGM on ZOOM, seen the first Walking Group of 2022 stepping out round Beveridge Park, held TWO Quiz Nights, started dancing again on Zoom with Shaper Caper, singing on ZOOM and in-person with Meri, our Coffee and Chat Group have chatted and enjoyed each other's company over a coffee, the Camera Club are up and clicking and the Indoor Bowling at Abbeyview. *Please pause for a breath!*

Our new Committee is looking forward to planning even more in 2022, so all we need is the support of as many members, families, carers and friends as possible to take part in some or even all of the activities and live life to the full.

We hope you enjoy reading 'Keeping Us Together' No 30 and we look forward to meeting up soon. After all there are over 800 folk in Fife living with Parkinson's and we would love to welcome you in person to a meeting if you are able to travel.

Charles Small & Mark Coxe

Contact Charles on 01592 713824 or Mark at admin@fifeparkinsons.org

Notes from the Chair



Following the recent AGM, I am honoured to serve another year as your Chair. Although the list of committee members and activity leaders is largely unchanged, I'm taking this opportunity to thank Sally Rodger for her time as an outstanding Vice Chair. Throughout Sally's time in the role her sagacious advice has been invaluable.

In addition to a number of roles Mark Coxe already has supporting the Fife Branch, I'm delighted that he has stepped up to become the Vice Chair for 2022.



We are gradually coming out of our Zoom-based meetings and returning to meeting together.

We're looking forward to seeing you at the well-tryed events but we have a number of new ideas.

I recently attended a Saturday evening fund-raising event where the local community came together with great music to raise money for the Parkinson's Branch in the name of their friend who is coping with the stresses of the disease. It was a special experience to see how the local community members of all ages used their evening out to great effect. In addition to the committee organising events and activities and inviting you to attend, there is another option. The Saturday evening of fun, friendship and great music was an example of an additional approach for my committee to consider in supporting you and your family/friends. I would be delighted if we could also bring some events and activities to your local community. By community, my thoughts include people who live in an area as well as people who come together for specific interests.

John Minhinick

*****Let's do something new for you in twenty-two*****

NEWS FROM OUR 2022 AGM

This year our AGM was held on ZOOM on Thursday 24th February at 7pm. It was good that nearly thirty members were able to attend the meeting which turned out to be a very interesting evening.

Chair John welcomed everyone to the meeting before the apologies were read out. John introduced our customary Minute's Silence in memory of all our members who had 'gone on to higher service' throughout the past year.

The minutes of our last AGM held on the 22nd of January 2020, were approved and seconded before John commented on his Chair's Report which had been previously circulated. The greatest event which not only affected our branch but in fact the world was the arrival of Covid 19. Our lives were about to change forever.

The challenge facing John and his committee was how to support our members, families, carers, Parkinson's staff, NHS staff throughout the pandemic especially when face-to-face meetings were ordered to stop. John outlined the plan he had put in place. I do not think anyone will ever appreciate just how much thought and work went into bringing the plan into practice.

John introduced us to Zoom and began to set up a programme covering a range of topics which helped members to keep in touch, to exercise, to challenge and to have fun – in fact something for every day of the week. To date there have been over 500 hours of Zoom meetings. John was also concerned about those members who either could not or did not wish to use technology to keep together and so in collaboration with Charles and Mark, started our 'Keeping Us Together' Newsletter which was emailed or posted out to members approximately every three weeks, rather than every two months!

John also spoke of Fife's involvement with the Dundee Research Interest Group (DRIG), The NHS Nursing Staff and Consultants, Parkinson's UK Scotland Staff, The Circle of Comfort and The Thistle Foundation and our own YP Group.

John spoke about our Branch Monthly Meetings now held at the Bridge Centre, Glenrothes. He hoped that many more members will get back into the habit of coming along on the second Thursday of the month. He also spoke about our YP group and ended his report by expressing his sincere appreciation and thanks to his committee members and especially to several long serving members who were stepping down. The Chair's Report was adopted.

Matthew and Alex then spoke about sections of the financial paper explaining the rather unusual figures caused by the pandemic we had been facing.

Alice Hall took the chair for the election of our four main office Bearers.

For Year 2022 The following appointments were made:

Chair - John Minhinick **Vice-Chair** - Mark Coxe **Secretary** - Briar Richardson **Treasurer** - Alex Rodger

The following members were appointed as a block

Membership Secretary	Briar Richardson	Minutes Secretary	Roma Jefferson	Assistant Treasurer	Matthew Dodd	Indoor Bowls	Diane Dunbar
Newsletter	Charles Small & Mark Coxe	YP Group Leader	David Rigg	Catering	Sally Rodger	Ten-pin Bowling	Roma Jefferson
Camera Club	Bob Copeland	Coffee & Chat Group	Frances Copeland	Walking Group	Bob Copeland	Care for Members	Catherine Wilson
Quality of Life Group	Bob Graham	Transport	Vacancy	Programme/Social Team	Vacancy		

As there was no other business, John thanked Alice for carrying out her duties so efficiently before introducing Mary Ellmers who had been good enough to step in for Tanith Muller who had been called away suddenly.



Mary gave us a most interesting talk about aspects of her role in Parkinson’s UK Scotland from her position as Service Improvement Manager. Read about Mary’s involvement with the Parkinson’s community in our April edition.

Forward March! Welcome Signs of Spring!



Hello everyone,

Who would have thought that with such a cold, windy and snowy day on Thursday, 24th February, we would be blessed with a lovely, sunny morning for our walk in Beveridge Park, Kirkcaldy the following day! But that’s exactly what happened. You would think that living in Scotland, we would be familiar with weather that can change in the blink of an eye, but it continues to be a surprise!



A group of walkers got together for our first walk of the season on Friday 25th February to enjoy the early signs of Spring in the park and to share a bite of lunch in the restaurant Of Kirkcaldy Golf Club.

Our next walk takes Place on Friday 11th March at Riverside Park in Glenrothes.



The walks programme for this year is opposite for your information and we would be delighted to welcome new members along to join us. If you would like further information, please get in touch.

Elizabeth Tait

WALKING GROUP PROGRAMME DATES 2022

	Date	Destination
1	25 th February	Beveridge Park, Kirkcaldy
2	11 th March	Riverside Park, Glenrothes
3	25 th March	Townhill Loch, Dunfermline
4	8 th April	Daffodil Walk, Aberdour
5	22 nd April	Lochore Meadows
6	6 May	Ravenscraig Park to Dysart
7	20 May	Limekilns to Charleston
8	3 June	Falkland to Pillars of Hercules
9	17 June	Burntisland
10	8 th July	PICNIC, Silver Sands, Aberdour
AUGUST – NO WALKS		
11	2 September	Maze at Cairnie Fruit Farm
12	16 September	POSSIBLE OUTING Stanley Mills & the Hermitage, Dunkeld
13	7 October	Kellie Castle & St Andrews Cheese Factory
14	21 October	Squirrel Walk, Devilla Forrest
15	4 November	Leven to Blacketyside
16	18 November	Culross
17	2 December	Pittencrieff Park, Dunfermline

PARKINSON’S UK HELPLINE

0808 800 0303

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Styx, Kirkcaldy Does It Again

... For Parkinson's UK Fife Branch!

Long before Covid 19, Kieron Murdoch and Mike Keddie, the owners of Styx, Kirkcaldy, had offered to hold another fund raising follow up Race Night for Parkinson's UK Fife Branch. Those of us who attended the last race Night thoroughly enjoyed the experience and were looking forward to RACE Night 2. However, Covid 19, put an end to the plans and the Race Night had to be cancelled.



But Kieron and Mike did not want to let our Branch members down and decided to something different to raise some funds. They got together with John and Jackie Ramsay and Ian Lally,



Sponsored by
Styx Kirkcaldy
And
365 Plumbing & Heating



of Ian Lally 365 Plumbing and Heating, With the help of friends, customers and families the group planned a Charity Golf Day and a Thunderball Raffle.

And how delighted Fife Branch members should be! At our monthly meeting in Glenrothes on Friday the tenth of February, John and Jackie handed over a cheque for **£1480.00** to our Chair, Mr John Minhinick. A huge thanks to everyone involved in this tremendous venture especially during the hard times we have all been going through.



It's great to have such generous friends in the community.

UK Parkinson's Audit - Transforming Care

The UK Parkinson's Audit is the recognised quality improvement tool for Parkinson's services. It allows measurement of practice against evidence-based standards and patient feedback in a continuous cycle of improvement.

Every two years Parkinson's UK conducts the audit of services who treat People with Parkinson's.

The more information that they collect means that services in the future can be better tailored to the needs of those with the condition.

Here's your chance to help! **If you have an appointment at a clinic or with a practitioner, ask them to take part in the audit.** Registration is easy, all they have to do is look up Parkinson's Audit – Transforming Care 2022 on the internet.

The registration period ends on the **31st March**, so don't delay!

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.

Mrs D Penman,

Styx & Ian Lally

Mrs K Bishop



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 website, **fifeparkinsons.org**

Please note that the views expressed in the newsletter are those of the contributors and editors and do not necessarily represent those of Parkinson's UK.

Our thanks go to Diane Dunbar this month for sharing her delicious Swiss Steak Recipe with us. Perhaps you have a favourite recipe you would like to see in our 'Keeping Us Together', newsletter Please send it to us and we will try to publish as many as we can.

Swiss Steak

- Serves 4



Ingredients

4 slices of topside of beef weighing about 6 oz / 175g

2 oz / 50g flour 8 oz / 225g can of tomatoes

2 sticks of celery chopped 2 onions finely sliced

2 tsp of Worcester sauce

Quarter pint /150ml red wine

Quarter pint/150g water

Salt and pepper Vegetable oil

Method

Cut the beef into 8 pieces

Coat and press the flour into the beef

Fry the meat quickly in a frying pan - brown on all sides

Transfer into a casserole dish

Add the onion and celery to the oil remaining in frying pan

Fry the onions and celery until they are pale and golden brown and transfer to the casserole

Add the tomatoes, Worcester sauce, wine, and water

Season with salt and pepper.

Cover the casserole dish and cook in moderate oven (350 – 375F Fan Assisted 160 or Gas Mark 4-5)

for 2 hours or until the meat is tender.

This is a great recipe if you have a slow cooker.

Cook for approximately 5 hours until the meat is tender but see your slow cooker's Instruction Book for cooking times

Regards Diane.

Diane Dunbar

Our thanks go to Mr Kenn McLeod who is a member of the Writing Group which meets in The Buckhaven Community Centre.

He has allowed us to publish his poem 'A Braw Escape' in our newsletter. Great memories but this comes with a health warning! Can cause some itching.'

A BRAW ESCAPE

Ah've no' been at the skail the day
An' though Ah'm no' let oot tae play
An' kept inside the hoose - but hey,
Ah'm chuffed tae bits!

Nae skail fur me the morn tae -
Fur Ah've got nits!



Nae coontin' up nor writin' doon,
Nae readin' till ma heid birls roond,
Nae reels wi' lassies, haud me doon,
They're aye the pits.
Nae shiverin' in the cauld playground
When you've got nits!

Ah dinnae mind them in ma hair -
The beasties aye maun bide somewhere -
Ah'll keep them a' fur evermair
If that's the wey.
Let ithers come, Ah dinnae care
As lang's they stey.

But somethin' Ah'll no' like at a':
"Ah'll need tae shave yer heid," says Maw.
Ma bonce'll be like a billiard ba',
Och, whit a wumman.
"It's Baldie Bob!" the boys wull craw
When they see me comin'.

But it's no' sae bad this bein' bald:
Wi' ony luck Ah'll catch a cauld.
Enough gunge frae ma guts Ah'll haul
Tae fill a pail.
Then tae ma cosy bed Ah'll crawl -
An' nae mair skail!

Kenn McLeod



MEETINGS FOR March

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

Branch Zoom Get Together Mon. 11am
March 7, 14, 21 & 28th

Zoom Camera Club Wed. 10.00am
March 16th & 30th.

Zoom Quiz Evening Wed. 7.30pm
March 16th & 30th.

Bowling, Abbeyview, Dunfermline Wed. 2pm
March 9, 16, 23rd & 30th.
Please note that although the booking is for two and a half hours, the group takes regular breaks.

Monthly Meeting, Glenrothes Baptist Church
Thu. Midday March 10th

Walking Group: Fri. 11th & 25th March

Zoom Coffee & Chat Wed. 11am
March 9 & 23rd.

Alex's Zoom Exercise Thu. 11.15am
March 17th 24th & 31st.

Meri's Zoom Sing-along Fri. 9.45am
Not meeting until April 1st & 29th.

Coffee and Chat Group



Hi everyone, the Coffee and Chat Group continues to meet on Zoom every second Wednesday morning, when Bob's not using the computer for the Camera Club. We're always amazed at how many topics we've covered in the sessions.

Hopefully it won't be too long before we can not only meet on Zoom but also get back to meeting face to face at Dobbies Dunfermline and Kirkcaldy Garden Centre.
Frances Copeland



It's James Parkinson's Birthday on April 11th and we use the occasion to raise awareness of the condition.

As always, Scotland is at the forefront, leading the way lighting up our public buildings blue. Last year we saw Edinburgh Castle bathed in the Parkinson's colour. They won't be able to do this two years running, but other notable buildings are earmarked for a makeover on the 11th.



It doesn't need to be a castle, your home is just as good, even better! If you manage to light up your house blue or even put a blue light in the window, take a photo and send it to the editors.

At least Parkinson's colour is blue. Think of the poor people in the British Heart Foundation. Red!!!

As well as the blue theme, Parkinson's is embracing poetry, or more precisely limericks. These should be themed around Parkinson's and if they aren't smutty can be sent in and will be displayed on a World Parkinson's Day website. They could end up being read by a celebrity and broadcast on the day.

Go to: <https://tinyurl.com/poemsforparkinsons>

The sort of thing they're looking for is

**There once was a nurse name of Claire,
Whose primary role in healthcare,
Was for Parkinson's folk,
Which was no flipping Joke,
There's so many it made her despair!**

Sinemet packaging is changing, but the medication remains the same.



On 3 June 2021, MSD, who manufacture and distribute the Parkinson's drug Sinemet, formed a new spin-off company called Organon Pharma (UK) Limited.

The company will change the packaging for Sinemet products to reflect this new company name and you could start to see changes from February 2022.

Sinemet CR 50mg/200mg packaging will change colour and also the carton will show the name Organon, rather than MSD.

Have the tablets changed?

Organon has confirmed there will be no changes to the ingredients or the look of any Sinemet tablets.

What happens if the medication doesn't work?

If you experience any reactions to your medication, please report them to your Parkinson's nurse.

Parkinson's UK First Steps Programme

It was good to hear that the **FIRST STEPS PROGRAMME**, which is an online programme for people recently diagnosed with Parkinson's and their family, friends and carers, has started to run again and you can book your place by going onto the website

<https://www.parkinsons.org.uk/information-and-support/first-steps-programme>

The programme is for you if:

- You are looking for ways to make sense of your diagnosis
- You don't know what information and support is available to you
- You feel ready to meet other people who have also been diagnosed with Parkinson's.

You will take part from the comfort of your own home, joining a small group of 8 to 10 other people. You will be able to ask questions share experiences and connect with people who are at a similar stage in their Parkinson's journey.

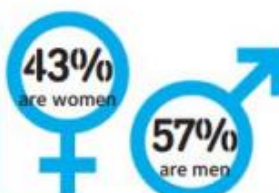
There are 3 sessions in each group, with a 4-week gap between session 2 and 3, so please make sure you can commit to the 3 dates in the group before booking a place. Please sign up for one group only.

Parkinson's in Scotland

12,184

people live with Parkinson's in Scotland.

85% - that's around 10,400 - are aged over 65



PARKINSON'S
SCOTLAND

Find out more and contact us at parkinsonsuk.org/Scotland or follow us on Facebook at Parkinson'sUKinScotland or on Twitter @ParkinsonsUKSco

1 in every 375 adults in Scotland has Parkinson's.

About 30 people are diagnosed with Parkinson's in Scotland every week.

1 in 3 people living with Parkinson's in Scotland are aged over 80

4,295 people with Parkinson's were admitted to hospital during 2015/16 and their average length of stay was almost 18 days. This accounts for more than 75,000 bed days.

6,000 people live with more advanced Parkinson's.

6,000 people with Parkinson's in Scotland - almost half of the total - could benefit from social care support.

1 in 3 people with Parkinson's in Scotland have Parkinson's dementia.

People with Parkinson's are X6 more likely to have dementia.

1,200 to 1,800 care home residents have Parkinson's



75,000 BED DAYS

More than 6 in 10 admissions for people with Parkinson's in Scotland are unplanned.

60% of people with Parkinson's experience falls, and 40% fall repeatedly. These people fall an average of 21 times per year. People with Parkinson's X3 more likely to fracture a bone.



On average, households affected by Parkinson's in Scotland lose £13,375 per year because of Parkinson's.

£683 is the average cost of welfare reforms to each household affected by Parkinson's.

More than 1,500 people with Parkinson's will have to go through needless disability benefit assessments.

Our March 2022 Monthly Meeting Update

Great news! We are delighted to inform you that our February 2022 face-to-face monthly meeting was a great success and we are looking forward to the one in March. All members, carers and friends of our Fife Branch are invited along. Please put the details in your diaries.

Thursday 10th March 2022 from 12 noon to 3pm

In The Baptist Church Bridge Centre, Falkland Way, Glenrothes KY7 5NS

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 good practice in regard to safe distancing and handwashing.
5. Please bring a pen with you.
6. Following Government and Parkinson's UK guidelines, it is recommended that if you are meeting with people outwith your household, you should do a Lateral Flow Test before the event. **It would therefore be wise to do this before our meeting on the 10th March.**
7. If you need help to move around, please bring someone with you from your own Household or Support Bubble.
8. 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 suggest that 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. We're now contactless, so you can pay with your card without handling any currency and so reduce the risk of spreading Covid.

Finally, can we remind everyone who received a name Badge at the Meetings last year to bring it with you on the 10th March. If you haven't been able to join us yet, you will receive your badge at reception. Thank you.