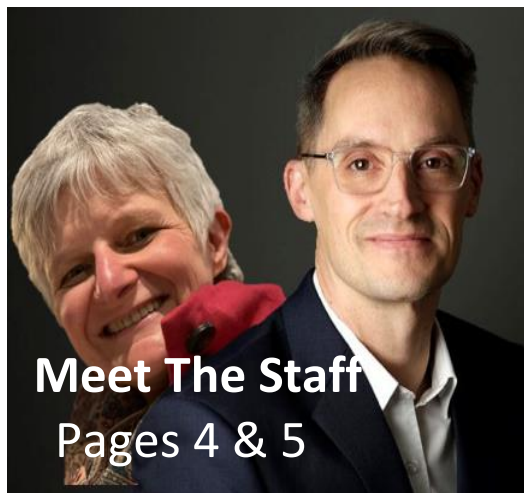


Fife Branch Newsletter

PARKINSON'S^{UK}
SCOTLAND

No. 32
May 2022

In this Month's Edition



Meet The Staff
Pages 4 & 5

Hello Readers!

Welcome to the 32nd edition of our Branch newsletter 'Keeping Us Together' and a special welcome to our new Scotland Director, Mr James Jopling, who took up his post recently. We wish him every success as starts his journey as our leader in Scotland. We were both fortunate to be involved in the interview process to appoint James and we are both very impressed by what we saw and heard. We wish James many successful and enjoyable times with us all.

We are hoping to run a small raffle at our May/June Glenrothes meetings and would welcome any donations of gifts we could give away as prizes. Thanks again to everyone who contributed to this month's edition.

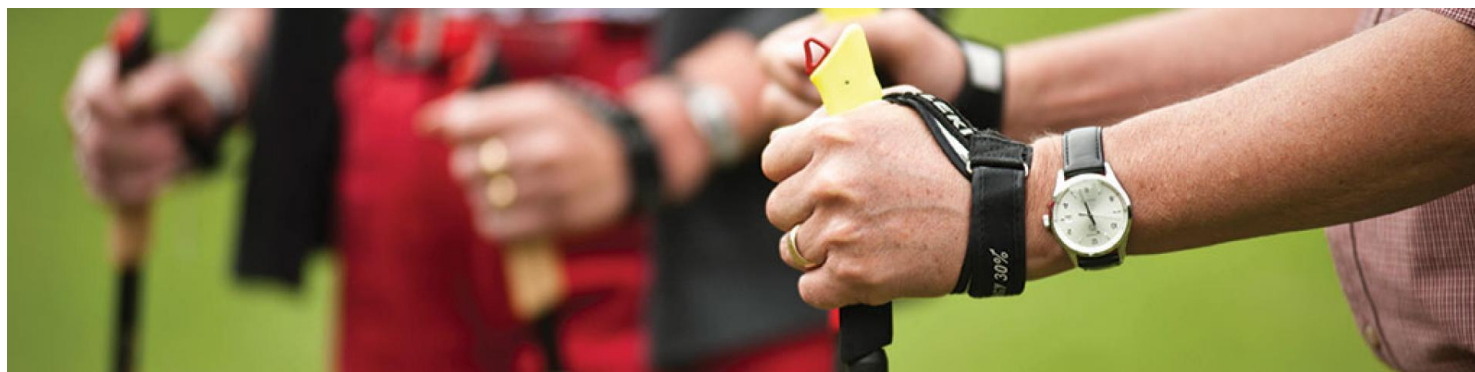
From the Editors, Charles Small (01592 713824) or editor@fifeparkinsons.org & Mark Coxe

Notes From The Chair – John Minhinick

You will have heard the common words “hybrid format” and that describes how we have restarted most of our pre-lockdown programme; a mixture of in-person and Zoom meetings.

The Walking Group are well into fortnightly meets but the Coffee & Chat Group have yet to add in-person sessions at a cafe to their popular Zoom sessions. We are planning to start the Quality-of-Life meetings, exclusively for people with Parkinson's in the summer, although ten-pin bowling sessions will restart a bit later with September our objective. It's encouraging that the numbers attending the monthly meetings at Glenrothes are increasing; we're looking forward to seeing more of you.

An activity that has been very popular in the Edinburgh Branch is “Nordic Walking”; being an outdoor activity they managed to keep going during most of the recent restrictions.



Nordic walking combines cardiovascular exercise with a muscle workout for your shoulders, arms, core, and legs. When you walk without poles, you activate muscles below the waist. When you add Nordic poles, you activate all of the muscles of the upper body as well. **We are arranging a taster-session with a professional instructor; more information in the near future. Please let me know if you are interested in taking part.**

WALKS ARE BACK!

The Kelpies, Falkirk
6pm, Thursday 9 June
2022

PARKINSON'S^{UK}
SCOTLAND



Our Branch Walking Group –

Spring has Arrived

We were blessed with sunny weather during our two April walks this year – the Dalgety Bay to Aberdour Daffodil Walk and most recently, the stroll around Lochore Meadows Country Park. As we sat at the Cafe afterwards to have a light lunch the sun came into its own. It was great to see children enjoying playing on the sandy beach and in the water and families were enjoying canoeing and paddle-boarding on the Loch.

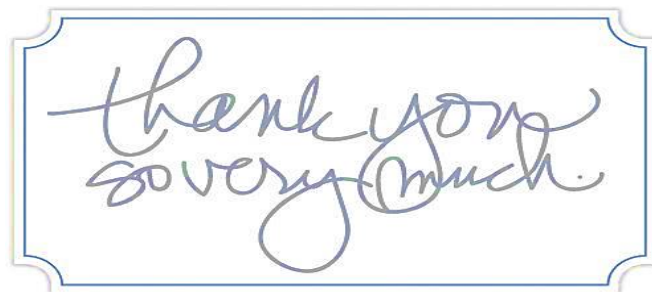


Our walks are chosen carefully to ensure that those with all levels of Parkinson's can enjoy some exercise and warm, friendly company. As the

Covid rules are now less restrictive, we are encouraged to think of ways to improve our mental and physical health. This would be a good time to lighten your spirits, get outside and take pleasure in getting to know others in the group and benefit from a short walk in the countryside. We would be delighted to welcome new members to come along to join us.

Find further information on
Our website and you can
Contact us from there as well.

QR Code for Walking Group
<https://fifeparkinsons.org/>



DONATIONS TO OUR BRANCH - Alex Rodger,

Our Fife Branch of Parkinson's UK Treasurer, 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.

Otters Head Pub

Mark Coxe

Eddie Kerr for his collection for the Branch at his wife Betty's funeral

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.

New Direction

"I am excited by the opportunity to join people with experience of Parkinson's, clinicians and researchers to champion the world-leading Parkinson's research that is taking place in universities, labs and clinics across Scotland and the rest of the UK."



JAMES JOPLING

Scotland Director

PARKINSON'S UK
SCOTLAND
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

We are thrilled to welcome James Jopling to Parkinson's UK as our new Scotland Director.

James, who was most recently Head of British Heart Foundation Scotland, replaces Annie Macleod - who retired at the end of last year.

James brings a wealth of experience to the role, having worked across a range of charities over a 28-year career.

Speaking on his appointment, James said: "I am absolutely delighted to be joining Parkinson's UK Scotland.

"People with Parkinson's had a key decision-making role during the recruitment process and it's exciting to be joining an organisation that puts people who live with Parkinson's at the front and centre of its work.

"With changes to the social security system in Scotland coinciding with the cost-of-living crisis, we know that people will need consistent access to support, information and financial advice too.

"I am looking forward to joining people with experience of Parkinson's, clinicians and researchers to champion the world-leading Parkinson's research that is taking place in universities, labs and clinics across Scotland and the rest of the UK."

Fife Members Interview Involvement

Fife Branch is proud to have had three members involved in the Scotland Director interviews last month and I'm pleased to report that the Fifers were unanimous in their decision to pick James.

We're looking forward to meeting him at Glenrothes one of these days, especially since we've given him an open invitation!

MONTHLY MEETINGS



This will be the last time we publish details of our monthly meetings held on the second Thursday of the month from 12 noon to 3pm in our new home, The Baptist Church Bridge Centre, Falkland Way, Glenrothes KY7 5NS. Now that we are all resuming a more 'normal' way of living with Covid, we will only write an article if there are any changes happening that all our members need to know about.

We do expect everyone to use their common sense and keep being vigilant about handwashing etc. and of course we hope everyone remembers to wear a name badge and bring along a lunchtime snack! Tea/Coffee and a selection of biscuits will continue to be provided free of charge in the Café Area. We will continue to run the usual programme of activities during the three-hour session and the cost will remain £3.00. As we are now also contactless, you can pay with your card without handling any currency or pay with cash.

Finally, we have to let everyone know that we will **not** be holding meetings in July or August this year so please note that **there will be no meeting on July 14th nor August 11th** but we will welcome everyone back on Thursday, September 8th.

A Special Day with Special

Those of us who attended Glenrothes last month had the honour of meeting Katherine Crawford our Parkinson's UK Director of Services. She came along to talk to us in our new 'home' and see just what Fife Branch gets up to! We are very grateful to Katherine for taking the time to do this.



Mark Coxe would like to also thank her for holding the microphone and helping to handle the prompt cards for his 'audience participation' poem about World Parkinson's Day.

Mark thinks that "If she ever gave up her day job, she could always try being a microphone stand or a lectern. She's a natural!"

Meet The Staff



Welcome -

**Katherine
Crawford**

When did you join Parkinson's UK?

January 2004

When you joined what was your first job title?

Community Support Worker, Fife. I was part time then, and employed by the Fife Branch Committee.

What is your current job title?

Director of Services

Briefly explain your role in Parkinson's UK.

I lead and support staff and volunteers in all of our work to support people living with Parkinson's and their families, friends and carers across the UK. We do this in 3 big chunks: 1/ Parkinson's Connect - our information and support services 2. The Excellence Network- working with people with Parkinson's and health professionals to drive up the quality-of-care people get from the NHS and Social Services and 3/ Our Community Networks- everything our 300 plus local groups do, our Financial Assistance Grants Programme, First Steps and more. If you want to find out more about what we do, please drop me a note at kcrawford@parkinsons.org.uk

What do you consider to have been your biggest achievement whilst working at Parkinson's UK?

A hard question. In a job like mine, you're always thinking about the next opportunity for people with Parkinson's and how to overcome the hurdles to make it happen. It's easy to forget what's already changed. Looking back to my time working in Scotland, I was chuffed to be part of the work to get the DBS surgery centre up and running in Glasgow. More recently, it's been good to play my part in bringing all of us staff and volunteers together to deliver all we could during the pandemic. From sorting out shopping for people in the first days of lockdown, to opening up an Emergency Grants fund for people who were really struggling. Now that the world's opening up again, I'm delighted that we've secured funding to open up 2 new Grants Funds this year. One to support and encourage NHS colleagues to improve their services for people with Parkinson's and the second to fund community projects- so that we do more to reach people with Parkinson's who don't get the benefit from the type of activities that Fife Branch provides.

During your time at Parkinson's UK what has given you the most satisfaction?

My days at the charity now are full of planning, budgets and making sure all our wheels keep running smoothly to deliver support to well over 50k families a year. I relish the challenge. But nothing beats the satisfaction of knowing that something you've done has directly improved someone's life. The impact of a £500 grant on a family's life, or encouraging someone to talk to their Parkinson's Nurse and get their medication changed. All of that really counts, even after 18 years at the charity. The job brings lots of fun too. I've had great times working with people with Parkinson's and colleagues planning and running events like the charity's AGM. And it's always fun to support fundraising - ask me about the sheep shearing challenge sometime!

What message would you give someone who has recently been diagnosed with Parkinson's?

Take a deep breath. There's lots you can do to make sure you've got the right backup so that you can get on with living your life. Make sure you're referred to a Parkinson's Nurse as a top priority and make sure you keep in touch with them. Take the time you need to absorb your news, and use reliable information to help you do that. We've got great information just waiting for you through parkinsons.org.uk or give us a ring on 0808 800 0303. Share your news with friends and family when you feel ready. They've probably spotted something's wrong and will want to help.

If you had to leave your home in a hurry, apart from your family and pets, what three things would you grab?

A big bag (I'm always losing stuff), the laptop (can't be away from work too long) and the poppy from the garden. (I brought it from the house I grew up in and it's moved everywhere with us)

Which do you prefer, dogs or cats?

Dogs. We rehomed a golden lab about 4 years ago. She's been very hard work- jumped up on the table and ate our Christmas dinner right in front of us the first year we had her. But she's worth the effort.

What famous person (past or present, factual or fictional) would you like to be marooned on a desert island with?

Dawn French.

She really makes me

laugh and I'd need that.

Parkinson's UK is the operating name of the Parkinson's disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554).

Red Pepper Soup

This is a delicious hot soup which is very easy to put together.

Ingredients

1 tbsp olive oil
3 large red peppers,
deseeded and finely
chopped
1½ pt / 825ml chicken stock
½ pint / 275ml tomato juice
1 medium onion, finely chopped
salt and black pepper
chopped parsley, finely chopped, to garnish



Method

Heat oil in a medium sized pan.
Add onion and cook for a few minutes until soft and transparent.
Transfer to a blender or processor with the chopped red peppers.
Add a little of the chicken stock.
Blend mixture until smooth.
Return the mixture to the pan.
Add the rest of the chicken stock and the tomato juice.
Season to taste with salt and black pepper.
Bring to the boil and simmer 15 minutes.
Garnish with chopped parsley.
Check that it's not too hot and blow on it if necessary!



IF YOU'VE GOT TROUBLE EATING YOUR SOUP

**Buy a Good Grips Weighted Souper
Spoon from the Parkinson's Shop
(Other retail outlets may sell this
at a cheaper price)**



HANG ON TO IT ALL

Loneliness is cutting
And you'll carry the scar
But midnight is a state of mind
No matter where you are.
In the dark without direction
In the wind without a way -
What can I say?

When you feel that you'll fall
Hang on to it

There's always one more rainbow
To lighten up the sky:
There's always one more dream
To set your course by.
There's always one more laugh,
There's always one more kiss,
Remember this -

And if you're frightened, you'll fall
Please
Hang on to it all.

PARKINSON'S UK HELPLINE
0808 800 0303

WORD FINDER

**How many five, six and seven letter words
can you make from the letters in the word**



TOGETHER?

Answers on page 7



**FOLLOW YOUR
LOCAL
PARKINSON'S
GROUP**



Parkinson's Fife Branch
Charitable organisation



Follow

MEETINGS FOR MAY

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

Monthly Meeting, Glenrothes Baptist Church Thu. Midday May 12th

Branch Zoom Get Together Every Monday at 11am

Zoom Camera Club Wed. 10.00am 11 & 25th.

Zoom Quiz Evening Wed. 7.30pm 11 & 25th.

Walking Group: Fri. 11am 6th & 20th.

Zoom Coffee & Chat Wed. 11am 18th

Meri's Zoom Sing-along Fri. 9.45am May 27th.

Alex's Zoom Dance Exercise Thu. 11.15am 5th, 19th & 26th.

PARKINSON'S WORLD CONGRESS HELPING HANDS CELEBRATING CARERS Goes Online

Be the first to contribute

Helping Hands, the project that celebrates the special bond between people with Parkinson's and carers, opens its website for members of the **Fife Branch**.

From now on we are collecting pictures of people with Parkinson's and their carers holding or shaking hands, as well as stories about their special relationship and will finally produce a unique piece of art and a collection of stories of lives with Parkinson's or with someone with Parkinson's.

The website has all information necessary that is needed to contribute with pictures and stories, but its final layout still needs to be done.

We thank you for your participation and the Fife Branch for supporting the project.

Link to the
Helpinghands2023.wordpress.com

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.

Camera Club Report

The Camera Club continues to meet via Zoom and we are able to show our photos and chat about them. We have a different theme for each meeting, giving a range of pictures to be taken by the group.

Our latest theme was 'wheels' and we chose to take pictures of bikes moving or static. Our next theme was to look up and take shot of items above our sight line. The ones shown were so interesting. Buildings fall nicely into this category and we were not disappointed in the images shown.



At our next meeting we are going to produce photos of helping hands for Werner's project at the World Parkinson's Convention. We would ask that everyone who has a smartphone takes photos of helping hands and sends them to Werner.

A new website is being set up and anyone can upload their photos directly to Werner's 'Helping Hands' Project. Details can be found adjacent.

Bob Copeland

After spending time with our friends at **Circles Carers Advocacy Fife**, our Chair, John Minhinick, has revised his checklist of essential information, so that his executors or close family members don't miss any vital documents, accounts or any other aspects of his accumulated life story. John has shared this with us and we think that this is an excellent idea. Thank you, John.

Who Needs to Know?

If, for whatever reason, you were unable to manage your affairs or the affairs for your family, would someone be able to cope on your behalf? Would they know how to get into your system(s)? Would they know who to contact? One way to remove any anxiety for your family would be to prepare, and keep updated a basic reference document. As a suggestion here are some useful headings for such a document.

- Location of Will(s) and Power(s) of Attorney – copies should be kept with this document.
- Contact details for the solicitor who holds the Will(s) and Power(s) of Attorney (if appropriate)
- Important security numbers and passwords e.g., computer systems, doors, safes etc.
- The Executors
- Who has the Power(s) of Attorney
- Location of important keys
- Location of House Deeds
- Financial details:
 - ✓ Banks, Building Societies etc.
 - ✓ Bank Card(s) including pin numbers/passwords
 - ✓ Debit Card(s) including pin numbers/passwords
 - ✓ Credit Card(s) including pin numbers/passwords
 - ✓ Investments
- ✓ Actions needed to cancel income
- ✓ Actions needed to cancel expenditure
- ✓ Membership(s) – by subscription and others:
 - ✓ Actions needed to cancel membership(s)
 - ✓ Details of membership(s) including cards and pin number/passwords
- People & Organisation(s) to contact – official and personal



Considerations for document management

1. Copies of this document should be kept secure including using password-protection for electronic versions.
2. Copies, and updates, should be shared with a minimum “need-to-know” group.
3. The “need-to-know” group need to know where to find your latest working version that is likely to have the most recent updates.

WORD FINDER – ANSWERS

7 letters **thereto**

6 letters **hotter, getter, tether, ghetto, tother, hereto, hetero**

5 letters **rotte, other, three, otter, there, teeth, greet, throe, egret, toter, ergot, torte, troth, ether**



TRIP TO PITLOCHRY - Saturday 7th September 2022



It was so good to learn that John Minhinick and Elizabeth Tait have arranged for members, carers, family, and friends to attend the matinee performance of the fantastic musical, **'Sunshine On Leith'** on Wednesday 7th September 2022.

This musical written by Stephen Greenhorn features songs of Fife's own Proclaimers, such as 'I'm On My Way', 'Sunshine On Leith' 'Letter From America' and of course, 'I'm Gonna Be (500 Miles)'. This musical was first presented at Dundee Rep on the 18th April 2007 but I'm sure will be enjoyed by audiences for many years to come.

'Sunshine on Leith' tells the story of two young soldiers, Ally and Davy, who return from Afghanistan to their hometown of Leith and try to make a new life for themselves away from the army. However, the resettlement process is not always straightforward for the lads and things do not always turn out as expected.

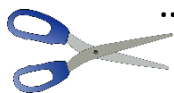
It is hoped that we may be able to spend a little time in the town prior to the performance.

Thanks to everyone who has booked a place/place by telephone or email. We would now ask you to complete the form below and return it with payment to Elizabeth Tait. 112 Moray Park, Dalgety Bay KY11 9UN by Saturday 28th May.



The cost of the theatre ticket is £35, which is paid by the individual.

The coach and high tea after the performance will be paid for by the Fife Branch. What a deal!



BRANCH COACH TRIP TO PITLOCHRY / THEATRE ON WEDNESDAY 7TH September 2022

We would like to confirm a place / ____places on the trip to Pitlochry Theatre including High Tea after the show.

Name _____

Address _____

Post Code _____ Telephone No. _____

We would like to join the bus at KIRKCALDY or DUNFERMLINE (Please circle your choice.)

Payment should be made no later than **Saturday 28th May 2022** in cash at Glenrothes or by cheque made payable to Parkinson's UK, Fife Branch. Please return this form with payment to Elizabeth Tait, 112 Moray Park, Dalgety Bay KY11 9UN by Saturday 28th May.